

Good food habits essential for every age bracket

Dear Jo: My mother, who taught all her children good food habits, seems to be surviving on a diet of tea and toast. She says that she doesn't like to cook all that food just for berself. I know she doesn't like to eat alone. Would you priat some basic nutritional advice for her as she follows your column?

Perhaps your mother could join in one of the hot lunch programs that are alroad to the persons in central totalble for older persons in central totalble for older persons in central totalble for older persons in central total the person in the person in

THE 1980 EDITION of the Recommended Dietary Allowances (RDA) out-lines a good diet for healthy people of any age. They recommend the basic

Four servings of the fruit and vege-table group are recommended; these contribute B vitamins and fiber. Two to three servings of the meat and legumes supply protein, iron, vitamin B12 and folacin to the diet. Two servings of milk and milk products provide calci-

milk and milk products provide calci-um and protein.

And lastly, fats and sugars as needed add calories and essential fatty acids. I hope your mother reads this review of the basic diet and becomes more inter-ested in a proper diet again.

Dear Jo. I have read and enjoyed your column for some time now. It is heartwarming to know that an elderly person has someone to tell his or her problems to and to ask questions about physical and mental health. You take time to research, so you can give the right answer and you open up your heart to solve problems of loneliness and related states. We all

food groups, the number of servings and what each food group contributes to the diel.

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Sincerely, Erika Jensen

Dear Erika: Your letter says so much. Thank you for writing.





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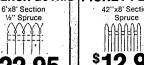
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