

# Your Diet Needs Fat

Fat is not all bad. In fact, it is necessary to a balanced diet. Latest, revised U. S. RDA's recommend that 35 percent of the diet should be fat. Fat is the chief source of essential fatty acids as well as a carrier of some very essential vitamins, namely A, D, E and K, and, it's a major source of energy. A diet with too little fat lacks flavor and satiety value. Robert C. McKinley, President of Dairy Council Inc., Southampton, Pa., said: "Knowing about moderation in total fat and fatty acids is an important

way to understand how they fit into a balanced diet. Of course, people with an overweight problem should watch not only fat intake, but also total calorie consumption." Regarding fat, Dr. Laurence M. Hursh, Head, Division of Environmental Health, University of Illinois, and Consultant, National Dairy Council, states: "one of my pet peeves, admittedly, is the commercial effort in this country to scare people about heart disease. I just don't think people have to switch from saturated fats to

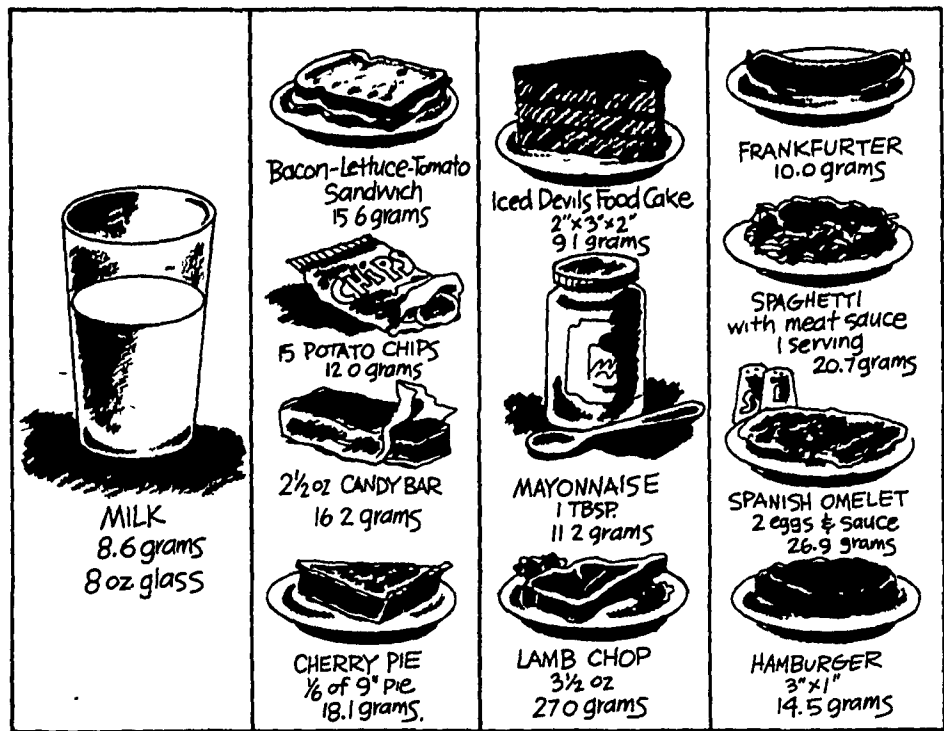
polyunsaturated fats for fear of a heart attack. There is no conclusive research evidence to show that people who maintain a decent weight and eat a reasonably balanced diet - regardless of which fats they eat - are going to have heart disease. All of the talk is based on studies and statistics that, to my mind, do not sufficiently rule out other factors enough to say, 'Diet is what did it.'" Meantime, Dr. Hursh continued: "Certain vegetable and 'soft' margarine manufacturers ladle the airwaves and television with implorings that all of us should switch to their products. But here is my real message, you needn't switch."

Dr. Robert S. Lees, who carried out carefully controlled hospital surveys of obese patients, suggests maintaining desirable body weight through sound nutritional habits. Just eat good meals and control your total caloric intake each day. No fuss. No bother.

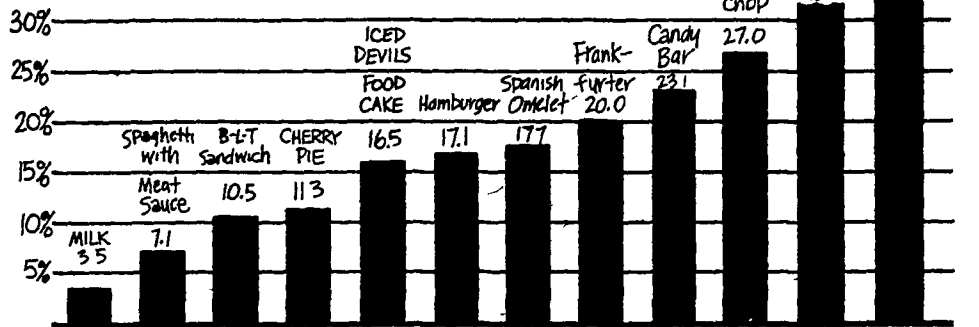
All of which brings us to the fat content of a number of America's favorite foods. Relating to weight content of 12 popular foods, milk is the lowest in fat - 3.5 percent. Mayonnaise is the highest - 80 percent. In between are spaghetti with meat sauce, 7.1; bacon, lettuce tomato sandwich, 10.5; cherry pie, 11.3; iced devil's food cake, 16.5; hamburger, 17.1; Spanish omelet, 17.7; frankfurter, 20; candy bar, 23.1; lamb chop, 27, and potato chips, 40.

In addition to its low fat

## COMPARISON CHART FOOD FAT CONTENT




PERCENT OF FAT (GRAMS) RELATING TO TOTAL PRODUCT (GRAMS)



content, milk is important because it is the very best source of calcium. People of all ages need calcium for upkeep of bone and for proper functioning of nerves and muscles. Milk and its products are important, too, for protein, and the B vitamin riboflavin as well as

other vitamins and minerals. The importance of fat and other foods is explained in Agriculture Information Bulletin No. 361, available from the Superintendent of Documents, U. S. Govern-

ment Printing Office, Washington, D.C. 20402, for 25 cents. It also is available in some areas in Government Bookstores, Stock No. 0100-02924. Order by name and number.



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## Growing Degrees, Rainfall

A report from Penn State of weekly crop and weather round-ups with a report on weather conditions for the week ending May 20.

In Lancaster, the average temperature for the week was 66 degrees, 4 degrees above the normal average for the time of year.

Growing degree days for crops that start at 40 degrees totaled 800 degree days, 122 more than the normal average. For crops starting at 50 degrees growing degree days totaled 356, which is 98 more than average.

Rainfall for the week was .13 inches. Rainfall measured from April 1 was 7.93 inches, 1.80 inches more than the normal average.

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