

Don't neglect nutrition during hectic holidays

SOUTHAMPTON — Last minute holiday shopping and preparations usually become as hectic as a merry-go-round ride that won't stop, and short-cuts are often the order of the day.

But short-cuts shouldn't be taken when it comes to our food choices, says Dairy Council Inc., Southampton, Pa., especially at this time of year when extra energy and stamina are needed to keep the pace.

It is always important to eat the right amounts of the right kinds of food, but even more so during the holiday season when schedules are tight and meals are skipped.

The Basic Four Food Groups should guide your choices — no matter what time of the year. These groups include meats and other protein foods, milk and other dairy foods, fruits and vegetables, and bread and other grain foods.

Fast foods are probably depended upon more during the holiday season than at any other time of year. These foods are convenient for busy schedules, with no preparation or clean-up time needed, informal with a limited menu and quick service, and relatively inexpensive and filling.

"There is nothing wrong with fast foods, per se," says Dairy Council, and adds that a large variety of these foods are now available that include tacos, chicken, and sandwiches.

But last-minute shoppers should bear in mind that fast foods alone cannot provide the needed daily requirements of a balanced diet.

If you plan to eat on the run while holiday gift buying, make sure the foods you eat before hand come from the milk group, the grains group, and the fruits

and vegetables group. You will then have the daily requirements of calcium, fiber, and vitamins A and C that are low in fast foods, and you can enjoy a burger, fries and shake.

Snacks are also a quick

pick-me-up during the last-minute frazzle. Protein-rich snacks are lunch meats, nuts, poultry and fish tidbits. Enriched bread sticks, toast rounds, and crackers are from the grains group.

Bite-sized pieces of fresh

fruits and vegetables served with a dairy dip are extra nutritious.

Don't take short-cuts with your diet, says Dairy Council, and your health is likely to stand up to the strain of the holiday rush.

Packer, stockyard rules to be reviewed

WASHINGTON, D.C. — All existing regulations issued under the Packers and Stockyards Act will be reviewed under a plan announced Monday by U.S. Department of Agriculture officials.

Comments on the proposal will be accepted until February 11.

Paschal O. Drake, acting deputy administrator of the department's Agricultural Marketing Service, said a schedule for complete review of the regulations will be announced after the comment period is completed and all comments are reviewed.

The act and regulations govern the business practices of those who buy and sell livestock, meat and poultry.

Under the proposed plan, all P&S regulations are divided into three categories — those acted upon during the last three years and believed not to need review now, those proposed for deletion and those proposed for complete review.

Drake said comments are invited on whether the regulations are in the proper categories, and on the needs and reasons for any changes.

The proposal is scheduled to appear in the Federal Register today.

Comments may be sent to Paschal O. Drake, Acting Deputy Administrator, Packers and Stockyards,

Agricultural Marketing Service, U.S. Department of Agriculture, Washington, D.C. 20250.

All comments will be available for public inspection.

Product registration

(Continued from Page 121)

testified for four hours during the hearings.

Shapp made statements to the press that Baker's data, in some cases, proved Agrispon's point. He also implied some of the Penn State data had been tampered with to favor the Agriculture Department's stand against registration.

The Ag Department said the Penn State data was not their sole basis for denying the registration.

They said their position was based on hard data and included information from other states and research centers.

The Department's position was that the Penn State test was made on many products, including Agrispon.

Penn State's results could have been Agrispon's clinching research had they proven the product's claims, the Department said.

The Department and Penn State maintained the tests did not substantiate the claims.

The burden of proof in the hearing was on Agrispon to prove its claims. The Department did not have to disprove any of the claims made by the product's manufacturer.

Much has been made of the fact Shapp, McHale, and Alexander are Democrats and the current administration is Republican. But politics would seem to have little premeditated play in the matter since Shapp actually signed the Fertilizer Bill into law himself.

One other topic which comes up often is the supposed clash between miracle products and standard commercial fertilizer.

