**Nutrition**

**American Indians never fried food. *(L. M. Boyd)***

**Over the last three decades, Americans went from eating an average of 3.8 meals and snacks a day to 4.9 a day. The average American now consumes about 2,375 calories per day – about 32 percent more than in the 1970s. *(Time.com, as it appeared in The Week magazine, July 15, 2011)***

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**Dolly says to Billy: “Apples are a healthy snack, but I like ‘em anyway.” (Bil Keane, in The Family Circus comic strip)**

**I come from a family where gravy is considered a beverage. *(Erma Bombeck)***

**Is there such a thing as “brain food”? Not according to the experts. Any food that nourishes the body nourishes all of it, they say. *(L. M. Boyd)***

**It’s a matter of historical record that rule makers in numerous villages of ancient Rome kicked out their physicians and announced they’d try to stay healthy thereafter by eating cabbage. *(L. M. Boyd)***

If I ever have a stroke, I hope it will be early in the morning, so I don’t take my vitamins that day for no reason. *(George Carlin, in When Will Jesus Bring the Pork Chops?, p. 108)*

**Gourmet chef Julia Child gets depressed if she doesn’t eat well. She still has the nostalgic attitude of someone who learned to cook in France in “the halcyon days when nobody thought about butter and cream.” Today, Child admits, she does watch her calories, but expresses horror at how far Americans have gone in “this fitness agony.” In her new book, The Way to Cook, Child sets out to revive the pleasures of the table, while acknowledging the trend toward low-fat cuisine. The 5 ¾-pound tome, however, contains no 30-minute meals. Says the indomitable chef, “Fast food is full of fat and preservatives; restaurants are expensive. You might as well cook. You have to take food seriously,” she concludes. “Not just the nutrition but the process. It’s worth the effort. You have to learn it, just as you do tennis or golf or sailing.” *(Irene Sax, in Newsday)***

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**Chef says to Ziggy: “Sorry, we’re out of chili! We used the last of it to lay some tile in the kitchen!” *(Tom Wilson, in Ziggy comic strip)***

**Waitress: “Cookie needs to know how your chili tastes.” Man: “It’s all right, why?” Waitress: “It’s a new recipe he’s workin’ on and it still has a few bugs in it!” *(Art & Chris Sansom, in The Born Loser comic strip)***

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**I drive way too fast to worry about cholesterol. *(Steven Wright, comedian)***

**In defense of sloth: It’s our diet, rather than our much-maligned sedentary lifestyle, that appears to be most responsible for our bulging waistlines. A surprising new study shows that hunter-gatherers from northern Tanzania burn about the same number of calories per day as office workers in the U.S. Researchers tracked the movements and measured the energy expended by members of the uniformly svelte Hadza tribe, who trek for miles each day hunting game and foraging for fruits and berries. Though the Hadza engage in far more physical activity than Westerners typically do, they burn fewer calories while at rest, making their overall daily energy expenditure roughly the same. But the Hadza also eat much less than Westerners, and their diet of meat and fruit contain none of the processed sugars and fats that permeate American fare. “The big reason that Westerners are getting fat is because we eat too much,” Hunter College anthropologist Herman Pontzer tells BBC.co.uk. “It’s not because we exercise too little.” *(The Week magazine, August 17, 2012)***

**The Democratic party announced this week that Barack Obama will give his acceptance speech at an 80,000-seat stadium, and that they will not serve fried food at the Democratic convention. Those are the two things they announced. Yeah, which begs the question: where are they gonna find 80,000 Americans who don’t eat fried food? It’s not gonna happen. *(Conan O/Brien, in The American Legion Magazine)***

**The difference between oil and fat shows up at 68 degrees Fahrenheit. If it stays liquid above that temperature, it’s oil. If it stays solid above that temperature, it’s fat. *(L. M. Boyd)***

**Beulah, I reckon I might have to try this here dog food. It sez it will make my hair glossy, relieve my joint pain, give me more energy and clean my teeth! *(“Mad” Jack Hanks, in Hoots from the “O-NO” Ranch)***

**People think you can only enjoy food if you eat it slowly. Well, I’m here to tell you that it tastes just as good when you eat it fast. *(Miranda Lambert, in Texas Monthly)***

**All the nagging about the unhealthiness of fast food may be paying off: Between 2006 and 2010, the proportion of the nation’s total caloric intake that came from fast food outlets dropped from 12.8 to 11.3 percent. *(CSMonitor.com, as it appeared in The Week magazine, March 8, 2013)***

