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AGRICULTURAL EXTENSION SERVICE - UNIVERSITY OF MINNESOTA •

4 November 30, 1973

Pill Popping

(0:30)

A University of Minnesota food scientist says he fears the "Bobby Riggs Syndrome."

Theodore Labuza says "kids see Bobby Riggs popping 350 vitamin pills a day on television and think that's nutrition. It's not!"

Labuza says many people seem to know the four basic nutrition groups, but they don't know how much or what kind of each to eat. He adds that many people also have misconceptions about vitamins. He blames television advertising and schools for this lack of knowledge.

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Storing Vegetables

(0:40)

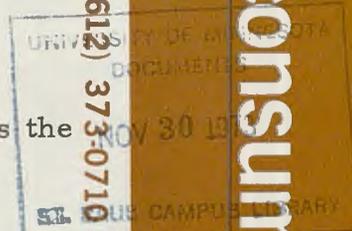
Here's a tip from University of Minnesota extension nutritionist Muriel Brink:

Learn to store your fresh vegetables properly and you will help keep their original food values. The length of time you keep raw vegetables, the temperature and humidity affect the nutrients in the vegetables you serve your family.

As soon as you come in from the garden or home from the market, put fresh spinach, broccoli and salad greens in the vegetable crisper of the refrigerator or in moisture-proof bags. They keep their nutrients best where it is cool and moist.

Cabbage is a more stable source of vitamin C than most leafy vegetables. Do not let it dry out. Wrap it or put it in the vegetable crisper drawer where humidity is high. Stored this way cabbage holds its vitamin C well.

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