

# 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 Cooley, 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 with bran.

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 process.

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

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 diet."

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

Goldenberg asked Cooley why so many people use supplements.

Cooley said she felt it was mostly for psychological reasons.

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.

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 supplementation 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.

ANSWER TO PREVIOUS PUZZLE

```

ABOVE BATHIN PEPO
LEARN EDIFY ALUM
MARTINHOLOMERE
AUX WARY ORARK
JIVE MADE
GARAGE RECORDER
AERO GORIO EMA
MATEGHANVIMISTE
USE MUMMY SNAP
THEORIDE WALADY
ONTO GOLF
ALERA BITE SPA
DEVILBANDOGATEL
EDDY ANDES DASH
SOLD WADTE TROY
    
```

AMERICA'S NEWEST SWEETHEART 99%+ PURE!

"WALL-TO-WALL SEX. PURE SAN FRANCISCO POOR WITH ATTRACTIVE SMOOTH-SKINNED PERFORMERS."

Bruce Williamson/PLAYBOY

Alex deRenzy's

## BABYFACE

A Quality Adult Film

Embassy

1730 O St. 432-6042

## Before you stuff your brain, feed your stomach.

A brain does not live by bread alone. It also needs cheese, and pepperoni, and mushrooms, and all the good things you find on top of a Pizza Hut® pizza. So before you hit the books, clip the coupon below and bring it to a participating Pizza Hut® restaurant. You'll get a great pizza at a great price.

**\$1.00 OFF PITCHER OF YOUR FAVORITE BEVERAGE**

All Lincoln Pizza Huts!  
with student ID.

## Half price

any SuperStyle pizza

Bring this coupon to any participating Pizza Hut® restaurant and get half off the regular price of your favorite SuperStyle pizza. Offer expires March 23, 1979. One coupon per customer per visit.



© 1978 Pizza Hut, Inc.  
Cash value: 1/20c

SHeldon FILM THEATER

Sheldon Art Gallery  
12th & R Streets

COMPLEX, ELEGANT, PLAYFUL AND PROFOUND  
Forsythier has emerged as THE MAJOR FILM-MAKER OF HIS GENERATION

RAMON WESNER  
FORSYTHIER'S

## DESPAIR

DIRK BOGARDE  
ANDREA FERRELL

Today & tomorrow at 3, 7, & 9:15 p.m.

Admission \$2.00

## HIGH FALOOTIN'

(Country Rock)

Friday-Sunday  
March 2-4

How to get there:

Pioneer Blvd.  
Old Cheney Road  
Pine Lake Road 1 1/2 Mi.  
Old Cheney H.V.

## Hidden Valley

108th & Pine Lake Rd. 423-2532

# FIESTA

MAKE IT WITH

## JUAQUEZ TEQUILA

GOLD OR SILVER

IMPORTED & BOTTLED BY TEQUILA JUAQUEZ S.A.  
ST. LOUIS MO 60 PROOF

Five Good Ways to Say "I Love You"

and many more, too! We have the right ring for you, in the right style at the right price.

Sartor Hamann

REGISTERED JEWELERS AMERICAN GEM SOCIETY

Downtown 1125 "O" St. Lincoln  
Gateway Eastwood Mall Lincoln  
Country Club Eastwood Mall Grand Island