



## Doctor in the Kitchen®

by Laurence M. Hursh, M.D.  
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### Nutrition And The Athlete — II

Last week we talked about nutrition for athletes and there's more today. With the Bowl football games and all the other sports events crowding the calendar, it seems a good time to try to clear up some of the misconceptions that some athletes and some coaches have about nutrition.

Take the matter of energy. Many athletes feel they have special energy requirements. Well, an athlete can often use about 25 percent more energy than the average individual, but it's the same old kind of energy, not something unique and different.

#### No Special Foods

There are no special food sources that supply extra

reserves of energy that are not supplied by other foods of the same nutrient content.

Energy reserves are established in the body by the food the athlete eats several days before the athletic event. A last-minute candy bar, for example, is not going to help much in terms of energy for the game.

Fats and carbohydrates - not protein - are the primary fuel foods for our bodies. Fat gives us nine calories per gram. Carbohydrates give us four calories per gram. This means fat gives us more calories per gram of food. But carbohydrate is the more efficient energy fuel. This is partly due to carbohydrate being metabolized faster in your body. Fat is encouraged in weight reducing diets because it "sticks to your ribs" longer, thus keeps you from getting hungry again as quickly. But for the athlete, carbohydrate will give him calories faster.

Fats are used by the body for what is known as "low intensity exercise." Carbohydrates are used almost exclusively during heavy physical exertion and during endurance events. This clinches the role of carbohydrates as a primary source of energy. Again, it is important to remember that the athlete will want to build up his carbohydrate store starting 2 to 3 days prior to the athletic event, not just the day of the game.

The rule about eating not later than two hours before an athletic event is dictated by certain facts. It usually takes two hours for a full meal to move through the stomach.

If food has not passed through the stomach by game time, vomiting, abdominal cramps and nausea can result. It would also mean that the athlete's blood supply is "compromised between the working muscles and it's job of helping the digestion of food." In this case, one or both functions suffer.

A balanced diet for an athlete, like for anyone else, should be composed of 15 percent protein, 40 percent fat, 45 percent carbohydrate, and the wide variety of vitamins and minerals that the four food groups offer. The athlete is different only in that he needs more total food to meet his higher energy needs.

## Farm Bureau Membership Increases

A New American Farm Bureau Federation membership record of 2,393,731 member families has been reported by Roger Fleming, secretary-treasurer. The 1974 increase of 100,051 members marks the fourth consecutive year that the membership increase has been in excess of 100,000

members and the fourteenth consecutive year of increased membership, he said.

Each of Farm Bureau's four regions gained membership in 1974 with the Southern, Midwestern, Western and Northeastern regions, along with AFBF, exceeding 1974 membership

quotas. The Southern, Midwestern and Western regions reached new all-time highs in membership with the Southern region having every state Farm Bureau achieve quota. Also, thirteen of the fourteen Farm Bureaus in the Southern Region achieved all-time membership highs.

A total of 46 states reached 1974 membership quotas, and during the year recognition has been given to the "Top Twenty" State Farm Bureaus in membership achievement. Here is the final ranking for the "Top Twenty" in percentage of membership quota: Rhode Island, 119.8 percent; North Carolina, 113.1 percent; West Virginia, 111.7 percent; Virginia, 110.4 percent; South Carolina, 109.9 percent; Pennsylvania, 109.9 percent; Utah, 109.1 percent; Texas, 109.0 percent; New York, 108.6 percent; Idaho, 107.8 percent; Arizona, 107.5 percent; Louisiana, 107.5 percent; Kentucky, 107.1 percent; Alabama, 106.8 percent; Ohio, 106.4 percent; Missouri, 106.2 percent; Mississippi, 106.2 percent; Connecticut, 105.4 percent; Massachusetts, 104.9 percent; Arkansas, 104.9 percent.

## Brubaker Attends Course

Ray A. Brubaker, of 206 Rohrerstown Road, recently returned from a two-week management training institute sponsored by the Agriculture Stabilization and Conservation Service (ASCS) at Columbus, Ohio.

Representing Pennsylvania for the Department of Agriculture, Brubaker studied techniques in communication for radio, television and newspapers, management principles, and human relations.

The program was held on the Ohio State University campus and was organized by government officials from Washington D.C. Professors from leading universities were among the instructors.

