

Iron Rich Milk Can Help Pigs and People

People have more things in common with pigs than they might like to admit. One of them is an increasing incidence of iron-deficiency anemia among the very young.

Agricultural researchers attribute the problem in pigs to the increasing utilization of dirt-free confinement systems used in modern swine production. There is evidence of a similar parallel for humans.

Unfortunately, iron and vitamins C and D are among the few nutrients not supplied naturally by milk. So milk-fed babies among both humans and pigs can suffer

from iron-deficiency anemia, especially if they exhibit a rapid growth rate.

The vitamin C deficiency in milk for humans can be easily overcome with fruit juices, and the relative lack of vitamin D has been remedied by the general use of vitamin D-fortified milk. But a solution for the iron deficiency problem has been more difficult.

Iron shots and pills are not popular with young children. And fortifying milk with iron seemed to have a deteriorating effect on the milk lipids, or fats. Furthermore, iron-fortified milk just didn't taste good.

But two College of Agriculture food science research workers at the University of Maryland in College Park have changed all that with a compound called ferric ammonium citrate.

Dr. Raymond L. King, food science coordinator, and a graduate student, Chin F. Wang, used baby pigs as their experimental models because they wanted an animal which had a digestive system similar to that of humans. Wang obtained his Ph.D degree in food science in 1972, partly on the basis of that research, and he is now working at Ross Laboratories in Columbus, Ohio.

The University of Maryland study concluded that about one-half pint of

milk fortified with ferric ammonium citrate would provide the average daily iron requirement for most people.

Dr. Wang and Dr. King further tested their results by offering taste-panel persons an opportunity to determine if they could differentiate between the iron-fortified milk and normal milk. It appears that one was as acceptable as the other.

Although the research was done four years ago, iron-fortified milk still is not available to consumers, as far as Dr. King knows. One reason may be that iron-deficiency anemia is not receiving the emphasis in medical circles that it did a few years ago.

Leaders Elected To York Council

Mrs. Jean Roth and Mrs. James Welsh were elected as Adult Advisors at the recent York County 4-H Council meeting.

4-Hers from York County Nebraska visited Penna. York County 4-H May 31 while returning from Washington D.C. to Nebraska, it was reported.

Upcoming dates are Chicken Bar-B-Q, June 21; County Demonstration and

Public Speaking Days, June 27-28; County 4-H Olympics, July 14; Pa. Leadership Days, June 23-26; County 4-H Family Picnic, July 20; County Day Camp, July 24; and County Council Convention, August 25.

The Council decided to collect Betty Crocker coupons to purchase stainless steel silverware for the York County 4-H Center. Provided enough stamps are collected, Mr. John Smith will pay the monetary balance for the silverware.

Bryon Wilt presented a very interesting and informative Karate program focused on self defense on the street.

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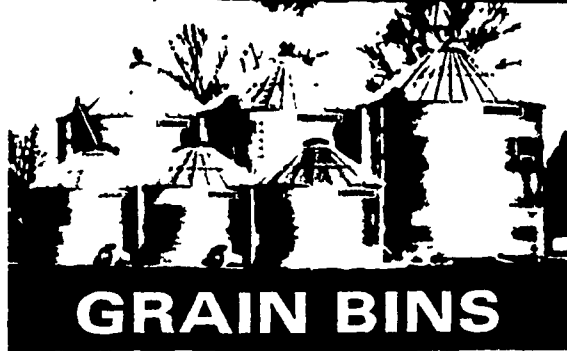
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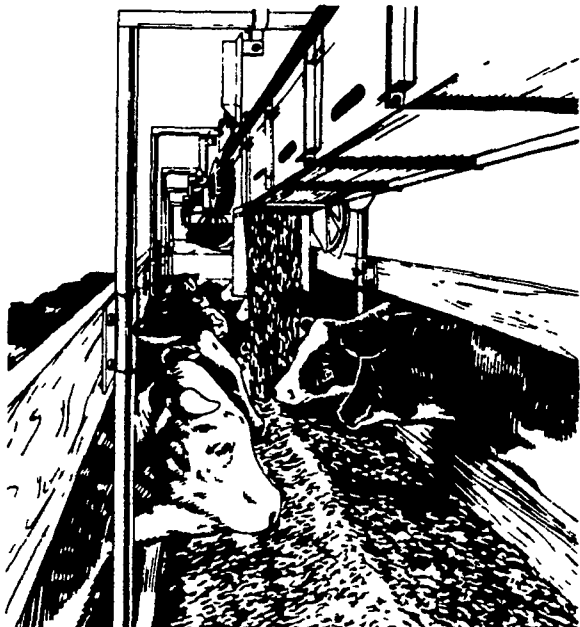
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