**One older man says to the other: “I think the four basic food groups are dairy, meat, vegetables and pills!" *(The Saturday Evening Post cartoon)***

**In general, mankind, since the improvement of cookery, eats twice as much as nature requires. *(Benjamin Franklin)***

**The healthiest fruit: All fruit isn’t created equal when it comes to preventing diabetes. A Harvard University study that tracked the diets of more than 185,000 people over 12 years shows that eating strawberries, oranges, peaches, plums, and apricots has no impact on a person’s likelihood of developing type 2 diabetes. But grapes, apples, grapefruit, and blueberries do help ward off the disease. Blueberries had the greatest effect on diabetes risk: Eating between one and three servings a month decreased risk by 11 percent; eating five servings a week decreased it by 26 percent. But the benefits of certain fruits don’t extend to juices made from those fruits. The study found that drinking a single serving of juice per day increases the risk of diabetes by 21 percent. “During juicing processes, some phytochemicals and dietary fiber are lost,” study author Qi Sun tells National Geographic.com. The phytochemicals include antioxidants that may help the body break down glucose, while fiber slows absorption of sugars. Many juices also contain added sugars, which can promote diabetic changes in the body. *(The Week magazine, September 27, 2013)***

**A convergent global diet: People around the world are buying and eating the same foods, raising concerns about the resilience of the world food supply. A new study drawing on 50 years of data from the United Nations’ Food and Agriculture Organization has found that fewer crops are feeding the world, leaving us increasingly vulnerable to the depredations of disease, pests, and climate change. “As the global population rises and the pressure increases on our global food system, so does our dependence on the global crops and production system that feed us,” Luigi Guarino of the Global Crop Diversity Trust tells BBC.com. Wheat, for example, is now a key food in more than 97 percent of countries, and soybeans have risen from relative obscurity to become “significant” in the diets of almost three quarters of nations. Rice, corn, potatoes, and sugar have all expanded their footprints, elbowing out such traditional crops as millet, rye, sweet potatoes, and cassava. Researchers note that the homogenization largely reflects the spread of the Western diet, which has likely contributed to the rise in global obesity and the resulting increase in diabetes and heart disease. *(The Week magazine, March 21, 2014)***

**Dolly scoops up the grass and dirt from the yard and presents it to her Dad on a large plate as she says to him: “It’s good for you! It has no sugars and is all natural ingredients.” *(Bil Keane, in The Family Circus comic strip)***

**Everybody wants to eat at the government’s table, but nobody wants to do the dishes. *(Werner Finck)***

**In a restaurant: “I had planned a health kick, but couldn’t get the screw top off the vacuum-packed wheat germ.” *(Bill Copeland, in Sarasota, Florida, Journal)***

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**The average American eats one to two pounds of dead insects and insect parts a year that are contained in such foods as pasta, spinach, broccoli, cereal, rice, and beer. The Food and Drug Administration has allowable levels of insects for various foods; beer, for example, can contain up to 2,500 aphids per 10 grams of hops. *(ScientificAmerican.com, as it appeared in The Week magazine, June 21, 2013)***

**The case for eating insects: To combat hunger and improve the environment, people should swap cattle farms for ant farms. That’s the conclusion of a new report from the U.N. Food and Agriculture Organization urging the U.S. and other Western countries to boost their insect intake. “Insects are a highly nutritious and healthy food source with high fat, protein, vitamin, fiber, and mineral content, the report says. Cultivating bugs requires far fewer resources than cattle, chickens, or fish; crickets, for instance, are 12 times more efficient at converting grains and other nutrients into meat than cows are. Some 1,900 species of insects are already being consumed in other countries, where popular morsels include beetles, caterpillars, ants, grasshoppers, and locusts. In fact, the Western diet is one of the few to shun insects. “Honeybees are perfectly delicious,” University of California, Riverside, entomologist Doug Yanega tells USA Today. “But it is tough to convince people.” Yanega encourages people to sauté or roast some of the cicadas currently swarming the East Coast. While underground as nymphs, “they eat tree sap for 17 years,” he says. “That should make them pretty good.” *(The Week magazine, May 31, 2013)***

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**An expert on processing of juices says you can make a pretty fair drink out of alfalfa. *(L. M. Boyd)***

**I admit it. I ate kangaroo. You are what you eat. I feel a sudden urge to hop. *(Mitch Albom, in Detroit Free Press)***

**The doctor who treated high blood pressure with nothing but grapes was Dr. John Harvey Kellogg, the Battle Creek nutritionist who invented corn flakes. His hypertensive patients got 26 meals a day – of grapes, only grapes. *(L. M. Boyd)***

