

Ideas for better eating available

WASHINGTON, D.C. — The famous cartoon kid who knew spinach when he saw it wasn't about to be conned into eating his vegetables.

He spoke for a generation of Americans who came to suspect "everything that's good is fattening and everything that's good

for me is yuk."

Recently, the U.S. Department of Agriculture took another step toward laying that old suspicion to rest with the publication of "Ideas for Better Eating," a book of menu suggestions and recipes to help Americans make use of the dietary

guidelines, according to Assistant Secretary of Agriculture Carol Tucker Foreman.

Publication of the menu guides fulfills a promise made by USDA officials early in 1980 when USDA and the Department of Health and Human Services issued the booklet, "Nutrition and Your Health — Dietary Guidelines for Americans," she said.

The original guidelines booklet contained several dietary recommendations with supporting details and explanations of what is known about the relationships of specific dietary substances to some specific chronic diseases and physical conditions.

"Ideas for Better Eating" contains menus showing how the guidelines can be used to create varied and nutritional meals that are enjoyable as well as healthful. Because calorie requirements differ, the menus are designed for

different daily calorie levels.

Foreman said the new book addressed the expressed concerns of citizens about the food they eat and its effects on their health.

"USDA nutritionists worked long and hard to devise menus and recipes to help people 'eat good' and eat well at the same time," Foreman said.

While study after study have shown Americans to be increasingly concerned about nutrition, she said, there is little evidence to suggest ordinary citizens and consumers have the knowledge to translate their concerns into healthy dietary habits.

"USDA has been supplying the American people with nutrition information for nearly a century," Foreman said, "and this publication is another step forward in answering the continuing need for relatively simple, easy-to-use

dietary guidance that is based on the current state of the nutritional art."

Foreman said USDA's scientists did an excellent job in creating versatile eating patterns which provide needed nutrients and enjoyable foods at varying calorie levels. These recipes are also based on the twin pillars of nutritional science — variety and moderation, he said.

According to "Ideas for Better Eating" "By and large, Americans have an adequate diet. With very little effort, they could have a better one. In the process, they would increase their chances of staying healthy."

Foreman said the book is an excellent primer for those who choose to make that effort.

Copies are available for purchase from the U.S. Government Printing Office, Superintendent of Documents, Washington, D.C. 20402. USDA has no copies for sale.

Grange officers to meet with local county groups

HARRISBURG — State Grange officers and department heads will be coming to Union, Berks, Chester, and Perry Counties next week, to meet with local Grange members and leaders to discuss Grange programs and their management on the local level.

"We want to elaborate on the total Grange program," State Master Charles E. Wismer noted. "Our discussions will target on our new insurance program, membership and legislative work, women's activities, youth and young marrieds, programming, community service, and Junior Grange."

Our new insurance program includes a complete farm and home property and casualty package, excess major medical coverage, Medicare complement plan, and an estate planning service, to name a few.

Commenting on the Grange's legislative program, Wismer said "the motto of our organization is to be alert and aggressive for agriculture and rural Pennsylvania."

He also noted numerous Grange legislative victories last year including the formation of a Milk Security Fund, inheritance tax revisions, and the repeal of the gross receipts tax on exported power.

The National Grange Sewing

Contest will be a topic of discussion for State Women's Activities Director Jeannette Tewksbury, of Meshoppen. Mrs. Tewksbury hopes to better last year's 1300 plus entry figures for Pennsylvania.

Roy and Linda Williamson, of Williamsport, the State Grange Youth Directors, are looking to local Grangers to promote their programs to Grangers aged 14 to 35. These programs enhance participation in Grange on a social and educational local level.

"The key to developing a strong Grange on the local community level," notes State Grange Lecturer Douglas Bonsall, "is to give members meaningful programs on meeting night."

The Millerstown Granger will be traveling with the rest of the Grange contingent to instruct local Grange lecturers on how to put this kind of program together.

He also hopes to stress interaction between local Granges and the areas they are located in through service to the community.

Junior Grangers, those aged 4 to 14, are to be another topic of discussion. Sandy Westover, of State College, the Grange's Junior Director, hopes to instruct Junior leaders how to run "an efficient and interesting Junior Grange."

These meetings are part of a series being staged on a statewide basis.

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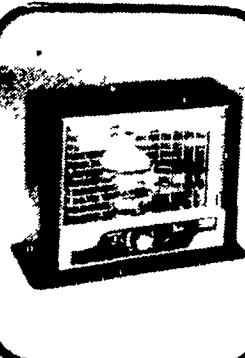
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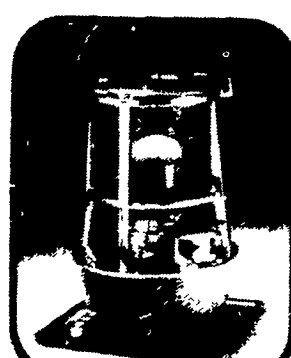
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