

Balance energy requirements and calories

NEWARK, Del. — We all know people who count their calories, but what exactly are they counting? A calorie is simple a unit of energy, just as a mile is a unit of distance and an hour a unit of time.

Calories measure the energy available in food, as well as the energy burned through activity. Balancing your body's energy requirements and the caloric value of the food you eat is the fundamental factor in weight control, explains University of Delaware extension home economist Claudia Holden.

When you consume more calories of energy than you need for fuel, your body stores the excess as fat — and you gain weight. On the other hand, when you eat fewer calories than your body needs to fuel itself, you'll generally lose weight. Since there are about 3,500 calories in a pound of stored fat, you'll normally lose a pound for each deficit of 3,500 calories.

Calorie counting alone, though, is not a safe way to lose, gain, or maintain weight. If you choose foods only for their calorie content, you may miss nutrients you need for health and vitality. When you're watching your calories with an eye toward losing weight, Holden says it's a good idea to use not only a table of caloric values, but also a food guide as an aid to choosing foods that provide the vitamins, minerals, and protein you need. It's difficult to meet nutritional requirements with fewer than 1,200 calories per day, so the home economist advises against restricting calories more than this unless under a doctor's supervision.

The amount of calories you need, though, depends on your age, sex, desirable weight, and daily activity level. The recommended dietary allowances chart offers a

range of caloric needs for various age groups. The range reflects individual differences in activity level and basal metabolism (the rate at which your body burns energy).

For a general idea of your daily caloric needs, consult a recent desirable weight table. Take the midpoint of your desirable weight range and multiply that figure by 18 if you're a man, 16 if you're a woman. The resulting figure will be the approximate number of calories used daily by an adult of average activity.

If you are vigorously active, your calorie needs will be much higher. Likewise, if you're relatively inactive, you'll need fewer calories than the calculation

indicates.

As a general rule, a food is likely relatively low in calories if it is thin and watery like tomato juice, crispy but not greasy like celery, radishes and cucumbers, or bulky like salad greens.

A food is likely relatively high in calories if it is crisp and greasy from frying, buttery, creamy or sugary.

Holden says the best way to keep calories in balance is to eat an appropriate amount of nutritious food and exercise regularly.

Desirable weight tables, daily food guides, recommended dietary allowance charts and other aids are available in county extension office in Newark, Dover and Georgetown.

Tips for keeping cut roses fresh

MEDIA — Roses are so fresh and lovely in the garden, but do yours wilt and lose their bloom when you bring them inside? Don't be discouraged, you can keep rosebuds fresh for days if you follow these suggestions from C.R. Bryan, Jr. Delaware County cooperative extension service director.

When you are given a bouquet of rosebuds, make a fresh cut at least one inch from the base of each of the stems. Then put them in a deep container of warm water - 110°F or "bath temperature" - and allow the buds to remain there for several hours. If you have cut your own rosebuds, plunge them in warm water right away.

Once you have finished this treatment, place the rosebuds in a vase with warm water. You may add a floral preservative to the water to control bacteria and give developing roses some food. Be sure to follow the directions on the container.

If you are using untreated water,

change it daily and recut the stems to make sure the water reaches the rose petals and leaves. To make a fresh cut, hold the stem in one hand

and make a clean, slanting cut with a sharp knife. For safety, always cut away from your body.

Beat the Heat with Eggs

No meat quotas

WASHINGTON, D.C. — Secretary of Agriculture John Block has said the third quarterly estimate of U. S. meat imports for 1984 is below the level that would require quotas on imports under the Meat Import Act of 1979.

Block said that based on USDA estimates of available supplies, imports of beef and certain other meats should total not more than 1,190 million pounds — about 38 million pounds below the 1984 trigger level of 1,228 million pounds.

The Meat Import Act requires the president to restrict imports of certain meats — primarily beef and veal — if USDA estimates imports of those meats will equal or exceed 110 percent of a stated level.

"Based on today's estimate, there is no need to impose import restrictions during the quarter beginning July 1," Block said. "Our analysis of conditions in this country and abroad affecting meat imports strongly suggests there will be no need for import restrictions for the remainder of the year."

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Winners named in New Jersey FFA Horse Judging Contest

NEW BRUNSWICK, NJ — The New Jersey FFA held its Annual Horse Judging Contest in conjunction with the State 4-H Contest on June 27, 1984, at the Tustin Horse Farm in Mt. Holly, New Jersey. The contest was conducted by Kayrn Malinowski, Cook College extension associate in horse management.

The contest consisted of six classes — Hunters, Appaloosas, Hunters Under Saddle, Welsh Ponies, Arabians, and a Western Pleasure Class. Three sets of oral reasons were given on the placings.

The top four teams in the order in which they placed were Northern Burlington FFA Chapter,

Columbus; Allentown FFA Chapter, Allentown; Newton FFA Chapter, Newton; and Cumberland Regional FFA Chapter, Seabrook, New Jersey. The Northern Burlington Team will represent New Jersey at the International Arabian Youth Contest in Louisville, Kentucky in October.

The first three individuals in the state competition were Cathy Russell, Michelle Shea and Lisa Szelc, all from Northern Burlington. Kim Nayda, Cumberland FFA, placed fourth and Dale Smith, Allentown FFA, placed fifth in the state. These individuals will be recognized at the state convention next spring and the top three will receive gold, silver, and bronze medals.

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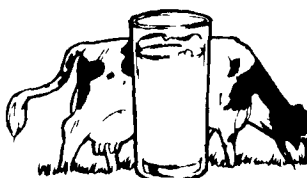
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