Twenty-nine people from 16 states attended the institute to learn to better provide information and



Ray A. Brubaker

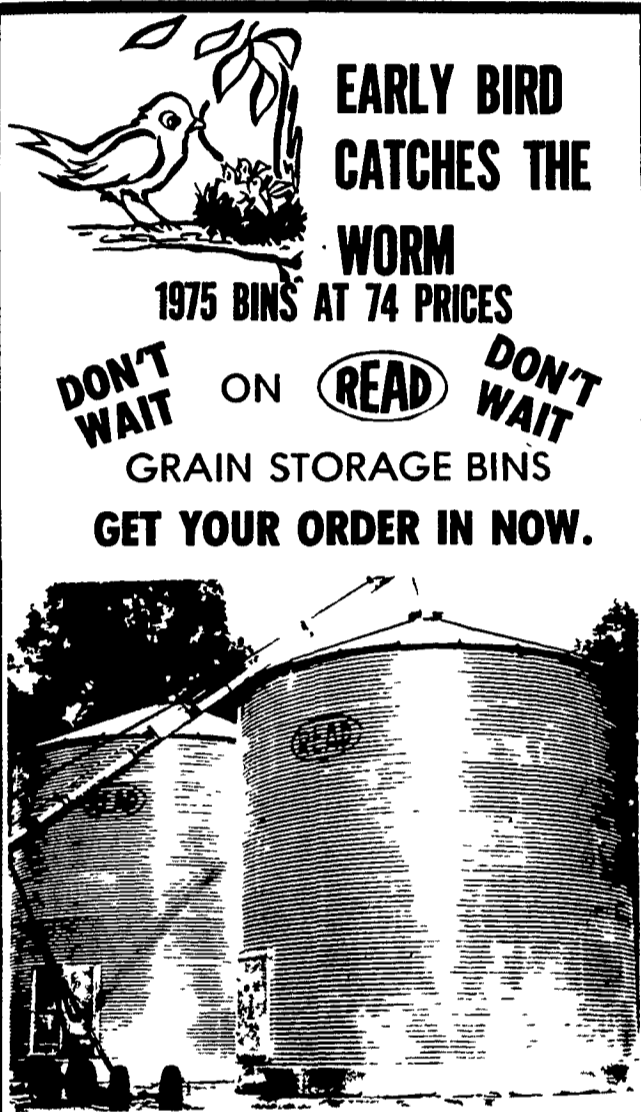
service through government programs to farmers at the county level. After six months of practical experience and training the trainees will be eligible to be hired as County Executive Directors for ASCS.

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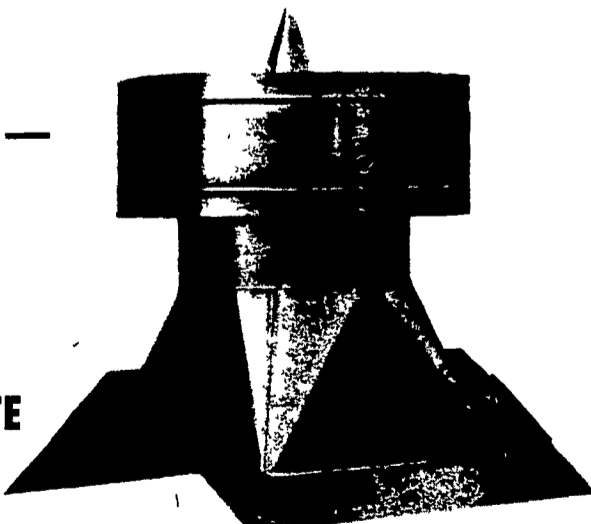
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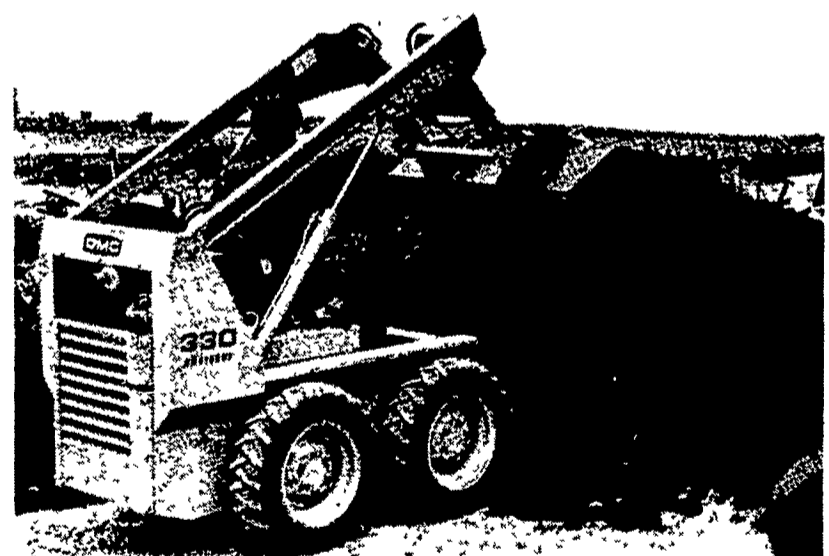


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