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Adventures in Science: Interview with Genevieve Stearns

Extracted on Mar-28-2024 05:50:59

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WEBVTT

00:09:31.000 --> 00:09:34.000

<i>Genevieve Stearns</i>: and they need more protein foods,

00:09:34.000 --> 00:09:38.000

and they need to be taught to eat higher protein foods,

00:09:38.000 --> 00:09:41.000

they need to be taught to chew meat, very early

00:09:41.000 --> 00:09:45.000

so that they would do it when they become older

00:09:45.000 --> 00:09:52.000

and, uh, a little meat, and egg, and two/three glasses of milk a day

00:09:52.000 --> 00:09:54.000

make a great deal of difference

00:09:54.000 --> 00:09:59.000

in the amount of muscle that a child can grow at this period.

00:09:59.000 --> 00:10:02.000

[[overlapping]]

<i>Watson Davis</i>: Well protein for muscles is a good slogan then isn't it

<i>Genevieve Stearns</i>: It is

00:10:02.000 --> 00:10:05.000

[[overlapping]]

<i>Watson Davis</i>: and particularly for these youngsters at this age,

<i>Genevieve Stearns</i>: we think so, particularly, yes, uh-huh

00:10:05.000 --> 00:10:10.000

<i>Watson Davis</i>: and you say it's meat and eggs and milk

00:10:10.000 --> 00:10:14.000

[[overlapping]]

<i>Watson Davis</i>: for, for these

<i>Genevieve Stearns</i>: for us, yes, many countries can have those proteins

00:10:14.000 --> 00:10:18.000

<i>Genevieve Stearns</i>: but we can, because there are cheap cuts of meat,

00:10:18.000 --> 00:10:20.000

that are very nutritious.

00:10:20.000 --> 00:10:24.000

Milk, dried skim milk is just as nutritious,

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and very cheap, so at almost any level,

00:10:28.000 --> 00:10:31.000

that we have to spend on our food

00:10:31.000 --> 00:10:34.000

we can get good nutrition.

00:10:34.000 --> 00:10:35.000

Good protein nutrition

00:10:35.000 --> 00:10:39.000

[[overlapping]]

<i>Watson Davis</i>: well that's that's very interesting and you need a lot of that, to-

<i>Genevieve Stearns</i>: You need a lot of it.

00:10:39.000 --> 00:10:41.000

<i>Watson Davis</i>: Well how about the older people, although you haven't been working in that field

00:10:41.000 --> 00:10:47.000

you know about it, should there be a higher protein intake if you're -

00:10:47.000 --> 00:10:51.000

<i>Genevieve Stearns</i>: well, uh, most, you mean adults?

<i>Watson Davis</i>: Yes.

<i>Genevieve Stearns</i>: Most adults-

<i>Watson Davis</i>: Or adolescents-

00:10:51.000 --> 00:10:56.000

-adolescents can still and will take indefinite amounts of protein

00:10:56.000 --> 00:11:02.000

if they're allowed to through childhood they need a high protein diet

00:11:02.000 --> 00:11:04.000

and until they have their growth completely,

00:11:04.000 --> 00:11:08.000

but unfortunately most of us adults overeat

00:11:08.000 --> 00:11:13.000

<i>Watson Davis</i>: You mean retired businessman shouldn't have steaks perhaps, or-

<i>Genevieve Stearns</i>: Oh yes, he doesn't-

00:11:13.000 --> 00:11:18.000

<i>Genevieve Stearns</i>: He doesn't need a steak as big as his two hands, [[laughter]]

00:11:18.000 --> 00:11:22.000

his adolescent son can use it and handle it very well

00:11:22.000 --> 00:11:26.000

but the tired businessmen would do probably a lot better

00:11:26.000 --> 00:11:30.000

if he cut at least a third off his diet

00:11:30.000 --> 00:11:37.000

and exercised at least twice as much or more, regularly.

00:11:37.000 --> 00:11:41.088

We tend to eat the food our children should have



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