**The American Heart Association predicted that today’s kids will be in trouble if they don’t change their eating habits. According to comedy writer Bob Mills, “Doctors were alerted when they noticed that kids cholesterol counts were creeping past their SAT scores.” *(Los Angeles Times)***

**Waitress to diner: “I am required by law to tell you that everything you ordered today may be harmful to your health.” *(M. Twohy, in Changing Times, The Kiplinger Magazine)***

**A man in Germany has confessed in court to being a cannibal. He said he ate another German man. He was going to eat an American, but his doctor told him he had to cut down on fat. *(Jay Leno)***

**Ziggy: “I’m a light eater! I start eating as soon as it gets light out!” *(Tom Wilson, in Ziggy comic strip)***

**You cannot truly say you live well unless you eat well. *(Nigella Lawson, in The New York Times)***

**Husband says to wife: “Breakfast is good. It’s like the lubricant that helps you slide into the day!” Wife: “You’ve got some lubricant on your shirt.” *(Chris Browne, in Raising Duncan comic strip)***

**Overheard: “I was making $100,000 a year, had 75 people under me, a condo in Aspen and was being considered for the Senate – then I switched to decaf.” *(Bob Thaves, Newspaper Syndicate Assn)***

**Three out of 10 people prefer only two meals a day, surveys show. *(L. M. Boyd)***

**Chef says to Ziggy: “We don’t have any menus. My lawyer advised me never to put anything in writing!” *(Tom Wilson, in Ziggy comic strip)***

**Methuselah ate what he found on his plate, and never, as people do now.**

**Did he note the amount of the calorie count; he ate it because it was chow. He wasn’t disturbed as at a dinner he sat, devouring a roast or a pie. To think it was lacking in the right kind of fat or a couple of vitamins shy. He cheerfully chewed each species of food, unmindful of troubles or fears. Lest his health might be hurt by some fancy dessert; and he lived over 900 years! *(Bits & Pieces)***

**The milk of a white-tailed deer is about twice as rich as that of a Jersey cow. Grizzly milk is 10 times richer than human milk. *(L. M. Boyd)***

**“I never eat any food with additives. I don’t eat anything with preservatives or anything that’s been sprayed or anything that’s been fed chemical grain.” “And how do you feel?” “Hungry.” *(Robert Cordray, National Newspaper Syndicate)***

**One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating. *(Luciano Pavarotti, in My Own Story)***

**Why you should eat nuts: Regularly eating a handful of nuts could help you live a longer, healthier life, CNN.com reports. A new observational study of about 119,000 men and women found that those who ate the recommended 1.5-ounce serving of nuts every day were 20 percent less likely to die over 30 years, compared with those who did not. Researchers also saw a 29 percent reduction in deaths from heart disease and an 11 percent reduction in the risk of dying from cancer. Even eating nuts occasionally correlated with a 7 percent lower death rate over 30 years. “There’s something unique about nuts,” says Charles Fuchs of the Dana-Farber Cancer Institute, who speculated that they may have an effect on inflammation or metabolism. But scientists said the correlation between nut-eating and longer lives doesn’t prove a cause; nut eaters also tended to be leaner, less likely to smoke, and more likely to exercise and eat fruits and vegetables. *(The Week magazine, December 13, 2013)***

**Another thing you can try to figure out while waiting at stoplights is why opera singers generally eat far more than most people. *(L. M. Boyd)***

**U.S. sales of organic food have risen by 35 percent in the last five years, creating a shortfall in organic feed for livestock and poultry. *(The Wall Street Journal, as it appeared in The Week magazine, July 26, 2013)***

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**A good slice of pizza can be as good as a $200 meal in a restaurant. *(Benicio del Toro, in Esquire)***

**Worker: “I’m whipping up a special pizza to enter in the competition for the U.S. pizza team. It’s got pepperoni, ham, sausage, bacon and extra cheese. I call it my ‘Pizza De Resistance’!” Boss: “It sounds more like the “Quadruple Bypass.’” *(Tom Batiuk, in Funky Winkerbean comic strip)***

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**Most popular staples worldwide are wheat, corn, rice and potatoes, in that order. *(L. M. Boyd)***

**Old people shouldn’t eat health foods. They need all the preservatives they can get. *(Robert Orben)***

**A pound of houseflies contains more protein than a pound of beef. *(Noel Botham, in The Amazing Book of Useless Information, p. 176)***

