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Heading: **Include Grains, Legumes, Fruit in
Healthy Diet**

Include Grains, Legumes, Fruit in Healthy Diet

I would like to respond to both Stacie Ortmeier's and Walter E. Freeze's letters regarding nutrition.

Stacie says nutritional supplements are not necessary for healthy individuals who are able to eat food and meet their nutritional needs by doing so.

While this was true in the past, many people today do not recognize unhealthy foods. Most people do not know their metabolism type and, therefore, do not know the right foods to eat. Supplements do not and should not take the place of nourishing foods. Supplements, when taken under the guidance of a healthcare professional, can add vital minerals and nutrients that people may not get because of the large amount of processed and fast foods that they eat.

Although I agree with many of the things Walter Freeze wrote, I disagree with his statement, "There is no such thing as a healthy eater today." Becoming a healthy eater in today's world of fast food and pre-packaged meats is not as difficult as one might think. One does not need to eat animal meat to obtain protein in one's diet. Sources of protein can be gained by combining whole grains (oat, wheat, brown rice, etc.) with legumes and/or beans (lentils, black beans, peas, etc.). Raw fruits and vegetables can be easily eaten on the run if a person does not have time to fix a complete meal.

Motivation often follows education. When one learns more about what is a healthy diet and lifestyle, the more likely one will seek changes to obtain optimum health. And, yes, optimum health is possible even in this day and age.

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