# Digesting healthy disease-fighting foods

Rob K.

Bob K.

There has been so much written on this subject lately. Just a few weeks ago, both Time and Newsweek had special reports on just "How Safe Is Your Food." The subject of food containlanted with pesticides was discussed in both magazines. The topic was "What You See Isn't All That You Get."

To quote Newsweek, "Nothing in life is risk free and food is no exception." The list of foods and pesticides, unfortunately, was downright scary. Sad, but true.

Now this can be a little depressing.

So let's turn an about face and discuss foods that are good for you. You ask about foods that help flight against disease. Even though many of us have began to alter our diets away from high fat, sugar and proteins towards high fiber, high complex carbohydrates, many Americans still consume nutrient-pore calories, dangerous fats and unnecessary proteins.

Evidence continues to pour in from many medical sources still linking the average American diet to the average American killer diseases — cancer and heart disease.

Dr. Brian Morgen, at the Institute of Human Nutri-

disease.

Dr. Brian Morgen, at the Institute of Human Nutrition at Columbia University College of Physicians,
says: "By adjusting the environment in which a dis-



exercising options Myrna

Partrich ease develops, the cause of the disease can be altered. It's not possible to change one's genetic makeup, but it is increasingly apparent that dietary changes can contribute to improved health and the prevention of disease.

tribute to improved health and the prevention of discase." Jane Brody, author of "The Good Food Book,"
states, "Whether you're an athlete, a diabette or heart
patient, whether you're an athlete, a diabette or heart
patient, whether you're suffering from high blood
pressure or overweight, or if you're just a healthy person interested in staying that way, a diet that is high in
person by the stay of the stay of the stay of the stay of the person interested in staying that way, a diet that is high in
protect you against canner." In all that I've read, leading experts on the nation's
serious diseases are recommending a high complex
are bodydrate det. In her book, Jane Brody offers convincing evidence that eating unprocessed high-filter
and high-arbohydrate foods combat ulers, breast
cancers and colon disorders, including colon cancer.
Interesting fact: Many Seventh-Day Adventitas follow a vegetarian regimen lower in fat than most

Americans. They have a much lower incidence of cancer, heart and artery diseases than the rest of the American population as a whole. Also, studies of Japanese inmigrants show higher rates of cancer after changing to an American diet. There have been so many studies of people living in different areas of the world — their diets versus diseases and longevity. Foods high in compilex carbohydrates are: potatoes, rice, pasta, bolgur, kasha, millet, corn, peas, beams and others in those families, plus fruits and vegetables. The foods high in fiber are: whole wheat, rye, corn, oats, brown rice, dried peas and beans, bran, seeds and all fruits and vegetables.

The American Cancer Society recommends vegetables such as broccoli, brussel sprouts, cauliflower and cabbage. They contain indoles, a chemical substance

bles such as broccoll, brussel sprouts, cauliflower and cabbage. They contain indoles, a chemical substance which in animals, seems to ward off cancer. Equally important are foods highest in Vitamin A and its precursor, betacarotene. These foods are yel-low, orange, and green. The deeper in color, the more protective nutrients they have. The fruits and vegeta-

carrois, sweet pointoes, cantaloupe, apricots, peaches, squash, tomatoes, apples, green beans, corn, green grapes, dark green lettuce, asparagus and collard

Foods rich in Vitamin C are also on the disease

greens.

Foods rich in Vitamin C are also on the disease fighters list: citrus fruits, berries, peaches, melons, sweet potatoes, and green and leafy vegetables. Another interesting study of Eskimos and the Japaneses shows that eating fish may be linked to lowering rates of heart disease. Certain fitch like sardines and canned salmar (with the bones) plus skim milk or yogurt, provide calcium needed to fight osteoporosis (disease of the bottom line. Eating a good variety of loods is still important, but the wide variety should remain within the bounds of the disease figher foods — vegetables, fruits, whole grains, fish and some low-fat dairy products. If you take this information live given you today and slowly digest it, it will work better for you. Think zbout your own daily food habits and how to change. Start one meal at a time. Give 'yourself a wee'r his is not a diet — it's a wav of life! (Myrna Paririch, co-ourner of The Workout Company of Bloomfield Tournship, is happy to answer any questions readers mup have regarding exercise. Please send your letters to: Sports benurners. Adding a Paririch, 1222 Bowers, Birmington 4812).

