

NUTRITION

Nuts Add Protein

► **HOUSEWIVES** whose families are tired of fish and cheese and beans when they want steak and chops may find nuts a help in solving the family meal problem. Nuts are a source of protein and high in food value. Their protein is not exactly the same as that of meat and other animal protein. They belong in the class with dried peas and beans and lentils, which make good meat substitutes when milk, eggs or cheese are served in the same meal. Nuts have the further advantage of pleasant flavor and their crunchiness adds a pleasant contrast to the soft consistency of meatless meals. They can well be taken out of the class of a between-meal snack and used as a meal-time food.

The Brooklyn Visiting Nurse Association, the Brooklyn Red Cross and health department which suggest greater meal-time use of nuts also suggest greater use of gelatin in meatless meals. The amount of protein furnished by gelatin dishes is very small, but in these days, every bit counts. Gelatin, moreover, like nuts, changes the character of familiar dishes, from soup to dessert. Fish molded in

gelatin becomes a pleasing variety from plain boiled or fried fish. The same is true of diced vegetables and fruits.

Milk is another valuable item for use in meatless meals. It provides animal protein, of the same quality as that furnished by meat. It lacks the iron furnished by meat, but this can be supplied by mustard or similar greens. The combination of milk and greens in a meal gives the complete protein and iron of meat and in addition furnishes calcium and a more than adequate supply of vitamin A, which meat lacks. Molasses is another good source of iron and its sweetness will spare the sugar.

Drinking milk is only one way of consuming it. Milk can be used in cream soups and chowders, in custards and other desserts, and instead of water for cooking breakfast cereals.

On eggs as a meat substitute, the Brooklyn health authorities point out that two eggs will replace a medium serving of meat and in addition furnish vitamin A and extra amounts of vitamin G.

Science News Letter, July 28, 1945



HONORABLE SERVICE—*This emblem is worn in the coat lapel of all honorably discharged veterans of the present war. It stands for "honorable service to our country."*

Milk is cooled immediately after milking to lessen bacteria increase; bacteria multiply rapidly while milk is warm, but very slowly when it is at temperatures between 45 and 50 degrees Fahrenheit.

In the Activity of the Endocrine Glands

The depth to which protein permeates the fabric of metabolic life, and the role it plays as "raw-material" and component of elaborated secretions is indicated in hormonal composition.

Thyroxine, the active principle of the thyroid gland, is an iodinated phenylether derivative of the amino acid tyrosine. Epinephrine, the active principle of the adrenal medulla, is also a tyrosine derivative. Insulin, as elaborated by the islands of Langerhans, has been isolated in crystalline form and found to be a protein.

Only from the proteins of the foods eaten can the organism derive the protein substances required for these complex purposes.

Among man's protein foods meat ranks high, not only because of the percentage of protein contained, but principally because its protein is of highest biologic quality, applicable wherever protein is required.



The Seal of Acceptance denotes that the nutritional statements made in this advertisement are acceptable to the Council on Foods and Nutrition of the American Medical Association.

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