



1.

Food's the Thing

EVERYTHING IN YOUR BODY was once in your food.

Starting with a single cell, growing to your present size, and for as long as you live — food becomes YOU.

Food becomes your blood and bones, your brain and brawn.

Food becomes your size and strength, your energy and stamina.

Food contributes to your personality, effectiveness, and emotional stability.

Moreover, food is becoming to you — the right kind and amount, that is — because it gives you the appearance and feeling of radiant health. This is the result of good nutrition.

Food is part of your nutrition. Nutrition includes everything that happens to food — from the time you eat it until it is used for building, repairing, and operating the body. Nutrition is the result of the kind of food supplied and the body's use of that food.

If your nutrition is poor, you are seriously handicapped. You tire easily, you lack stamina, purpose, and enthusiasm. You are a drudge and a drag; you are subject to discontent, worry, and irritability. Poor nutrition is an insidious thing. Sometimes it creeps into your life, like a spy, and slyly sabotages your enjoyment. Other times it attacks outright and quickly defeats everything you try to do.

Your nutrition can be an asset or a handicap to you depending on whether it is good or poor. You are the person who has the most to do about your nutrition and the food that becomes you.

Scientists are working constantly to increase our knowledge about food and nutrition and to find ways of applying this knowledge to the benefit of individuals and of nations. Whether you benefit from this knowledge depends on whether you use it in choosing the foods your body needs to be well nourished.

Perhaps you are thinking that you do not know how to do this. You don't have to be a nutritionist or a food scientist to select wisely the food that becomes you.

If you have a dependable source of information and follow intelligently the directions given, you can choose food for health and vigor.

The chapters ahead are your source of information — a handbook to guide you in selecting the food that becomes you. Follow it confidently and be not only well fed, but also be well nourished.



