

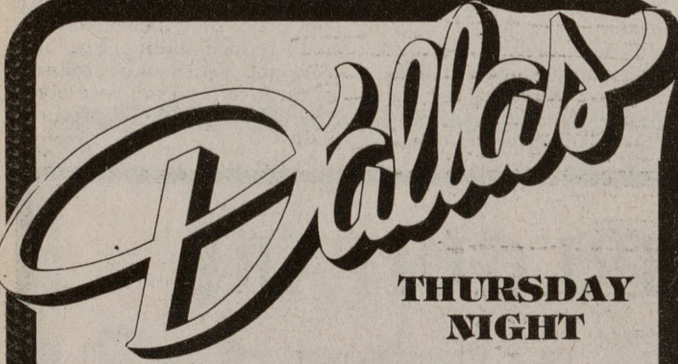
# White bread, eggs get OK from roly-poly nutritionist

United Press International  
White bread is an excellent food, a roly-poly British nutrition scientist said while in the United States to receive a distinguished achievement award.  
Dr. Elsie M. Widdowson said white bread is thought of mainly as a carbohydrate, but has significant nutritional value, including 10 percent protein.  
The outspoken scientist also stuck up for eggs.  
"Well, I have a boiled egg every morning," she said.  
Talk of bread and eggs — and even meat and alcohol — came up when Widdowson was asked about her dietary styles.  
After all, as an insider on the nutrition track, she must be doing everything right.  
She eats a lot of fresh fruits and vegetables and small por-

tions of meat.  
The size of meat servings in American restaurants frightened her. Two or three ounces is sufficient, she said.  
She isn't much for alcoholic beverages, not even the apple wine she makes from the fruit of her orchard.  
Widdowson said it is a fact that booze belts women harder than men due to the fact that a woman's liver has fewer of the enzymes used to break down alcohol.  
Women, being smaller than men, also have less water in their bodies to dilute the alcohol. It hits them faster than it does men.  
The scientist was told by phone last August that she had been selected to receive the second annual \$25,000 Bristol-

Myers award for distinguished achievement in nutrition research.  
Among other things, the honor fell to her for landmark studies of infant body composition that have been used for decades to determine babies' nutritional needs.  
Widdowson was among the first scientists to see the need for comprehensive tables on the composition of cooked foods. These tables now allow diabetics and others with special dietary needs to calculate their intake of carbohydrates and other nutrients.  
With her lifelong collaborator, R.A. McCance, she performed the chemical analyses for the tables that became "The Chemical Composition of Food." The first edition, still a major reference work, came out in 1940.  
One of the first to do individual dietary surveys, Dr. Widdowson discovered an "astounding variation in the intake of energy and nutrients between one individual and another."

"Much research lies ahead before we can understand why one person can live on half the calories of another and yet remain perfectly healthy," she said.  
The nutritionist was employed by the British Medical Research Council for 40 years. She now is affiliated with Addenbrooke's Hospital in Cambridge.  
Dr. Widdowson talked lovingly about what she did in Germany after World War II.  
She was there to help build up German children and old people and even German prisoners of war who had returned from internment in the Soviet Union.  
They suffered from severe malnutrition.  
"The children were stunted in their growth and development," she said. The adults had the bloated bellies that go with malnutrition.  
White bread was 75 percent of the diet that built up the starving Germans.



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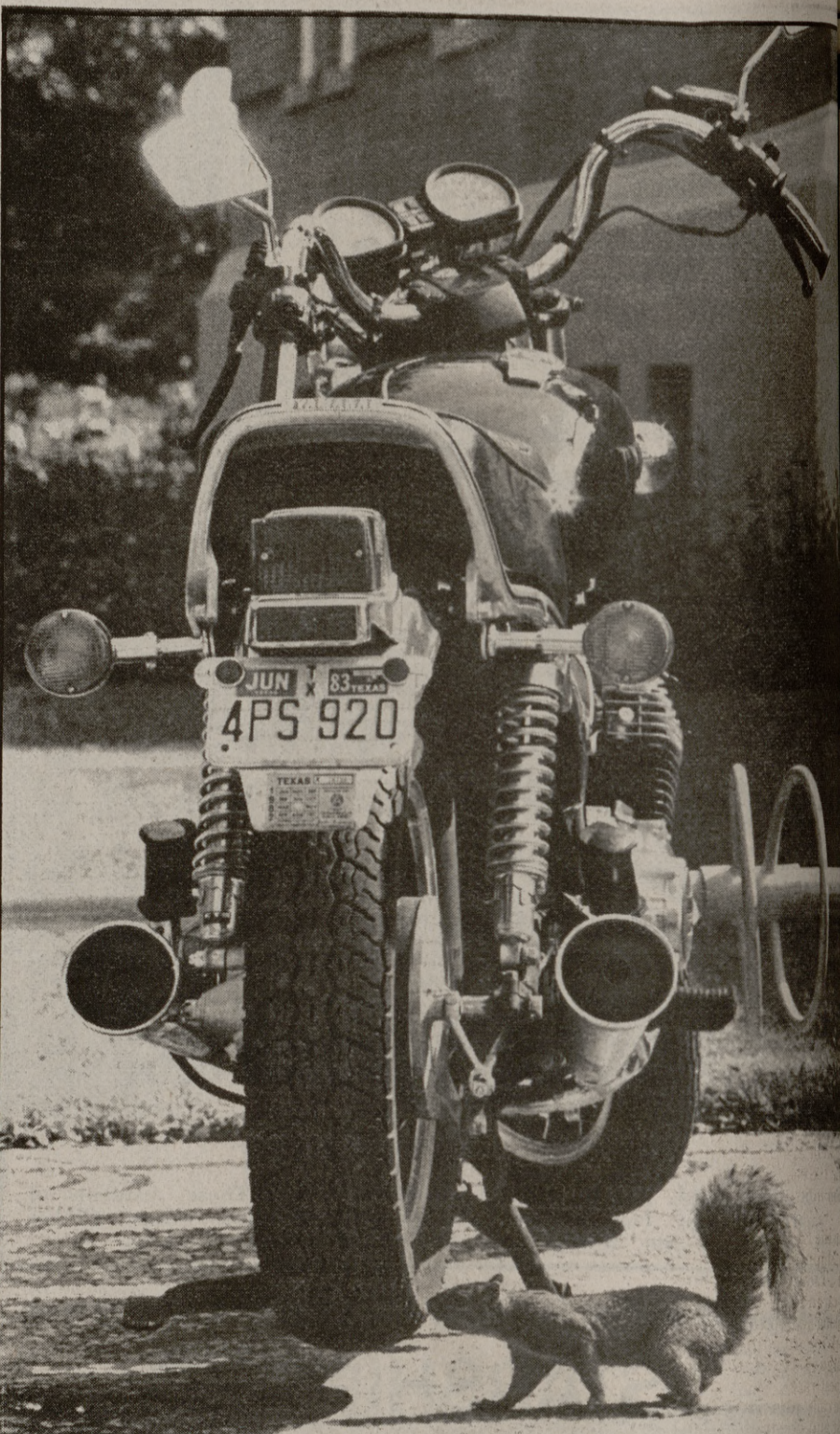
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**Double take** — staff photo by Ronnie Ezz...

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