**Those who claim to know say people would be a lot healthier if they’d reverse their morning and evening meals – supper for breakfast and breakfast at suppertime. These experts contend we now get most of our calories at the time of day we need them least. *(L. M. Boyd)***

**You are what you eat, so I eat only rich foods. *(Argus poster)***

**The right food in the right amount at the right time can be better than any drug. *(Ashleigh Brilliant, in Pot-Shots)***

**Half the cookbooks tell you how to cook the food and the other half tell you how to avoid eating it. *(Andy Rooney)***

**Whatever will satisfy hunger is good food. *(Chinese proverb)***

**Wife: “You’re not eating? You must be sick!” Husband: “I’m not sick – I just don’t feel like eating!” Wife: “You’re not feeling well?” Husband: “I feel fine! I just don’t want to eat!” Wife: “You’re sick! That’s why you’re not eating!” Husband: “I’m not sick! I’m just not hungry!” Wife: “Do you have a temperature?” Husband: “Look! I’m not sick!” Wife: “You must be sick!” Husband: “Ok! OK! I’ll eat! … Now I’m sick.” *(B. Grace, in Piranha Club comic strip)***

**Doctor says to Ziggy: “Let’s keep it simple. Whatever you’ve been eating, eat the opposite!” *(Tom Wilson, in Ziggy comic strip)***

**Swimming against the tide of fast food, members of an Italian gourmet organization called Arcigola have joined Slow Food, an “International movement for the defense of, and the right to, the fine pleasures of life.” Slow Food advocates the unhurried consumption of foods prepared with fresh ingredients particular to local culinary traditions. The group already has 20,000 members in Italy and is now launching its philosophy abroad. Its symbol is a snail. *(Sytske Looijen, in International Herald Tribune, Paris, as it appeared in the March, 1990 issue of Reader’s Digest, on page 130)***

**The person who habitually eats spicy foods burns up about 25 percent more calories than average. *(L. M. Boyd)***

**Waiter: “Parfait?” Man: “Well, I’m on a strict diet, but I never let it interfere with meals.” *(Chris Browne, in Raising Duncan comic strip)***

**A nutrition expert says one food more than any other will sustain the longest. No, the comestible is not milk. It is the potato. *(L. M. Boyd)***

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**According to many who’ve tried them, beetles taste like apples, wasps like pine nuts, and worms like fried bacon. *(Noel Botham, in The Amazing Book of Useless Information, p. 176)***

**Doctor says to Ziggy: “Just remember this simple rule: If it tastes good, it’s bad!” *(Tom Wilson, in Ziggy comic strip)***

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**In South Africa, termites are often roasted and eaten by the handful, like pretzels or popcorn. *(Noel Botham, in The Amazing Book of Useless Information, p. 176)***

**Tibetan nomads eat a lot of salt and animal fat. But tests indicate they don’t seem to have the Western world’s high blood pressure problems. *(L. M. Boyd)***

**What time of day do you eat the most food? Statisticians say Americans generally put away 80 percent of it after 6 p.m. *(L. M. Boyd)***

**A trainer of athletes contends it’s not what you eat that gets you ready, but the regularity of when you eat it. *(L. M. Boyd)***

**If a tree is given minimal nourishment, it will live, but it will not grow. But if nourishment is given over and beyond what is needed for life, the tree will live and grow upward, producing fruit. *(Barbara Hatcher, in Reader’s Digest)***

**Part of the secret of success in life is to eat what you like and let the food fight it out inside. *(Mark Twain)***

**Report is the 10 most healthful vegetables, in order, are: broccoli, spinach, Brussels sprouts, lima beans, peas, asparagus, artichokes, cauliflower, sweet potatoes and carrots. *(L. M. Boyd)***

**You can get your vitamin B-12 from anything that swims, walks or flies. But not from things that grow in the ground. So says a medico. *(L. M. Boyd)***

**Wife: “I don’t believe it! Ralph, why are you standing there eating a bag of tortilla chips?” Ralph: “I’ve gotta do something while my diet shake is blending!” *(Kevin Fagan, in Drabble comic strip)***

**Louis Pasteur, who meant so much to the milk industry, once said: “Wine is the most healthful and most hygienic of all beverages.” *(L. M. Boyd)***

**One cannot think well, love well, sleep well, if one has not dined well. *(Virginia Woolf)***

**Man: “There’s something wrong with this salad.” Lars: “What is it?” Man: “It’s good for me.” *(J. C. Duffy, in The Fusco Brothers comic strip)***

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