

Saturday, April 25
Lancaster 24 to participate in a Lancaster walking tour with Mary Ann Greiner

Lancaster Society 4 meets at the Mountville Church of the Brethern to entertain Society 27

Monday, April 27
Berks 5 meets for a safety program on stress at the Reading Hospital

Thursday, April 30
Lancaster 11 meets for a trumung

and modeling of Easter bonnets program

Friday, May 1
Lancaster Society 1 meets at the Brennerville Fire House for a mother-daughter banquet. Featured will be a ventriloquist and a variety program.

Saturday, May 2
Lancaster Society 6 meets at the Church of God to entertain Society 29

Check your diet

LITITZ — Did you ever think of your diet as a jigsaw puzzle? The pieces, adequate amount of edibles from the basic four food groups, must all fit together within the border, that limited amount of calories you can eat without gaining weight. Puzzle pieces in disarray mean you aren't getting enough nutrients of you are gaining excess pounds.

For more than half of the U.S. population, the puzzle pieces aren't snapping into place. According to information presented at the 1981 Agricultural Outlook Conference in Washington, D.C., the average American woman is eating 1,520 calories a day. This is nearly 25 per cent less than the 2,000 calories she needs for adequate nutrition. How

can she get the nutrients she needs without gaining weight?

This problem has sparked interest in a fairly new concept — nutrient density. Nutrient defense foods are those with a high ratio of nutrients per serving to the calories for that same serving. Broccoli and citrus fruits are good examples. So is broiled chicken. But if you dip the chicken in batter and deep fat fry it, that piece of chicken is no longer considered to be anywhere near as dense in nutrients.

The nutrients are still there, but the calorie count has jumped. Remember, it is the nutrients per calorie, not just nutrients that makes a food nutrient dense.

Consumers, especially women

need to become aware of this concept and include nutrient dense foods from each of the four food groups in their daily diets.

Food in the new fifth food group, mostly high in fat, sugar or alcohol, have a very low nutrient density. They should be avoided as much as possible by that half of the American population who now can't get the nutrients their bodies need without gaining weight.

Join the Honey Producer's

LITITZ — If you've enjoyed the honey recipes and are thinking about honey production, join the Lancaster County Honey Producer's Association on Monday, May 4 at Kauffman's Fruits Orchard.

The orchard is located 2 miles east of Bird-In-Hand along 340. Hives will be opened promptly at 6:30 p.m. A business meeting will follow.

All interested persons are invited to attend.

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These offers end May 1, 1981, so hurry.



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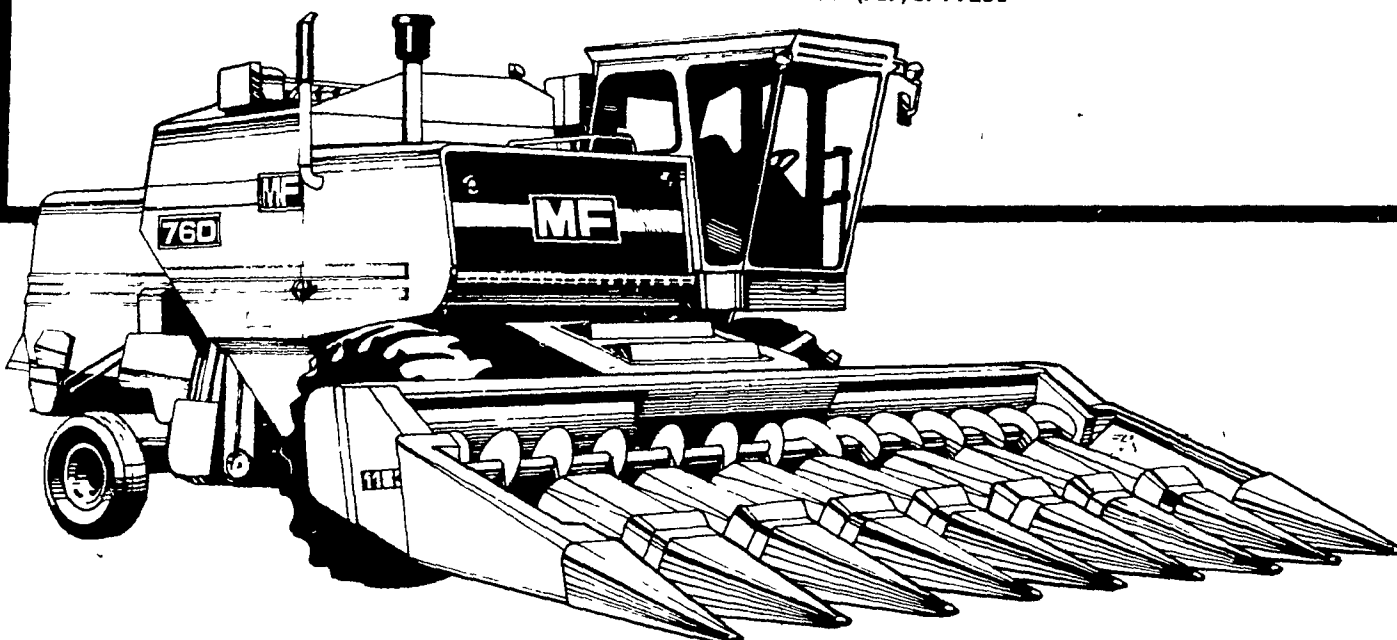
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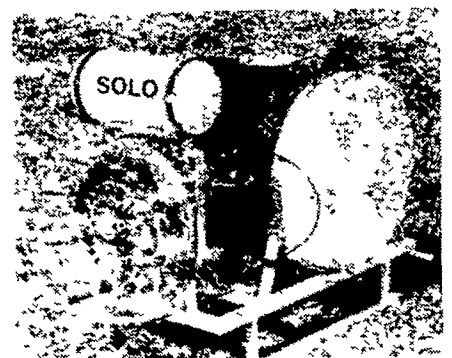
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