

Q. & A. File No. 22-C-1

Cheese:

February 7, 1958

306 Armagh Street
Christchurch
New Zealand

My dear Brother

We have your letter written a long time ago relating to cheese. We wish to apologize for the long, long delay in responding; however, the vast bulk of work in this office has slowed us down and not until recently have we been able to catch up.

We have prepared in our office an excellent statement on this subject that might prove helpful to you. Note particularly page 2, where the context is given for the reference to which you referred quoting Counsels on Diet and Foods, p. 369. But be sure to read the entire document carefully. Cream cheese, cottage cheese, seem to have about them elements of nutrition advantageous to the human body, without the harmful bacteria. But even cream cheeses must be eaten in limited quantities because of the high fat content. The relationship between animal fats and atherosclerosis, while not definitely established, seems to have been established in the thinking of some nutritionists. Perhaps we have here a reason why cheese in any form--that is, with a high fat content--should be eaten sparingly or avoided altogether--at least by some people, particularly by the aged.

Now please read this document carefully and prayerfully. I am sure that you will find much help in it.

Faithfully your brother,

D. A. Delafield, Associate Secretary
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DAD/lc

Enc.