A well-balanced moderate low-fat breakfast for teen-age girls, 16-19 years

When a moderate reduction of dietary fat is indicated for girls in their late teens, the basic cereal and milk breakfast merits consideration. This breakfast is moderately low in fat because its fat content of 10.9 gm. provides 20 per cent of the total calories. As shown in the table below, it contributes well-balanced nourishment. It provides "Girls, 16 to 19 Years" with approximately one-fourth of the recommended dietary allowances\(^1\) of complete protein, important B vitamins, essential minerals; and provides quick and lasting energy.

recommended dietary allowances\(^*\) and the nutritional contribution of a moderate low-fat breakfast

Menu: Orange Juice—4 oz.;
     Cereal, dry weight—1 oz.;
     Whole Milk—4 oz.; Sugar—1 teaspoon;
     Toast (white, enriched)—2 slices;
     Butter—5 gm. (about 1 teaspoon);
     Nonfat Milk—8 oz.

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Calories</th>
<th>Protein</th>
<th>Calcium</th>
<th>Iron</th>
<th>Vitamin A</th>
<th>Thiamine</th>
<th>Riboflavin</th>
<th>Niacin equiv.</th>
<th>Ascorbic Acid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Totals supplied by Basic Breakfast(^*)(^2)</td>
<td>503</td>
<td>20.9 gm.</td>
<td>0.532 gm.</td>
<td>2.7 mg.</td>
<td>588 I.U.</td>
<td>0.46 mg.</td>
<td>0.80 mg.</td>
<td>7.36 mg.</td>
<td>65.5 mg.</td>
</tr>
<tr>
<td>Recommended Dietary(^1) Allowances—Girls, 16 to 19 Years (54 kg.—120 lb.)</td>
<td>2400</td>
<td>75 gm.</td>
<td>1.3 gm.</td>
<td>15 mg.</td>
<td>5000 I.U.</td>
<td>1.2 mg.</td>
<td>1.9 mg.</td>
<td>16 mg.</td>
<td>80 mg.</td>
</tr>
<tr>
<td>Percentage Contributed by Basic Breakfast</td>
<td>20.9%</td>
<td>27.9%</td>
<td>40.0%</td>
<td>18.0%</td>
<td>11.0%</td>
<td>38.3%</td>
<td>42.1%</td>
<td>46.0%</td>
<td>81.9%</td>
</tr>
</tbody>
</table>

\(^*\)Revised 1958, Food and Nutrition Board, National Research Council, Washington, D.C.

\(^2\)Cereal Institute, Inc.; Breakfast Source Book, Chicago: Cereal Institute, Inc., 1959.


CEREAL INSTITUTE, INC.
135 South La Salle Street, Chicago 3

A research and educational endeavor devoted to the betterment of national nutrition
why wine in Urology?

The essence of recent research on the effects of wine in renal disease indicates (1) that wine in moderate quantities is non-irritative to the kidneys; (2) that wine increases glomerular blood flow and diuresis; (3) that it is useful in minimizing acidosis, and (4) that properly used in selected patients, wine can brighten an otherwise monotonous and unappealing diet.

The Superior Diuretic Action of White Wine—The diuretic properties of wine have been the subject of intensive study. Interestingly, the diuretic action of white wine, and particularly sweet white wine, has been found to be superior to that of red wine.

White wine, therefore, is prescribed with benefit in nephritis, especially that associated with hypertension and arteriosclerosis. Wine is not suggested in cases of renal insufficiency.

The Buffers in Wine—Such buffering agents as natural tartrates and phosphates in wine prevent the acidosis which normally tends to follow the ingestion of alcohol. Used in renal disease, therefore, wine tends to minimize acidosis and maintain the alkaline reserve.

An extensive bibliography is now available showing the important role of wine in various phases of medical practice. A digest of current findings with specific references to published medical literature is yours for the asking. Just write for your copy of "Uses of Wine in Medical Practice" to Wine Advisory Board, 717 Market Street, San Francisco 3, California.
STATEMENT OF OWNERSHIP
STATEMENT OF THE OWNERSHIP, MANAGEMENT, AND CIRCULATION REQUIRED BY THE ACT OF CONGRESS OF AUGUST 24, 1912, AS AMENDED BY THE ACTS OF MARCH 3, 1933, AND JULY 2, 1946 (Title 39, United States Code, Section 233)


2. The owner is: (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding 1 percent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a partnership or other unincorporated firm, its name and address, as well as that of each individual member, must be given.) Drug Publications, Inc., 11 East 36th Street, New York 16, N.Y.; M. T. Wisotzkey, President and Sole Stock-holder, 11 East 36th Street, New York 16, N.Y.