## Hunters seek record gobbler

PRING HAS sprung. I'm sure of it. The lee is gone from most southern Michigan in land lakes, and the Detroit Tigers open their home season to morrow. More importen, the spring turkey season is upon us. And according to Hugh Marx, Michigan chapter president of the National Wild Turkey Federation, there's a very good chance some lucky butch here's a very good chance some lucky butch will bug a new state record 70m this season.

Through a cooperative effort between the Michigan Department of Natural Resources and the Michigan Capter of the National Wild Turkey Federation, wild turkeys have been planted and transplanted throughout the cancel and capter in the state of the stat

birds statewide.

Since 1983 the effort has been focused on establishing a flock in southern Michigan. This year, three areas of southern Michigan will be open to a limited hunt — the Water-loo State Game Area (near Jackson). the Barry State Game Area (near Battle Creek)) and the Allegan State



Game Area (near Kalamazoo). Two of those areas, Waterloo and Barry, will be opened for the first time. This is where Marx feels a new state record bird could come.

THE TURKEY habitat in southern Michigan's farm and agricultural areas is different than the woodland areas is different than the woodland habitat in the northern part of the state. Because of this, the DNR has been stocking the southern section of the state with birds from areas of other states with similar habitat. The turkeys originally planted at Waterloo and Barry came from Missouri

four- and five-year-old birds. Most Torns, in areas where they are hunt-ed, only live for an average of two or three years. I'd bet a new state record will come from Waterloo or Barry."

LOCATING TURKEYS, obviously, LOCATING TURKEYS, obviously, is the lirts step in a successful bunt. Mark explained that the best area to start looking for Toms is where there is a lot of fresh sign. Look for racks, droppings, scratchings and dusting areas. Even if you haven't received an answer to your call, if there is a lot of sign, chances are there are utrekys in the area. "You've got to go where there is a lot of sign." Marx said. "A lot of times a Tom just won't gobble. If he's with his bens, or roosating where the hens are in sight, he won't have

to gobble. But if you find an area with a lot of sign you'll know there are turkey in the area."

Once you've located a bird and be-

Once you've located a bird and begin to call him in, it's best to begin with a low, soft call and increase the volume if you don't get a response. This way, if a Tom is close you won't scare him with a sudden burst of noise.

A VARIETY of calls can some-times be helpful to entice a Tom to come in to you.

"If a bird has made an attempt to

"If a bird has made an attempt to come toward you there is no need to switch calls," explained Marx. "But when a bird is taking an extremely long time to come in, if be's hung up for some reason, you may want to switch calls. Or, if you know he's there but you can't get him to gobble or come in, again, you may want to change calls."

Some hunters also prefer to back out of their present location and quitely circle around to another location before resuming to call.

### outdoors calendar

- IMPORTANT DATES
  AND EVENTS

  April 22 11th Annual River
  Crab Salmon Stakes (ishing tournament will be held on Lake St. Clair.
  Proceeds, through the sale of raffle/
  entry tickets, will benefit child abuse
  and neglect programs. For more information call 985-5125 or 329-2261.

  April 29 trout season opens.

  May 13 Jack Leverne sailing
  classes begin. For more information
  call 888-7887.

  The Pite. Mouillee Shooting Facillity is now open to the public.
  Hours for trap and skeet shooting
  are Wednesday through Sunday, 10
  am. to 8 pm. Rifle and pistol shooting is open Thursday through Sunday,
  3, no application of the public.

  OAKLAND COUNTY
  PARKS

  High as a Kite, a nature pro-

· High as a Kite, a nature pro-

gram in which participants will learn about wind and kites, will be offered Saturday at Independence Oaks. Cost is \$3 (for a kite) and pre-registration is required. Call 625-6473 for more information.

bi73 for more information.

• Weatherwise, a nature program about the weather, will be offered at 1 pm. Saturday, April 15, at Independence Oaks. Pro-registration is required. Call 625-6473 for more information.

Eggstraordinary, Eggciting Eggs, a day of activities for pre-school and elementary school chil-dren, will be offered at 11 a.m. Sat-urday at Stony Creek.

What's Up, a family walk through the park to check on the progress of spring, will be offered at 10 a.m. Sunday at Stony Creek.



JOSEPH GRANDE DAEWOO SOJIN 7'



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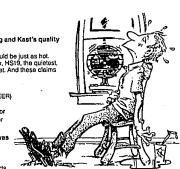
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