I don’t think I’ve ever told you about my dad.

Larry Jacobson was born in Newark, New Jersey, was educated at MIT, and lived mostly in Chicago. From the time he was a young child, he was drawn to science—building radios and setting up a darkroom back in the 1920s, when only expert amateurs could explore those new technologies.

After careers as an electrical engineer and camera-store operator, my father started publishing a newsletter that camera stores around the country sent to their customers. He was always careful never to earn enough money to tempt him into a lifestyle of ease.

This apple didn’t fall far from the tree—after all, he started me on a certain path by naming me after English scientist Michael Faraday. I, too, developed a love of radio and photography. (Too bad he also infected me with a bane of some of the staff here at the Center for Science in the Public Interest—writing. I fear that both of those traits are the stick almost religiously to his.)

Dad eschewed salt, fatty meat, cholesterol, and sugar until he loosened up a bit in his 80s and 90s.

Over the last three decades, my father looked forward to reading each new issue of Nutrition Action and was proud of saying that the publication was what kept him healthy and alive so long.

On March 19th, to celebrate my father’s 98th birthday, I visited him in Chicago, where he had just finished reading a biography of Charles Darwin. A week later, Dad died peacefully in bed. I miss him dearly.

Nathan Pritikin, the messianic advocate of a low-fat, largely vegetarian diet.

Pritikin’s scientific evidence and zeal persuaded my father to adopt the diet—which was easy because my mother, a fabulous cook, turned the theory into practice. (Truth be told, she cheerfully snuck pastries and other no-nos into her diet, while he had the wherewithal to stick almost religiously to his.)

Dad eschewed salt, fatty meat, cholesterol, and sugar until he loosened up a bit in his 80s and 90s.

In the 1970s, my interest in nutrition got my dad thinking about how he could stay healthy as he aged. I introduced him to Larry and Belle Jacobson Education Fund at cspinet.org

The fund will be used to sponsor student interns.

Please consider making a donation to CSPI’s

Michael F. Jacobson, Ph.D. Executive Director Center for Science in the Public Interest

Nutrition Action Healthletter (ISSN 0885-7792) is published 10 times a year (monthly except bi-monthly in Jan./Feb. and Jul./Aug.).

The cost of a one-year subscription or gift (10 issues) is $24; two years are $42.

For bulk subscriptions, please write for details.

To change your address, send us your subscriber number and your old and new address.

If you don’t want us to exchange your name, send us your name and mailing-label information.

Application to mail at Periodical postage rates approved at post office of Washington, DC, and at additional offices.

To change your name and mailing-label information.

Editorial: Michael Jacobson, Ph.D.

Executive Editor: Bonnie Liebman, M.S.

Director of Nutrition: Stephen B. Schmidt

Editor-in-Chief: Jayne Hurley, RD

Senior Nutritionists: Kate Sherwood

Culinary Director: Danielle Hazard, BS

Project Coordinators: Melissa Pryputniewicz

Executive Director: Michael F. Jacobson, Ph.D.

Center for Science in the Public Interest

CSPI 1875 Connecticut Ave., N.W., Suite 300, Washington, DC 20009-5728

MAY 2010

Volume 37 Number 4

Editorial: Michael Jacobson, Ph.D.

Executive Editor: Bonnie Liebman, M.S.

Director of Nutrition: Stephen B. Schmidt

Editor-in-Chief: Jayne Hurley, RD

Senior Nutritionists: Kate Sherwood

Culinary Director: Danielle Hazard, BS

Project Coordinators: Melissa Pryputniewicz

Editorial: Michael Jacobson, Ph.D.

Executive Editor: Bonnie Liebman, M.S.

Director of Nutrition: Stephen B. Schmidt

Editor-in-Chief: Jayne Hurley, RD

Senior Nutritionists: Kate Sherwood

Culinary Director: Danielle Hazard, BS

Project Coordinators: Melissa Pryputniewicz

Center for Science in the Public Interest

CSPI 1875 Connecticut Ave., N.W., Suite 300, Washington, DC 20009-5728

MAY 2010

Volume 37 Number 4

Editorial: Michael Jacobson, Ph.D.

Executive Editor: Bonnie Liebman, M.S.

Director of Nutrition: Stephen B. Schmidt

Editor-in-Chief: Jayne Hurley, RD

Senior Nutritionists: Kate Sherwood

Culinary Director: Danielle Hazard, BS

Project Coordinators: Melissa Pryputniewicz

Center for Science in the Public Interest

CSPI 1875 Connecticut Ave., N.W., Suite 300, Washington, DC 20009-5728

MAY 2010

Volume 37 Number 4

Editorial: Michael Jacobson, Ph.D.

Executive Editor: Bonnie Liebman, M.S.