



## Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

### Eat a Variety of Food

If a vote were taken among nutrition educators, the most common nutrition message would probably be eat a variety of food. However the word variety has many different meanings among consumers and professionals.

For some people, variety simply means a little bit of everything. For others, it implies eating foods from each of the food groups. Yet, for others, the phrase means choosing a wider variety of food within each of the food groups. Many people consider variety to also include differences in food preparation and in the timing and size of meals.

It is important to clarify just what nutrition educators mean by variety. Studies indicate that it is sufficient to recommend that people choose different foods from among the five major food groups. Nutrition will improve for most people following this advice.

While eating a wider variety of foods from within each group also improves nutrition, research indicates that it is not more healthful to eat or drink five different kinds of milk and milk products than it is to consume just one kind. The same applies to each of the other food groups — grains, dairy products, fruits and vegetables, meat and meat alternates, and fats, sweets and alcohol.

Researchers at the Penn State University also found that increased variety in the diet benefits some people more than others. Of course, people with little variety in their diets to begin with will benefit most. But a varied diet appears to

benefit women more than men, and adolescents and young to middle-aged adults seem to benefit more than other age groups.

Eating a variety of food, in other words making sure you eat something from each of the food groups each day, can really make a contribution to good nutrition. If you fit into one of the high benefit categories — teens, young adults, women, or anyone with a limited diet — you can benefit most from paying attention to the tried and true message: Eat a variety of foods.

### MILK: A low-fat beverage

Many people think that milk is high in fat. However, it is actually a lowfat beverage.

Whole or regular milk is more than 96 percent fat-free. An eight-ounce glass of whole milk has 150 calories and about 30 milligrams of cholesterol.

Most lowfat milk contains 2 percent milkfat, but you can find 1.5 and 1 percent milkfat products in some markets. Two percent milkfat provides 120 calories per eight-ounce glass if it is not fortified with milk solids. 1.5 and 1 percent milkfat milk provide only slightly fewer calories.

An eight-ounce glass of milk contains 90 calories and about five milligrams of cholesterol.

Include milk in your diet to get the calcium your body needs and to prevent osteoporosis in later years. It makes little difference in what form you include milk. You can get the equivalent of the recommended two glasses a day by eating cottage cheese, yogurt or other dairy products.

## Yellow Rose 4-H Club

The Yellow Rose 4-H club is sponsoring its first annual Open Horse Show, May 11 at the Luzerne County Fairgrounds.

The show will have 40 classes which will include Western Pleasures and Equitations, Hunter Horses and Ponies, 4-H Pleasures and Equitations, Gynkanna and

Pee Wee classes will be offered. A trophy and six ribbons are awarded in each class.

Refreshments will be served on the grounds with many homemade baked items offered. Admission is free to the public.

For further information call 477-2371, 639-2170, or 256-7241.

## HOGS DON'T HAVE TO BE SLOPPY EATERS.

Thanks To Hog Slat's Exclusive Feeder Features.

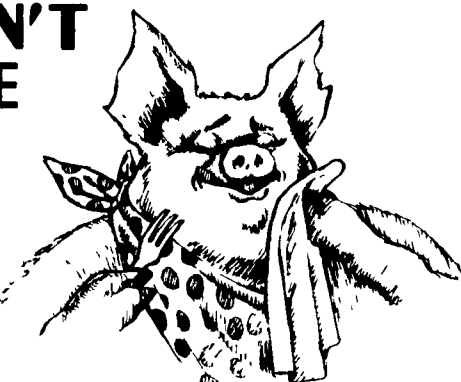
- Easy Adjusting
- Efficient Agitation
- Deeper Troughs
- Feed-saver Trough Lips

LESS FEED WASTE MEANS GREATER HOG PROFITS.

