

# Health Hunter<sup>®</sup>

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NEWSLETTER

SEPT. 1998

## Food for thought for kids

Donald R. Davis, Ph.D.

Can the typical diets of American children impair their learning, IQ, and behavior at school and home? The idea seems unlikely to many parents and educators who assume that brain function is divorced from nutrition and that American diets are rarely deficient. Such assumptions are easily questioned; but still, "unlikely" new ideas like this need evidence. Here I will summarize nearly 20 years of research that suggests it is time for parents, educators, and public officials to reexamine old ideas and seek new ways to help children.

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**...our brains "consume about 20 percent of the oxygen and fuel that our whole body uses at rest."**

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First, about those assumptions. Our brains are metabolic "hot spots." With only two percent of our body weight, they consume about 20 percent of the oxygen and fuel that our whole body uses at rest. We know that the biological "burning" of oxygen and fuel requires every essential vitamin, mineral, amino acid, and fatty acid. As for the quality of American diets, nutrition surveys since the 1950s have found that many children get less than recommended amounts of nutrients. Overt deficiencies are rare, but learning, IQ, and behavior are on a growing list of "early warning signs" that occur without easily recognized deficiencies. Further, skipped meals may make children inattentive, irritable, and unable to learn, even if overall nutrient intake is fine.

Much of the evidence for nutrition's role in learning, IQ, and behavior comes from Stephen J. Schoenthaler's group at California State University, Stanislaus. Since about 1980, he has published over a dozen studies done in schools and facilities for delinquent youths. Early studies with delinquents replaced sugary foods and white flour with fruit and whole grains. He consistently found about a 40% reduction in behavior problems. A study in 803 New York City public schools made similar changes in school meals for 1.1 million children in grades 1 through 8. Following these food changes—which included bans of "nonessential" additives, colors, and flavors—standardized achievement test scores improved 16 percentiles. Before the diet changes, schools with the most students receiving school meals had the worst academic performance. Afterwards, this statistic reversed; the more school meals served, the better the performance.

These early studies are only suggestive, because there were no untreated comparison subjects, and non-diet factors may have been important. Diet-change studies are difficult or impossible to do without the subjects' awareness, so Schoenthaler carried out later studies in which he gave nutritional supplements to some subjects and look-alike placebos to others. The supplements contained roughly recommended daily amounts of 13 vitamins and 10 minerals. They don't fully substitute for fruits and whole grains, but positive results with supplements are more convincing and easier to interpret than with dietary changes.

*continued on page 2*

## High sugar intake ups heart disease risk

Reporting in *The Journal of Orthomolecular Medicine*, William Grant, Ph.D., examined the mortality rates from heart disease for men and women in 33 countries between the ages of 35 and 74 and compared these results with diet information.

For women, he discovered eating too much sugar was more closely related to heart disease than having too high a percentage of fat in their diet. Men were the opposite. Fat was more related to heart disease.

"The findings in this paper strongly suggest that excess dietary animal fats and sweeteners are both major risk factors for [heart attacks and other types of heart disease], especially as people age," Grant concluded.

Further, Grant believes that more study should be done to rank heart risk factors for different carbohydrates since simple carbohydrates (like sugar) are a risk factor and complex carbohydrates (such as whole grains) reduce the risk of heart disease. [H]

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# Nutritional Medicine

by Ron Hunninghake, M.D.

## Child care


The care we give our bodies today is the child that will become our future health.

To neglect or abuse our child is to engender a societal misfit. To neglect or abuse our body is to engender disease.

The body is our first child. We literally parent our own physical, mental, and spiritual health.

If we patiently nurture a child with

loving, consistent, and intelligent discipline, lifelong habits of responsible adult behaviors are fostered. If we patiently nurture our bodies with loving, consistent, and intelligent discipline, lifelong health behaviors are fostered.

Children need balanced attention. Neglect them and they will ignore you; overindulge them and they will get lazy and spoiled. Our bodies blossom into good health when we give them balanced attention. 

