

# Government releases guidelines for healthier humans

WASHINGTON, D.C. — Secretary of Agriculture Bob Bergland and Surgeon General Julius B. Richmond of the U.S. Public Health Service Monday announced dietary guidelines which, if followed, could improve American eating habits and maintain health.

Officials from USDA and HEW released seven dietary recommendations with supporting details which represent a nutritional consensus by scientists in the government's food and health agencies.

The recommendations are:

- Eat a variety of foods;
- Maintain ideal weight;
- Avoid too much fat, saturated fat and cholesterol;
- Eat foods with adequate starch and fiber;
- Avoid too much sugar;
- Avoid too much sodium;
- If you drink alcohol, do so in moderation.

The guidelines booklet, "Nutrition and Your Health; Dietary Guidelines for Americans," contains details and explanations of what is known about the relationships of specific dietary components, such as fat, sugar, sodium and cholesterol, to specific diseases and physical conditions.

Secretary Bergland said, "People constantly ask me, 'Will I be healthier if I eat more of something or less of something else?' Americans are clearly interested in good nutrition and concerned about how and what they eat will affect their health.

"For a long time we had nothing but conflicting statements from a variety of sources. Now the scientists of USDA and HEW are making recommendations based on an emerging consensus within the scientific community.

"We're not telling people that there is one ideal diet or a nutritional insurance policy that will keep them healthy," Bergland said. "These are general recommendations and within them

individuals make their own choices from a variety of foods."

"In an affluent society such as ours, more is not always better," Richmond said. "The problems of our nutrition relate to our abundance. There are still people in our society who do not have enough to eat, yet the greatest problem for all of us is to make intelligent and informed choices about what foods we should eat to promote our own health and prevent disease, regardless of our income.

"The problems of heart and blood vessel diseases,

tooth decay and obesity can be traced to our diets," Richmond said.

"Recent evidence indicates that even some cancers may be related to diet. Improved nutrition will not eliminate these diseases; however, the nutrition information in the guidelines which are based on the best scientific judgement we are able to get now may prevent further public disregard of the importance of a good diet as a first line of defense against disease."

Esther Peterson, special assistant to the President for

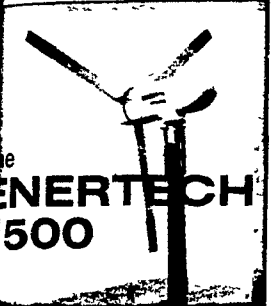
consumer affairs, also participated in making the announcement.

She said: "Although we cannot say for sure that if you don't eat some particular thing you won't get this or that disease, we can say that following these guidelines can keep you healthy or even improve your health."

The dietary recommendations were developed after scientists reviewed the present knowledge of nutrition and recent scientific findings on the diet-disease relationship.

"The guidelines developed by scientists at USDA and HEW give the public consistent and substantiated nutrition information," Bergland said. "With them, people can make reasonable and confident decisions in selecting the best foods to fit their nutrition needs."

Copies of the guidelines may be obtained free from: Office of Governmental and Public Affairs, USDA, Washington, D.C., 20250; state cooperative extension nutrition specialists at land grant universities; or public health nutrition directors in state departments of health.



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## You don't need fad diets to shed pounds

UNIVERSITY PARK — Even for the most well-intentioned dieter losing weight is never easy.

But, instead of a fad, crash diet, Louise Hamilton, extension food scientist at Penn State, recommends a slower, steadier approach.

Set short-term goals for losing weight, regardless of how much you want to lose. Even if you want to knock off 75 pounds, your final goal is so far in the future that you will probably get discouraged. Short-term realistic goals — losing five or ten pounds at a time — will give you a boost and help you stick with your diet.

For a two-prong attack on your weight, step up your activity to help burn up extra calories. Jump rope, jog, swim or hike. You will burn

your body's fat while saving fuel if you walk instead of drive or climb the stairs instead of riding an elevator.

Drink a glass of water before meals to dull the appetite.

Bake or broil your meat or fish. Avoid fried or deep fat fried foods.

Eat slowly, with friends or family, and pause between small bites. Set the fork down after each bite.

Season vegetables with herbs and spices instead of butter or margarine.

For desserts, choose fresh fruits or canned fruits packed in their own juices. Hamilton notes that more canned fruits are packed this way in response to consumer demand.

Use small sized plates to

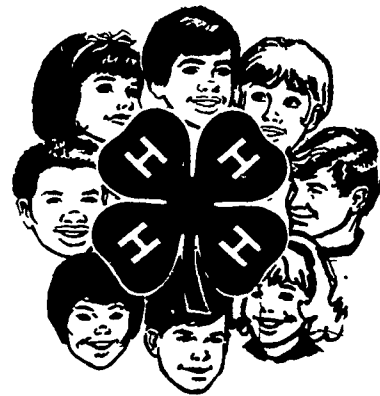
make small portions seem larger.

Before going to the grocery store make a list and shop only from the list. Never grocery shop on an empty stomach.

Try to eat fairly regular meals. When you plan to eat

out, save up calories and pre-plan what you will eat. Keep busy so boredom won't prompt between-meal snacking.

If you overeat one day, don't give up. Cut down the next day, says Hamilton.



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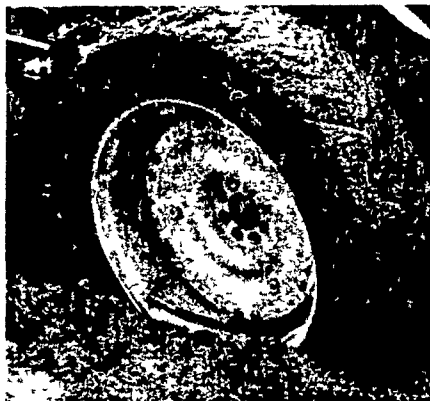
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