

Dairy Council Offers Nutrition Guidelines To Senate Committee

Guidelines concerning the way in which coronary heart disease (CHD) would be handled, should a National Nutrition Policy in this area be formulated, were provided by National Dairy Council to the U. S. Senate Select Committee on Nutrition and Human Needs in a prepared statement recently.

The NDC position suggests six considerations in any National Nutrition Policy on CHD: 1.) assurance of adequate nutrient intake and promotion of overall health, 2.) consideration of all aspects of coronary heart disease, 3.) support of research to determine the true causes of CHD, 4.) recognition that there are

many risk factors for CHD, 5.) identification of persons at risk of CHD through physical examination, and 6.) recognition of an interdependence among several factors as the best public health approach to CHD.

Senators were warned that a National Nutrition Policy shying away from animal foods could have potentially dire consequences. The possible long-term health effects of eating increased amounts of polyunsaturated fatty acids are not yet known. Some reports have linked such diets with gallstone formation and various forms of cancer.

The NDC paper stressed that an elevated level of

cholesterol in the blood is but one of the risk factors involved with coronary heart disease and that dietary changes for the entire population are not warranted. The research of several outstanding medical researchers was cited to substantiate the paper. The statement pointed out that the National Heart and Lung Institute has recognized that the relationship of diet to CHD is still an unproven hypothesis and has initiated more research into the question.



David Staaby, Womelsdorf, captured first place in the Conrad Weiser FFA Tractor Safety Contest held recently in Berks County.



Salmon Mushroom Croquettes
 Rinse, pat dry and finely chop ¼ pound fresh mushrooms. In a medium saucepan melt 2 tablespoons butter or margarine. Add 2 tablespoons minced onion and saute 2 minutes. Add mushrooms and saute 2 minutes longer. Stir in 5 tablespoons flour, ½ teaspoon salt and ¼ teaspoon ground black pepper, cook, stirring, 2 minutes. Gradually stir in 1 cup milk, heat to boiling point, stirring constantly. Blend in 2 tablespoons chopped parsley. Thoroughly drain 1 can (1 lb.) salmon, remove skin and bones. Stir into sauce, refrigerate until cold. Heat oil in deep fryer to 375°F. Using ½ cup measure, scoop out salmon mixture. With floured hands, shape into 8 pyramids. Roll in 1½ cups fine dry bread crumbs. Dip into 2 eggs, beaten, re-roll in bread crumbs. Fry in deep oil 4 to 5 minutes or until croquettes are golden. Drain on paper towels. Keep warm in pre-heated very slow oven (250°F). Serve with lemon wedges and your favorite mushroom sauce. Yields 8 portions.

Yoder Elected Nat'l. President



David Yoder, General Manger of the Atlantic Breeders Organization was recently elected President of the National Association of Animal Breeders at their annual convention held August 11-14th in Toronto.

Yoder served as vice-president for the national association for the past two years and has been on the board for the past four years.

Yoder has also served on various special committees during his work in the national association.

The convention, which was

termed the largest since the inception of the National Association of Animal Breeders in 1946, drew interested people from 35 states and 10 Canadian Provinces.

The Association has been working toward promoting the science of Animal Breeding through education, co-operative research and through exchange in-



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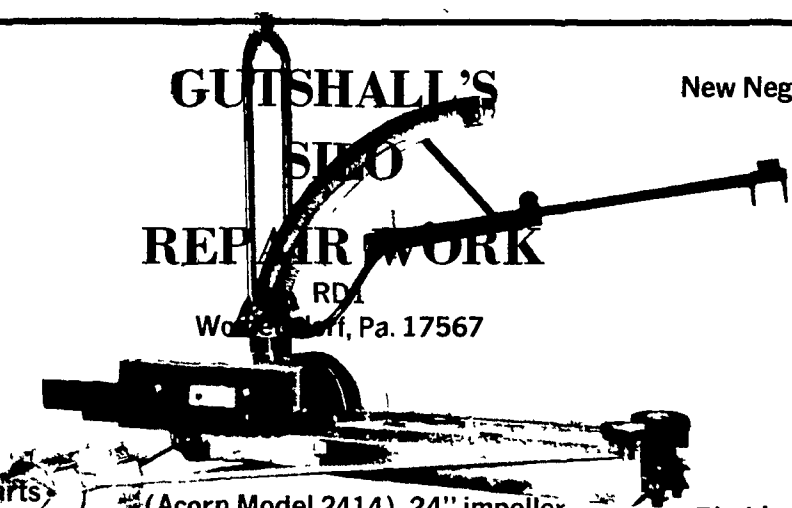
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