*Continued from page 1*

In an Oklahoma study of 26 incarcerated delinquents, behavior improved in supplemented subjects compared to placebo subjects, and their "non-verbal" IQ improved significantly (average 5 points). In a 3-month study of 615 eighth and tenth graders in four California schools, the supplemented subjects showed modest but reliable gains in non-verbal IQ (average 3.6 points) and in a standardized achievement test. Schoenthaler concludes that at least part of the benefit found in the diet studies in New York City schools and elsewhere was due to improved intake of vitamins and minerals. He suggests that sugar harms mostly by replacing fruits and other nutritious foods.

Another group, headed by David Benton at University College in Wales, has reported three placebo-controlled studies of nutritional supplements and IQ in school children. In each case non-verbal IQ increased reliably, relative to the placebo (average 5 to 10 points) after 6 weeks to 8 months. Diet analyses in the same subjects suggested that mainly the poorer-fed children benefited. In one study that estimated sugar intakes, IQ increases were largest in those who ate the most sugar. Benton urges further study of the relationship of IQ and nutrition and suggests that IQ is unlikely to be the only brain function affected.

Together, these and other studies seem worthy of the attention of parents,

educators, and public officials. The indicated diet changes are hardly new (decrease added sugars and white flour, increase fruits and whole grains). They have been recommended for decades. All pet manufacturers and animal farmers follow similar practices.

### What can parents do?

First, they can set good examples at home, replacing most sweet pastries and candies with fruits; replacing sodas and sugared "drinks" with 100% fruit juices and milk; replacing high-sugar cereals with low-sugar, whole-grain cereals sweetened with generous amounts of banana, apple, or fresh or frozen strawberries and blueberries; and using whole grain breads.

They can teach their children that when mother nature gave us a sweet tooth she surely did not have in mind that we get 20 to 25% of our national calories from refined, nutrientless sugar or fructose in sodas and other sweets. (Remarkably, fruits supply only about 4% of U.S. calories.)

Parents can band together and protest where schools allow or consider allowing vending machines with candy, sodas, or other sugared confections, some of which may be misrepresented as "natural" or healthful. They can work with school food services to introduce improvements similar to those used by Schoenthaler in New York City public

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The information in this publication is meant to complement the advice and guidance of your physician, not replace it.

## HEALTH HUNTERS AT HOME

Continued from page 2

schools and in corrections institutions.

They can choose to make meal preparation and eating, including breakfast, a time of relaxed family sharing. If we skip meals or don't take time to prepare and eat good meals, we and our children will likely pay a price in how we feel and function at work and school, and in our nutrition, as we later feel compelled to grab whatever is available in vending machines and fast food outlets.

I hope the growing knowledge about school achievement, IQ, and behavior will give parents new food for thought. Let's not be careless about the 20% of our metabolism that we are beginning to realize is just as important as, and helps improve, everything else we and our children are likely to do today. [H]

### Magnesium supplements lower blood pressure

Daily magnesium supplements can cause small but significant decreases in blood pressure, according to researchers reporting in the August issue of the journal *Hypertension*.

For this study, they measured the blood pressure of 60 adults between the ages of 33 and 74. Then the subjects were given either 480 mg of magnesium in supplement form or a placebo for eight weeks and blood pressure was checked again.

The researchers reported that "supplementation with magnesium for eight weeks significantly lowered blood pressure," even though the reduction was small.

"This effect is higher in subjects with higher blood pressure," added Dr. Yuhei Kawano of the National Cardiovascular Center in Osaka, Japan where the study took place.

Dr. Kawano's team speculated that magnesium might help lower blood pressure through its ability to relax muscles of the blood vessel walls, allowing them to increase in diameter.

Whatever the mechanism, the researchers believe taking magnesium is a useful lifestyle modification. [H]

### Walking is wonderful; adding strength training is optimal

If you have read the *Health Hunter Newsletter* much, you know I support walking as an exercise.

