

Vitamin Research *Helps*

Vitamin research at the University of Arizona College of Agriculture has contributed its share to the advance in the knowledge of nutrition. Carrots have been shown to be rich sources of vitamin A and hence have become almost a "must" in our diets.

Recently, cantaloups were proved to be excellent sources of both vitamin A and vitamin C. Especially important, the vitamin A in cantaloup is in a very highly available form. Consequently, cantaloups are a good source of vitamin A for people with certain digestive disorders in which the usual sources of vitamin A are absorbed with difficulty.

Another important research contribution is in the field of amino-acid research. Amino acids are the building stones of proteins which compose all living tissues and are necessary for a long and healthful life. The College of Agriculture was among the first laboratories to perfect analytical methods for the determination of the amino acids. More than forty foods, grown or produced in the Southwest, have been analyzed for the most important amino acids nutritionally. For example,

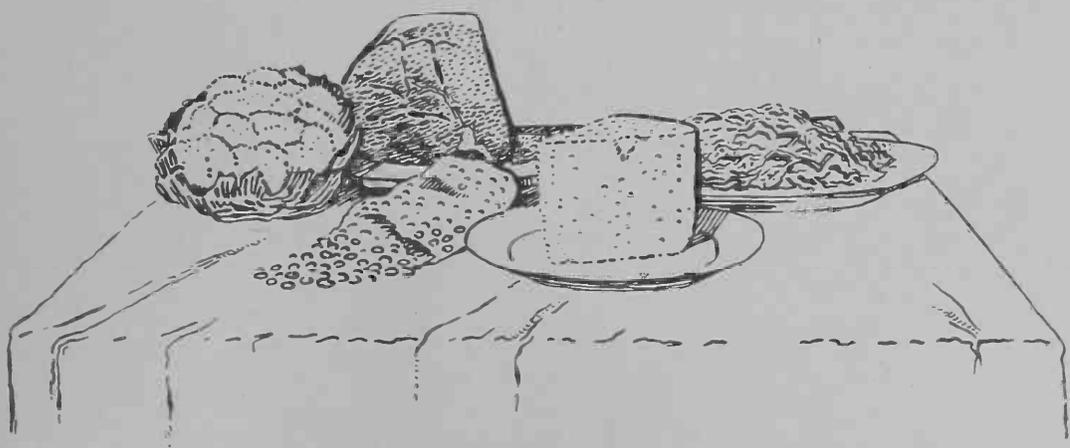


Cantaloups have been proved to be an excellent source of Vitamins A and C.

meats, cheese, beans, cauliflower, and spinach are well-balanced in the eight amino acids necessary in human diets. (See drawing below.)

Other foods, like nuts, potatoes, and many vegetables are not so well-balanced, but do contain good amounts of one or more of the eight necessary amino acids. Combinations of these not-so-well-balanced foods will give diets well-balanced in amino acids. What one food lacks the others contain.

A recent discovery at the University of Arizona was a new growth factor for chickens in alfalfa. Chickens on a ration containing all the known nutrients necessary for optimum growth grow even faster when a small amount of alfalfa is added to the ration. Thus, the nutritive importance of alfalfa in chick diets becomes more evident.



Cauliflower, beans, meat, cheese, and spinach were found to be well-balanced in the eight amino acids they contain.