# Food industry critic links diet to disease

#### By DIANE SANDS

If the adage you are what you eat is true, Americans are a conglomeration of junk foods, according to Michael Jacobson, Ph. D. and noted critic of the food indus-

and noted critic of the food indus-nation noted critic of the food indus-presently codirector of the Center for Science in the Public Interest in Washington, D.C., was the key-note speaker at the Michigan State Dietitians' Convention held Thurs-day (Oct. 24) at the Troy Hilton. Dr. Jacobson informed more than 400 dieticians attending the convention of the relation between disease and diet in America and of the steps that health professionals and other concerned individuals can take to remedy the situation. "The foods which we eat are di-rectly related to the high incidence of heart disease, diabetes, high blood pressure and intestinal can-cer common in Americans,"

blood pressure and intestinal can-cer common in Americans," he said.
"Older persons are now suffer-ing from the effects of foods which they have eaten during their life-time. Although the food sub-stances are not poisonous in small amounts, years of over consump-tion can lead to many unnecessary illnesses.

"AS A PREVENTIVE measure, Americans should make changes in their diets now. Eat less sugar, saturated fats and salt. Substitute unhealthy foods with

> Natural Ranch

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natural foods whole grain cereals, unbleached flour, fresh fruits, ve-getables and dairy products," he said.

Dr. Jacobson advises a break in the sugar habit which comprises 20 percent of the average Ameri-can diet.

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"We don't need any added sugar in our diets. The natural sugar in four diets. The natural sugar in four diets and vegetables can replace the empty calories found in junk foods," he said.

He compares the "junk food" promoted on television to a dope peddler trying to addict children but lacking the public indignation which has accompanied the awareness of the drug problem.

"Momma and the food industry are killing us with their pre-package means that do according to the food in the food in the second promote the second promot

food chains and unhealthy snack foods, like soda pop and chips, the average American learns only the pleasant tasting aspects of junk foods, not the harmful effects they can cause during the course of a lifetime

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"COMPANIES ARE making money through poor nutrition. Corporations wield tremendous amounts of influence on government regulation of the food industry. The annual advertising budget for General Foods tops \$180 million, three times as large as the budget allocated for the Food and Drug Administration," said Jacobson.

Drug Administration," said Jacobson.
"The influence of the food industry is obvious when 22 out of 52 of the top FDA administrators came to government from the food industry and later plan to return to jobs with the same corporations which they now regulate, he said a son for the unhealthy food habits of Americans on the food indus-

## Bazaar to benefit mentally retarded

Northwest Child Rescue Women (NCRW) Junior League will spon-sor its major fund-raiser, a second annual holiday gift bazaar from 11

a.m. to 4 p.m. Nov. 19 at Knob-in-the-Wood Clubhouse, 20800 Knob Woods Drive in Southfield. Gift items for Christmas and Chanukah from \$1 to \$6 will be on

These include handcrafted nov-elties, piggy banks, flashlights, aprons, wrapping paper, address books, pill boxes, stationery for children and adults and terry cloth guest towels.

guest towels.

Northwest Child Rescue Women
Junior League is an adjunct of the
Northwest Child Rescue Women,
Senior League, now in its 26th
year.

The Junior League was founded in 1971 with 18 members.

It was created to carry on the philosophies and achievements of the original group.

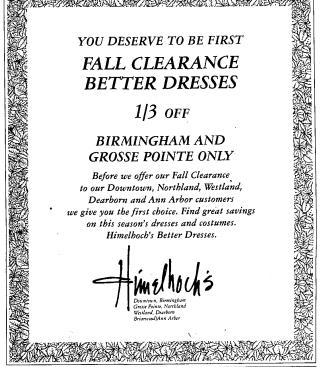
The purpose is to aid mentally retarded Jewish individuals in the metropolitan Detroit and Oakland County areas.

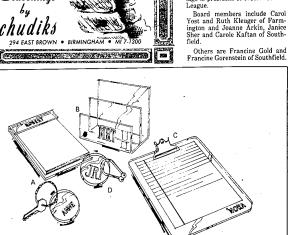
THE JUNIOR LEAGUE is the only group which supports a program for such elementary age children.

This program includes a two and one-half hour social and recrea-tional program in art, swimming and gym at the Jewish Community Center every Sunday afternoon.

Adell Magdall of Lathrup Village is president of NCRW Junior League.

Others are Francine Gold and Francine Gorenstein of Southfield.





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### Jacobson's

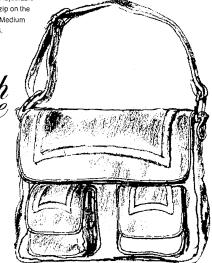
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