Every morning at work, Dean and I walk a mile. If the weather is bearable, we try to go again at lunch. By bearable, I mean the temperature has to be above zero and below 99 degrees, no blinding snowstorms, and no torrential cloudbursts. At home I walk with my wife.

Having a walking partner is wonderful. When my enthusiasm flags a little, or I think I am too busy to go right then, or I feel a little wimpy about the weather, my partner is there to get me out the door and hoofing it. And when I go, I always return with renewed enthusiasm and clarity of thought.

Three things happened recently that expanded my thoughts about trying to keep myself fit through walking.

First, Carolyn Kortge came to The Center to talk about her book, *The Spirited Walker*. In her book, she unfolds ways to make walking a spirit-filled experience rather than stress walking.

Carolyn defines stress walking as rehashing the day with your walking partner or in your own mind, figuring out what you are going to fix for dinner, or listening to your favorite radio station. This, she says, "is marinating your mind in negativity."

Pick up a copy of this book. It is wonderful, and it will change the way you walk and what you get out of your daily walk.

The next was a research paper appearing in the *Archives of Internal Medicine* showing that women who walk report fewer health problems.

The researchers at the University of Pittsburgh Graduate School of Public Health found that women who started walking regularly 10 to 15 years ago as

part of a University research project tended to remain active walkers and reported fewer cases of heart disease than their counterparts who tended to be couch potatoes.

Not only did the women report less health problems, they were more likely to participate in other sports and recreational activities than the non-walking control group.

The "other sports and recreational activities" brings me to the third thought-provoking event.

Dr. Donald R. Davis presented a Lunch and Lecture recently called "Keeping Muscles Strong As We Age."

He reported research suggesting that you don't have to be young to benefit from strength training.

A pioneering study done at Tufts University in 1990 discovered that frail



elderly with an average age of 90 years made amazing strength gains during an eight week weight lifting program that was geared to their needs. Average muscle strength of the group increased 175%.

Walking speed and balance increased 45%. Two of the ten actually threw away the canes they had used before the program.

If frail 90-year-olds can gain this much from a simple strength program, what can it do for me?

One of the researchers of this and subsequent studies has written a book, Dr. Davis pointed out, that describes how we can do this easily and safely at home with simple equipment.

The book is *Strong Women Stay Young: Turn Back the Clock in Just 2 At-Home Sessions a Week*, written by Miriam Nelson, Ph.D., and published by Bantam in 1997. Jackie and I plan to incorporate this into our lives starting this month.

Both books are great. Take a look at them to see how to put more living in your life. We are. [H]

—Richard Lewis

## INFORMATION WORTH KNOWING

Children are not just smaller versions of adults. Their nutritional needs are much different from a fully mature adult. While many adults may do better on a low-fat diet, most children may still be needing some nutritional building blocks that are available in a varied diet. If you want to know more about the nutritional needs of your child, this book, *Superimmunity for Kids*, written by Leo Galland, M.D., and Dian Dincin Buchman, Ph.D., is for you. The questions this month are taken from their book.

1 Nutritional information given by the popular press has flaws such as \_\_\_\_\_.

- a. much of the work is outdated
- b. most research is concerned with malnutrition and obesity
- c. the most publicized information has little scientific backing
- d. all of the above

2 The most important and wide spread nutritional problems for American youngsters involve a deficiency of certain \_\_\_\_\_ and minerals required for proper utilization of nutrients in the body.

- a. sugars
- b. essential fatty acids
- c. soluble fiber
- d. none of the above

3 Children respond more quickly and much more completely to nutritional therapy than do adults.

- a. True
- b. False

4 Studies have suggested that children who are only mildly \_\_\_\_\_ score lower on tests of mental function than control children.

- a. iron-deficient
- b. lead-deficient
- c. calcium-deficient
- d. none of the above

5 Dr. Galland's research shows that people who have \_\_\_\_\_ need more EFAs than people who don't have \_\_\_\_\_.

- a. skinny bodies
- b. blue eyes
- c. allergies
- d. all of the above

6 Nutrition in the first year of a baby's life is very important. If you do not give your baby the nutrition he/she needs during the first year, it will be too late.