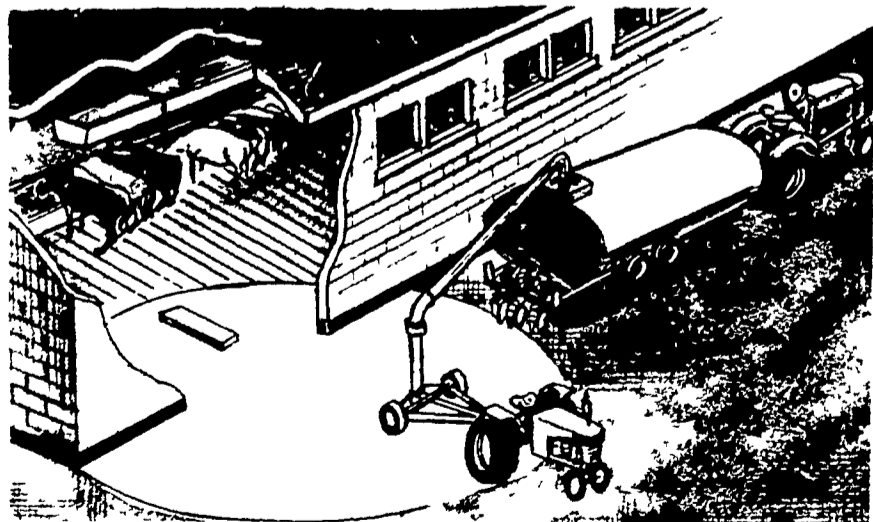
Here pundits may have more fertile ground to work, since people on both sides of the question leave little doubt how they feel about the opposition.

The decision, when given by Klein early next year, probably will guide official position on product claims for several years at least.

His decision will be one of the hotter topics of debate as the new year begins.

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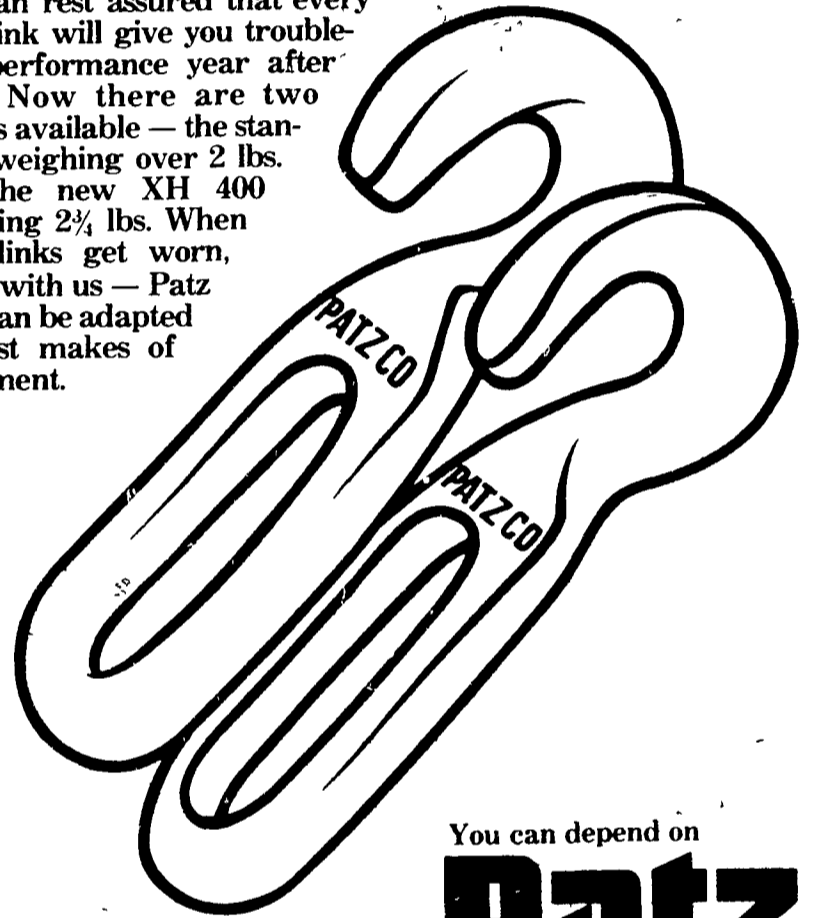
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