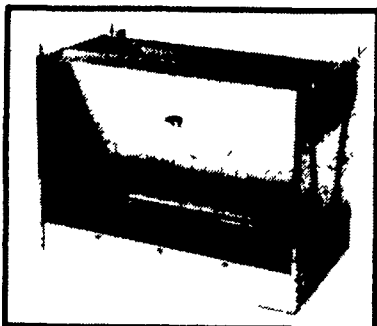
Hog Slat's new stainless steel confinement feeder is designed to keep your hogs at the trough, standing and eating. No more picking up and backing off.

That means less spillage, less waste, greater hog profits.

Compare Hog Slat's stainless steel feeder



Copyright 1984 by Hog Slat, Inc. All rights reserved.

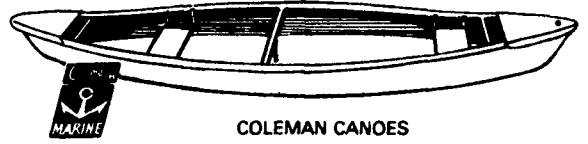


US Patent 4306518

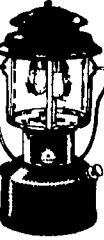


**Dave Schauer-C.T.**  
Rt 1, Box 37  
Berlin, Md.  
301/641-1166  
1/800-334-6465

Coleman



COLEMAN CANOES

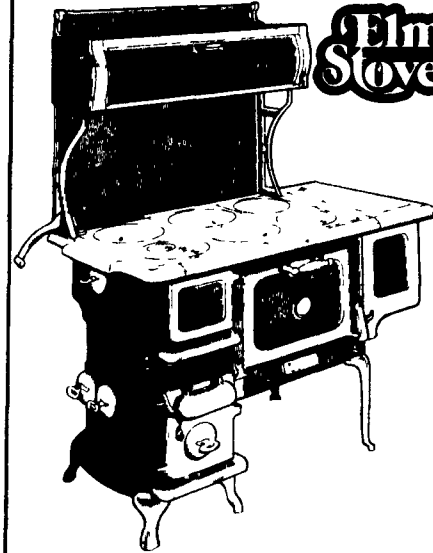


## 19th ANNUAL 3-DAY SPRING SALE

Thursday thru Saturday  
May 1, 2, 3  
STORE HOURS: 7 AM to 9 PM  
Sat. till 5 PM

## FREE French Cookware Set

with the purchase of any new Elmira cookstove



\*OFFER EXPIRES JUNE 30, 1986

Get your home cooking as never before with this super 7 piece set of Le Crueset porcelain enameled cast iron cookware free with your new Elmira cookstove. Enjoy the natural food flavours and home heat savings of an Elmira Cookstove. 7 models to choose from.

### DOOR PRIZES

- Sleeping Bag
- Lantern
- 19 Gal. Cooler

★ **LOWEST PRICES OF THE YEAR** ★  
Throughout the Store

**DON'T MISS OUR BARGAIN COUNTER 20-50% OFF**  
Coleman Products



The complete line of Martin-Senour Paints is in. With over two thousand colors to choose from. Decorator colors for interiors. Rugged, long-lasting colors for exteriors. Plus specialty products for every painting need — from antiquing kits to aerosols.

You'll be ahead choosing a top quality Martin-Senour paint for any project. So stop by any day this week and stock up for all your painting needs.

### TOP OF THE LINE

#### Tough Coat Latex Metal Primer

Controls rust on iron, steel, aluminum and galvanized metal.



#### Tough Coat Enamel

Rust control for metal. Extra protection for wood.



#### Concrete Floor Primer & Sealer

Properly prepares concrete floors, patios, breezeways, and steps.



#### Great Life Alkyd Gloss House Paint

Long-lasting beauty and protection for exterior wood and metal.



### FULL SERVICE DAY

Coleman Factory Authorized Personnel Will Service Any Coleman Appliance Brought In On Friday, May 2nd At No Charge Except For Parts.

**10% OFF** On \$50 Paint Purchase  
**20% OFF** On \$100 Paint Purchase

Effective May 1, 2, 3

LEACOCK

**COLEMAN CENTER**

89 Old Leacock Rd.,  
RD 1, Ronks, PA