- a. True
- b. False

7 A child needs about 600 to 800 milligrams of calcium a day. Sources for calcium in the diet include \_\_\_\_\_.

- a. milk and yogurt
- b. beans and almonds
- c. tofu and tortillas
- d. all of the above

• FOR ANSWERS, SEE PAGE 7 •

## Case of the month

In December of 1997, a fifteen-year-old female came to The Center complaining of stomach pains and gastritis, severe facial acne, mild premenstrual syndrome (PMS), and soft fingernails.

During the evaluation, when she was asked how she would know she was well she answered, "when the zits go away and my fingernails get strong."


From the laboratory testing done at her initial visit, we found that she was very low in vitamin E and low in vitamin B2, B6, A, and C. Her fatty acids were out of balance—some very high and others very low. From the hair analysis, we found that her zinc was very low and copper was elevated. A red blood cell zinc level confirmed the low zinc.

In addition, a dark field examination of her blood showed irregular cell development and Page bodies. These results are consistent with the symptoms and complaints she presented.

Initially she started on intravenous calcium gluconate and biotin by mouth for the dark field irregularities in her blood. In addition, she started taking Efalex to correct the fatty acid imbalance, Zinc Boost to raise the zinc level and reduce the high copper found in the hair analysis, Vita Dophilus to work with the digestive problems, Emergen C for vitamin C levels and trace mineral correction, and vitamin E for that deficiency.

In August, her zinc and vitamins C and E levels were rechecked. Since her zinc was lagging behind optimal, Zinc Boost was increased. Her vitamin E level was moving up, showing improvement and that the dosage was correct. Her urine vitamin C indicated that her reserves of this nutrient were now in good shape.

At her last visit she said that her stomach pains were gone and the acne was considerably better. In addition, her periods were on time again. She was still cramping, but considerably less. Both of these indicate an improvement in the PMS.

Her results show that when low laboratory results are brought back into the normal range symptoms begin disappearing and the individual begins getting the results that are wanted. 

Share information about The Center with your family and friends by inviting them to visit our internet website. Meet us at the following address: <http://www.brightspot.org> or correspond with us by E-mail: [healthcoach@southwind.net](mailto:healthcoach@southwind.net).

## Why exercise?


At what age should you start or stop exercising? It has been proven that we are never too young to begin a regular exercise program, nor are we ever too old to stop. People can, with determination, make their bodies stronger through judicious use of relaxation, exercise, rest, and high quality nutrition. The younger they start the better their chances of making progress.

I was 63 years of age when I started with Dr. Riordan. It has taken strong determination at times to follow his instructions. I have, from time to time, slacked off, only to realize I need to get back on his program, keep up my regular exercise, and, of course, continue with good nutrition.

By regular exercising, we promote circulation to the lungs, heart, kidneys, digestive tract, and the brain. The importance of good circulation to the brain is difficult to exaggerate. Nothing promotes healthy mental activity as much as suitable and regular exercise. Anything we can do to improve our general circulation will help the brain to obtain what it needs. If we exercise judiciously, the heart is forced to work harder. Because of this, it grows stronger and our entire circulation is improved.

Remember also, there is an exercise for you. What may be a good exercise for a friend or relative may not be as enjoyable for you. So be sure you find out what exercise is right for you and that the amount of time you spend doing it is right for you. It is difficult in our busy world to find the time to exercise when something (or somebody else) is pushing us in another direction, but we need to stay focused on the importance of regular exercise.

Those who are home-bound can do many exercises from their chairs (or beds). They can do stretching exercises that will increase circulation. This helps us have a better attitude toward our friends and the whole world in general.

So my advice to you is, regardless of your age, find a program that is right for you, and start it TODAY. Do it on a REGULAR ROUTINE. Be determined, even if it is raining. Turn off the TV, get out your umbrella, and go. 

