

## **THE 10 BEST -- AND WORST -- FOODS FOR YOUR HEALTH**

from the National Enquirer

Here are the 10 best -- and the 10 worst -- foods for your health, according to an expert.

The 10 best foods, in general, are high in fiber, vitamins and minerals, said Dr. Hans Fisher, professor of nutrition at Rutgers University.

The 10 worst foods, in general, are high in cholesterol and saturated fats and may contain cancer-causing substances.

By increasing your intake of the best foods and decreasing your intake on the worst food, you can put yourself on the road to better health -- and also lower your risk of cancer, heart disease and other illnesses, according to Dr. Fisher.

Listed below, in alphabetical order, are the 10 best foods and the 10 worst, along with the reasons why they are good or bad for you, according to Dr. Fisher.

### **TEN BEST FOODS**

**APPLES-** A good source of fiber, which scientists believe lowers the risk of intestinal diseases. Apples also contain carbohydrates for energy.

**AVOCADOS-** Contain large amount of unsaturated fat, which research show lowers blood cholesterol levels. In one study, men who regularly ate avocados showed drops in cholesterol levels of up to 43 percent. Half of them also lost weight.

**BANANAS-** A great source of potassium. A shortage of this vital mineral in the body can lead to dizziness, weakness and irregular heartbeat.

**BROCCOLI-** Just one cup can provide 75 percent of an adult's daily requirement of vitamin A. This vegetable also contains vitamin C.

**CHICKEN-** A good source of protein, and much lower in fat, calories and cholesterol than red meats. Protein is vital for immune system function, hormone balance, good muscle tone, and other body functions.

**FISH-** Also provides protein with far fewer calories than red meats, and is a good source of unsaturated fat.

**ORANGES-** Provide vitamin C, calcium, potassium and fiber.

**POTATOES-** A good source of energy. Potatoes also contain vitamin C and important minerals including magnesium, phosphorus and potassium. Should be eaten with the skin on for highest nutritional value.

**SKIM MILK-** Supplies protein and high levels of calcium and phosphorus, plus vitamins A and D, and also is low in fat.

**WHOLE WHEAT BREAD-** An excellent source of energy and fiber, and is fairly low in calories.

### **TEN WORST FOODS**

**BACON-** High in calories and unhealthy saturated fats. Also, it's cured with nitrates and nitrites, which have been linked to throat and stomach cancer.

**CANDY-** High in sugar, which gives you a fast lift but then leaves you feeling even more tired. And the sugar can cause tooth decay, too.

**CHOCOLATE-** Loaded with calories and saturated fats. Also high in a caffeine-like stimulant.

**CORNED BEEF-** Contains nitrates and saturated fats, sugar and also sodium, which increases blood pressure.

**EGG YOLK-** High in saturated fat and cholesterol.

**FATTY CUTS OF MEAT-** The fat in red meats is mostly saturated fat, and these meats also are high in cholesterol. Fatty cuts are high in calories.

**FRANKFURTERS-** Contain nitrates, nitrites, sodium and sugar. Also loaded with fat and cholesterol.

**POTATO CHIPS-** Because they are cooked in oil, potato chips are high in calories -- and this method of cooking removes most of the nutrients. Potato chips also are extremely high in sodium.

**SMOKED FOODS-** The process of smoking foods like ham and fish usually leaves them with nitrates, nitrites and other cancer-causing compounds.

**WHOLE-FAT DAIRY PRODUCTS-** These include whole milk, butter and cheese. They contain saturated fats and are high in calories.

# SUGARY, GREASY DIET MIGHT BE FUELING TEENS' MOODINESS

by Gloria Welles  
USA Weekend March 28-30, 1986.

There is really no mystery to the sudden mood swings that surprise many teenagers and shock adults around them.

It is as simple as a sugary cereal eaten for breakfast or empty snacks after school, says nationally known pediatrician Dr. Lendon Smith.

"Up to 90 percent of teen-agers' mood swings, surliness, drowsiness and general anxiety can be attributed to their diet," says Smith, a frequent radio and TV talk show guest and the author of with books on nutrition and health. His latest, Dr. Lendon Smith's Diet Plan for Teen-agers (McGraw-Hill, \$16.95) is currently on the market.

If you are a teen-ager--or and adult, for that matter--and leading a Jekyll and Hyde life, here is what Dr. Smith suggests:

**>ANALYZE YOUR EATING HABITS.** Are Mondays especially "down days"? Think about what you ate over the weekend. If your diet was primarily greasy fast foods, sugary soft drinks, candy and ice cream, your body rapidly has burned up all that sugar, leaving you with low blood sugar and feeling tired or depressed.

**>DETERMINE IF YOU HAVE FOOD ALLERGIES.** "When you eat foods to which you are allergic, your blood sugar will bounce up and down causing anxiety, hunger, depression, fatigue and irritability." Test yourself. Dairy products often are the culprits. Try not eating them for three weeks; it takes that long to get them out of your system. But maintain your calcium level with calcium rich foods-- for instance, leafy green vegetables, black beans, chick peas -- and a 1,000 milligram supplement daily.

**>EAT VEGETABLES.** They contain B vitamins and minerals that help control your moods. At least half your diet should be vegetables that are cooked as little as possible. Fruits, grains, nuts and dairy products should make up 35 percent to 40 percent. Let lean meats, poultry and fish round it out.

**>SUPPLEMENT YOUR DIET WITH VITAMINS AND MINERALS.** The B vitamins (25-50 milligrams of B1, B3, B6; 25-50 micrograms of B12 daily) and magnesium (500 milligrams daily) are especially helpful in controlling mood swings. Also, vitamin C (1,000 milligrams daily, 10,000 if needed) will help you fend off depression.

## THE DOCTOR GIVES ADVICE ON SNACKS, WEIGHT, MUSCLE

Nationally known pediatrician Dr. Lendon Smith answers three teens' questions, submitted to USA WEEKEND's "Your Fitness" column:

### The Problem: Snacking

I am often bored, especially after school. Can you give me suggestions for some healthy snacks?

Laura Eaton, 14, Quincy, Ill.

### The Answer:

You need to prepare nutritious snacks that will fill you up and prevent a drop in blood sugar that can lead to excessive snacking. Some recommendations: cut up vegetables, fresh fruit, popcorn, nuts and seeds, peanut butter on celery, and frozen fruit juice.

If you are not really hungry, try some other activities. Get outside and walk or run the block. It gets the blood going and turns off the desire to eat. It also might help those bouts with boredom.

### The Problem: Weight

I am a college student and weigh more than 200 pounds. Please tell me how I should approach losing weight. Could my thyroid be part of the problem? Should I see a special doctor?

Palma Ambrosino, 18 Yorktown Heights, N.Y.

### The Answer:

For anyone with a large amount of weight to lose, I would suggest consulting an ecologically minded doctor, one who will investigate food allergies, life-style and environmental factors. To determine if you have a thyroid problem, take your temperature in the morning. If it is below 97 degrees, your thyroid might be underactive. Aim for a weight loss of 2 pound per week by eliminating sugars and fats and eating six small meals daily that are heavy on the vegetables.

### The Problem: Muscle

I am a high school wrestler and want to lose weight while building muscle. I weigh 118 pounds and am 5'3" tall. Can you give me a good diet?

David Ungerleider, 16 Wayne, N.Y.

### The Answer:

It would be dangerous for you to lose more than 2 or 3 pounds. Eat a diet high in carbohydrates: bread, pasta, vegetable and beans. It will help you maintain energy without changing your weight. The best exercises to build muscle: weight-lifting, running, and swimming.