

Pa. Winners

(Continued from Page 26)

a ten-year 4-H member and a high school senior.

During his 4-H years, the youth says, his interests have shifted from "vegetables and other miscellaneous projects" to veterinary science. Since the two suburban acres owned by his parents limited the size of his animal projects, Sammons rents two small pastures and a large barn to house his animals.

Newly acquired skills include caponizing chickens, delivering lambs, vac-



inating and administering blood tests to sheep and swine, and giving hormone shots to cows.

Sammons has been grand champion sheep showman three of the last four years at the Lawrence County Fair. Last year he had the grand champion pen of Dorest market lambs at the Western Pennsylvania Junior Livestock Show and Sale.

"When showing my animals, I have a greater sense of pride knowing that I bred, raised, and developed the animals rather than buying high priced potential champions," he says.

Sammons has won trips to the Pennsylvania Association of Farmer Cooperatives Summer Institute, the Pennsylvania

Proper food related to appearance, energy

SOUTHAMPTON - The nutritionists at Dairy Council Inc, Southampton,

Leadership Congress, and the 4-H Citizenship Short-course in Washington, D.C.

In addition to sheep and swine projects, he has taken entomology, wildlife conservation, small engine, rabbit and poultry.

are frequently asked about food and its relationship to appearance, energy, and general well-being. The following are some of the questions received, and their answers.

In weight reduction diets, is there a calorie level below which it is unsafe to go?

Yes, despite that famous quotation that "You can't be too rich or too thin." Dairy Council says that, unless you are on special orders from a physician, women shouldn't go below 1200 calories per day, and men, below 1800 calories. To maintain oneself on fewer calories for any length of time could result in a severe shortage of nutrients.

Do people need different nutrients at different stages of life?

All people need the same nutrients throughout life, but in varying amounts depending upon body size, status of growth, and activity. For example, people

of all ages need the nutrients provided by milk and other dairy foods, but during the years when bodily growth is greatest, more servings are needed than during infancy or later years. The calcium generously provided by milk helps in the formation of strong bones, teeth, and other body tissues. Other people benefit from the calcium in milk because it may help to prevent osteoporosis, a degenerative bone condition.

Is there a perfect food?

No, except for infants in the first weeks of life, when milk acts as the completer diet. While milk supplies more nutrients per calorie than most other foods, iron and vitamin C must be provided by other sources.

Is it possible to get too much vitamin D?

Yes. Vitamin in excessive amounts, taken over a long period of time, can be toxic. Amounts slightly over the daily recommendation of 400 I.U., however, are not considered harmful. In recent years there has been a trend for manufacturers to fortify such foods as breakfast cereals with nutrients including vitamin D.

The Council of Foods and Nutrition of the American Medical Association recognizes only the fortification of milk with this nutrient, and sees no justification for adding it to other foods.



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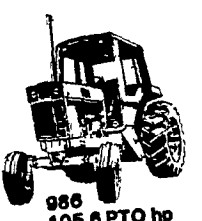
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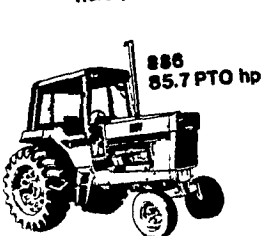
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