—Nelda Reed

# Herbal History

## Lespedeza

This low growing plant has particular fondness for me. There was a large patch of lespedeza growing in a field where I grew up. When we walked through this area in the fall, we would often find quail or prairie chickens feeding.


Zero-scapers, people who want to create a rainfall water landscape, often find lespedeza the perfect "grass" because it grows close to the ground, requires no mowing, and survives well in dry periods. All of this comes from the fact that it has spent centuries surviving and adapting to the Kansas climate.

The native Indians of the plains found it valuable as well. The Pawnee name for the plant is "parus-as" (rabbit foot) because in the fall the clusters of dry brown fruit resemble a rabbit's foot. By contrast, the Omaha and Poncas called it "te-hunton-hi nuga" (male buffalo bellow) plant. They would gather this plant from the tops of hills when it

bloomed during buffalo rutting season—when the bulls bellow.

The medicinal uses of lespedeza are many. The round head variety appears to lower blood cholesterol, according to an article in *Biological and Phytochemical Evaluation of Plants*, written by Tin-Wa and associates. It also contains several valuable flavonoids and considerable tannin. Its tannin is an anti-tumor agent against certain cancers, according to an article in the *Journal of Pharmaceutical Science*.

Fortunately for landscape developers, round-head lespedeza is easily grown for seed. The seed heads provide food for game birds and other wildlife. This is why it is often included in prairie restoration projects. It was growing in the prairies before they were plowed.

The seed heads are also attractive in a wildflower garden and can be picked for bouquets and dried wreaths. 

# Food of the Month

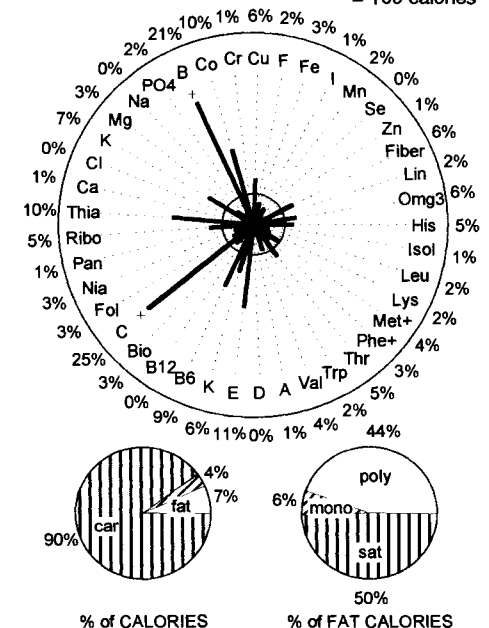
by Donald R. Davis, Ph.D.




## NutriCircle

1 cup  
= 100 calories

**GRAPES** were cultivated in Southeast Asia at least 7,000 years ago. They are the world's largest fruit crop, but are second to oranges in the U.S. Unfortunately for nutrition, both wine and raisin usage greatly exceeds consumption as fresh fruit. Of 43 nutrients shown here for yellow seedless grapes, 16 are adequately supplied compared with calories, including vitamins E, K, B<sub>6</sub>, and C, thiamin, potassium (*K* at 10 o'clock), boron (*B*), fiber and omega-3 fat (*Omg3*). Although raisins are much superior to sugar, they have lost most of the omega-3 fat and several vitamins, especially vitamin C. Wine has lost much more.



The length of each bar shows the amount of one nutrient. If a bar extends out to the inner circle, the food has enough of that nutrient to match the calories it contains. The numbers show nutrient amounts in RDAs per serving shown. The pie charts show the sources of calories (left) and the types of fat (right). 

# Mental Medicine

by Marilyn Landreth, M.A.


## Peace that passes understanding

My small town class reunions are always fun. Seeing people as adults that I used to play with as children is always scary. Of course everyone has changed a lot in appearance, except me (I wish).