3. The known bondholders, mortgages, and other security holders owning or holding 1 percent or more of total amount of bonds, mortgages, or other securities are: (If there are none, so state.) None.

4. Paragraphs 2 and 3 include, in cases where the stockholder or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting; also the statements in the two paragraphs show the affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stock and securities in a capacity other than that of a bona fide owner.

5. The average number of copies of each issue of this publication sold or distributed, through the mails or otherwise, to paid subscribers during the 12 months preceding the date shown above was:

(This information is required from daily, weekly, semi-weekly, and triweekly newspapers only.)

M. T. WISOTZKEY, President

Sworn to and subscribed before me this 14th day of September, 1959.

ROSE V. CELENTANO
Notary Public

[SEAL]

(My commission expires March 30, 1960.)
Among nutrients, proteins play a leading role in body processes—respiration, digestion, metabolism, reproduction, growth... and even awareness of and reaction to the world around us.

Each cell contains its own special proteins... made up of countless arrangements of about 25 different amino acids... combined to make some function possible. Some proteins work with vitamins and minerals as enzyme systems... breaking down food for energy and building material... then converting and synthesizing new substances needed for life and activity. Others form a wide variety of tissues with specialized functions... made possible by the nature of the proteins themselves.

The heart can beat to pump blood because the protein in muscle contracts and expands. Connective tissue holds the framework of the body together because the protein is elastic and acts like a taut rubber band. Eyes see... fear causes fright or flight... oxygen reaches cells... blood clots... wounds heal... all with the aid of specialized proteins.

The diet must provide the building materials for all vital proteins... 8 essential amino acids, preformed... and enough nitrogen to form all the others. These are most readily obtained from foods of animal origin... milk, meat, eggs, poultry and fish... combined in tasty meals with foods of plant origin... all kinds of grains in breads and cereals... vegetables and fruits.

Milk is man's first dietary source of protein... provided in desirable ratio with other nutrients with which protein works... carbohydrate, fat, essential fatty acids, vitamins, and minerals... to sustain growth and health in the infant while new functions are developing for adaptation to a new environment.

Since 1915... promoting better health through nutrition research and education
NATIONAL DAIRY COUNCIL
A non-profit organization
111 North Canal Street • Chicago 6, Illinois
“All my patients get an extra lift with ‘Beminal’ Forte”

BECAUSE JUST ONE CAPSULE A DAY provides massive doses of vitamin B and therapeutic amounts of vitamin C, “Beminal” Forte amply meets the need when requirements are high and reserves are low. And when the need is particularly acute, for instance, during long term illness or to accelerate tissue repair, 2 or 3 capsules may be given daily.

Supplied: No. 817 — Bottles of 100 and 1,000 capsules.

FOR PATIENTS ON SPECIAL DIETS, IN INFECTION, OR PRE- AND POST-OP

 prescribe

“BEMINAL” FORTE
Therapeutic B Factors with Vitamin C

Ayerst Laboratories • New York 16, N. Y. • Montreal, Canada

*Vitamin C content recently increased to 250 mg. per capsule without increase in cost.
Agreed. Most of your patients could help protect themselves against nutritional deficiency by eating a properly balanced diet, sensibly prepared.

But do they? The sweet tooth, haste, the tyranny of fashion—and just the plain orneriness of human nature—all conspire to negate your good nutritional advice.

Pending perfection of anti-ornerness preparations, may we suggest VITERRA. Four delicately balanced vitamin-mineral formulas give sound nutritional support. Select the dosage form best suited to each patient.

**VITERRA CAPSULES** — comprehensive daily supplement. Bottles of 100.

**VITERRA TASTITABS** — can be chewed, dissolved, or swallowed. Bottles of 100.

**VITERRA THERAPEUTIC** — high potency formula. Bottles of 30 and 100.

**VITERRA PEDIATRIC** — for infants and small children. 50 cc. Metered-Flow bottle.

Selectively formulated by one of the major producers of bulk vitamins.*

**P.S.** With all due respect, Doctor, does your own diet always reflect your full knowledge of nutrition? Why not ask your Roerig representative for a personal supply of VITERRA.

New York 17, N. Y.

*Division, Chas. Pfizer & Co., Inc.

Science for the World's Well-Being