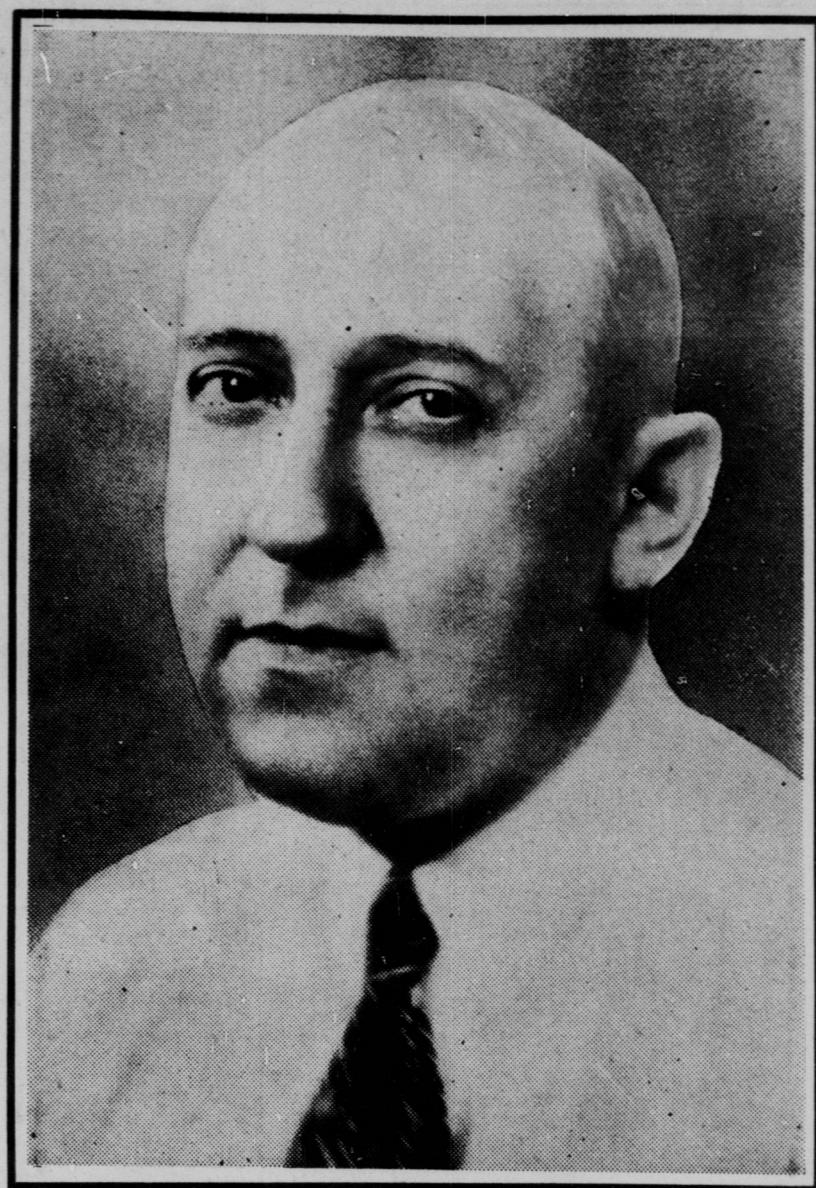


DR. MORRIS FISHBEIN

Secretary, American Medical Association; Editor, Journal of the American Medical Association

IN HIS COLUMN
"WATCH YOUR HEALTH"

**In The Indianapolis Times
Editorial Page, Friday,
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DR. MORRIS FISHBEIN

SAYS :—

REMEMBER that bread means different things in different places. There are the scones of Scotland, the long loaf of France, the twist of Poland, and the American bread untouched by human hands.

Modern American bread is made by machine. It has an established composition. It is a sensible food. It is rich in carbohydrates and proteins. It provides mineral salts, fats and some vitamins.

The Committee on Foods of the American Medical Association has approved the following statement on bread:

-1 Bread is our outstanding source of the largest single need in the balanced diet—food energy.
-2 Bread is a most economical source of food energy—there is almost no waste in white bread, as it is 96 per cent digested.
-3 Bread often is incorrectly called a 'fattening food.' The fact that bread is high in food energy does not mean that it in itself will produce overweight. Control of weight depends solely on the food energy content of the diet as a whole, not on any specific food in the diet. Bread can be eaten even by those who are reducing under their physician's instructions.
-4 Bread is a completely wholesome food."