Over the years our reunions have subtly changed. The first few reunions emphasized college, occupations, and marriage. Then it was occupations, children, and divorce, with a few deaths of classmates thrown in. The last couple of reunions have resulted in another change. Now former classmates talk about illnesses, what to do to stay healthy, and retirement. We have all become a lot more comfortable with each other and ourselves over the years, and the need to show the hometown folks how great we are doing has greatly diminished.

This year we started around the circle of old friends to get an update on what has been happening in their lives

since we had last seen them. Joyce spoke up and said, "Well, since we were last together the C word has entered our lives." Joyce's husband, Joe, has cancer of the thyroid, and they have been dealing with all the problems that go along with that. "We decided that we were not going to let it get us down. We were going to laugh, joke, and enjoy life in spite of all the problems. We decided that the verse in the bible that talks about peace that passes understanding would be what we would strive for. It hasn't always been easy, but we have found a lot of joy in the life we have. Each day is a gift. We have learned to really appreciate the support of family and each other."

Joyce's faith had been tested by cancer and because of it she found strength and peace that went beyond understanding. Their faith and humor are strong mental medicines for Joyce and Joe. 

## CENTER UPDATE

### Selenium may lower prostate cancer risk

Selenium may just move into the forefront of prostate cancer protection, according to research appearing in the *Journal of the National Cancer Institute*.


Selenium is a trace mineral found in many of the foods we eat. It has long been considered one of the main antioxidants available in the body to quench the damaging effects of free radicals—a byproduct of living.

According to this recent research, the findings suggest that selenium supplements may help prevent prostate cancer. But, like most researchers, they feel that more research is needed before they can commit to saying, "Yes, every male should take selenium supplements to help prevent prostate cancer."

Dr. James Jackson, in a recent Lunch and Lecture at The Center, supported selenium for its cancer protection effects. He said, "When I get up in the morning, the first thing I do is stretch, then I yawn,

and next I take selenium—always in that order. Then I stretch again and take vitamin E for its protective effect, too." He then quoted several journal articles, including one from *The Journal of the American Medical Association*, that supported supplementation with selenium for cancer prevention.

These researchers are on firm ground. "Although the overall evidence does not warrant firm conclusions at this time, we have arrived at a new plateau of promise with heightened momentum and a strong desire to get on to the 'final chapter in the story' regarding selenium, vitamin E, and prostate cancer," they wrote. "That chapter may be as close as one randomized trial away."


You can wait a few years for the final chapter or you can do like Dr. Jackson—stretch, yawn, and take your selenium and vitamin E—and get a head start on those waiting for the final chapter. 

## Building bone reserves in teen years

The teen years are the time for young women to build bone reserves they will need in their later years.

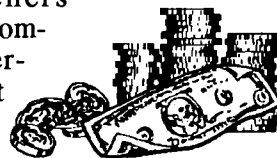
A recent report in *The Journal of Adolescent Health* found only 60% of ninth grade students know the adolescent years are a critical period in their life for the accretion of bone mass.

Even less (19% of the students) had any idea of what their minimum daily requirement for calcium intake should be, according to federal government guidelines. And most likely, even fewer have any idea of which assisting nutrients are required for good calcium absorption.


It is probably time to contact your nearest middle school and try to inform them of the importance of healthy bone growth for their students so that they will have adequate reserves for the future to help prevent osteoporosis. 

## Putting your money where your mouth is

Researchers point out the common misperception that fruits and vegetables




are too expensive, even though meats consume 30% of the U.S. food dollars compared to only 8% spent on fruit and 7% spent on vegetables. By shifting more of your grocery dollar to fruits and vegetables, you may naturally lower fat and increase nutrient intake.

Source: *Journal of the American College of Nutrition* 

## Smokers, listen up

Smokers are 1.7 times more likely to develop hearing loss than nonsmokers.

