Nutrient supplement needs debated

By Carla Engstrom

A debate on the need for nutrient supplements in processed foods ended in an agreement that good diets consist of a variety of raw and cooked foods, but no agreement on the question of supplements.

The debate Tuesday in the Nebraska East Union between Irwin Goldenberg, owner of the Golden Carrot, and Kathryn Colley, nutrition consultant with the Nebraska Department of Health in Lincoln, was sponsored by the UNL Food Science Club.

Goldenberg said supplementation was logical and argued that the USDA agrees with him because so many

processed foods go the "enrichment route."

However, Goldenberg said, "the enrichment program is robbery."

For example, he said, processed white bread has 80 percent of its natural nutrients removed and then undergoes an enrichment program.

He said nutrients which increase energy and stamina such as wheat germ are removed from white bread, along

Cooley said, "Every time something goes wrong (in society) we need something symbolic to blame. Processed foods make an ideal target for symbolic blame." Cooley argued that processing extends food shelf life

and improves organic value. However, she said, some processes such as heating may

cause partial loss of Vitamin C in some foods or that Vitamin B tends to be lost in the leaching filtering

Goldenberg said the best diet is for "man to eat out of his garden," but there is little potential for society to do

Cooley said if people relied on food only grown in Nebraska, there would be "very little food" for individuals.

Goldenberg said that processed foods have "removed everything" and that people can't get vitamins from processed food" unless it has been fortified or enriched.

Cooley charged that supplementation in diets results in millions of dollars being spent every year "for something we really don't need."

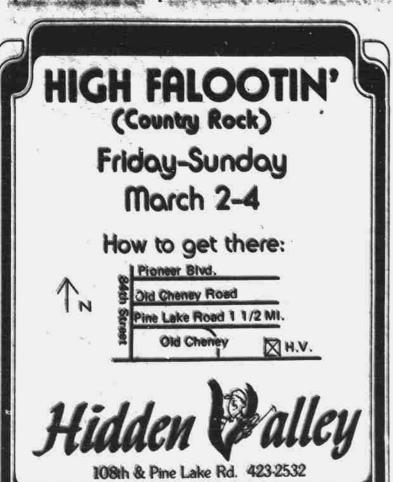
She also said "the average person has a reasonably good

Goldenberg disagreed and cited poor diets as a reason for supplementation.

Goldenberg asked Cooley why so many people use

Cooley said she felt it was mostly for psychological

Goldenberg disagreed with her explanation and said experiments on animals proved he was right.





For example, he said, rats given the commercial product Egg Beaters died, but rats which ate whole eggs thrived.

Animal research has its value, Cooley said, but it must be put in perspective.

"People are living longer," she said.

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Cooley also said a varied diet is good that that "food fulfills genetic potential." Individuals need food, rest and exercise, but people

can't eat their way out of genetic defects, she said. However, Cooley did agree with supplementation to an extent. Cooley said she would recommend supplementat-

ion to children, people on diets and the elderly.
Cooley said she was concerned about people who eat anything and then take a pill to supplement their diets.

Goldenberg said supplementation is no good unless a good diet is followed.



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