Source: *The Journal of the American Medical Association*, 6/3/98 



Answers from page 4

- 1 d. Also, nutrition that works well for adults may not be appropriate for children. All of this is very confusing to people who want to get their children off to a good start in life.
- 2 b. Essential fatty acids (EFA) are crucial to a child's immune system.
- 3 a. The younger the child, the faster the response. Many chronic illnesses among children can be treated with nutritional therapies.
- 4 a. The deficiency can be so mild that the child is not anemic. Correcting the iron-deficiency also improves the mental performance.
- 5 c. People with allergies seem to have a weakened enzyme that is involved in EFA metabolism.
- 6 b. It is never too late to apply optimal nutrition and improve your child's immune system. Past nutritional mistakes can be remedied.
- 7 d. Enough milk or yogurt is important, but getting too much in the diet can lead to iron and zinc deficiencies. Non dairy sources are also important to a healthy diet. FH

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### SUPERIMMUNITY FOR KIDS

by *Leo Galland, M.D.*  
 Dr. Galland states that, "Sound nutrition is the key to a healthy immune system." His book *Superimmunity for Kids* explains how the food a child eats has an effect on her/his ability to stay healthy, have disease preventing capacity, and recover more quickly from disease. Softcover.  
 Retail Price: \$14.95  
 Health Hunter: \$13.44

### THE NATURAL APPROACH TO MENOPAUSE: Facing the "M"

**Word Head On**  
 with *Jeanne Drisko, M.D.*  
 In the U.S., nearly 20 million women are experiencing menopause. As women end the phase of life devoted to child-bearing, they become acutely aware of subtle changes in their bodies and mood. This lecture addresses the changes during the perimenopause and menopause periods. Natural options are discussed, including natural hormones, vitamins, and herbs. Audio cassette & video tape.

### B6, B12, AND FOLATE:

**The Mighty Threesome**  
 with *Ron Hunninghake, M.D.*  
 Recent evidence has confirmed the effectiveness of these three B vitamins in the prevention of heart disease. The mechanism is outlined in this talk. Also, individual functions of each of these vitamins are further clarified in their roles in enhancing optimal health and preventing such common problems as carpal tunnel syndrome, pernicious anemia, and spina bifida birth defects. Audio cassette & video tape.

**HEALTH TALK: Arthritis**  
 with *Hugh D. Riordan, M.D., Ron Hunninghake, M.D., & Richard Lewis*  
 The Center believes that arthritis is a problem to be solved rather than a disease to live with. During this Health Talk, you learn how The Center's approach to co-learners with arthritis actually works to free them from pain and stiffness. Learn from the panelists' own words how this approach may help others. Audio cassette & video tape.

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# Upcoming Events. . .

SEPTEMBER				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Yoga	2	3 Yoga	4
7	8 Yoga	9	10 Yoga	11
14	15 Yoga	16	17 Yoga	18
21 Yoga	22 L & L - Saw Palmetto: For Better Prostate, Yoga	23 Yoga	24 L & L - Child-Tested and Wholesome Snacks and Recipes, Yoga	25
28 Yoga	29 L & L - Bilberry: For Better Vision, Yoga	30 Yoga		

## OCTOBER

### LUNCH & LECTURES:

- 6 St. John's Wort: For Better Moods
- 13 Ginger: For Better Gut Function
- 20 Ginkgo: For Better Brain Power
- 27 Ginseng: For Better Health

## Children eat too little fruit and veggies

None of 168 preschoolers participating in a week-long nutrition study ate the recommended daily servings of five fruits and vegetables, according to researchers reporting in the *Journal of the American College of Nutrition*.

About half of the fruit these children consumed was in the form of juice rather than the whole fruit. With juice, they miss out on much of the fiber and nutrients in the whole fruit.

As Dr. Davis mentioned in his article on page one, parents need to replace high sugar foods with more fruits and vegetables to increase the child's effectiveness in school. These researchers agree.

The best way parents can help children eat more fruits and vegetables is first to have them available for the children to eat. But more importantly, parents need to become role models by eating more fruits and vegetables themselves.

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