

## USDA Releases Dietary Guidelines

WASHINGTON — A new set of seven short bulletins issued by the U.S. Department of Agriculture can help consumers eat the varied, balanced diet recommended by government nutrition experts.

The set, "Dietary Guidelines and Your Diet," offers supplementary information that helps consumers follow the seven basic dietary guidelines in "Nutrition and Your Health: Dietary Guidelines for Americans" when purchasing, selecting and preparing food. The Dietary Guidelines — published by USDA and the U.S. Department of Health and Human Services in 1980 and revised last fall — form the basis of nutrition education policy for the general public.

According to Carole Davis, chief of the Human Nutrition Information Service's guidance and education research branch, each of the seven "minibulletins" focuses on one of the seven Dietary Guidelines and provides information on food composition,

food labeling, modifying recipes and menus, and practical ways to follow the guidelines in planning, purchasing and preparing foods. Each also includes a self-assessment quiz or activity to involve readers with the information and encourage them to apply it to their own food practices.

"The tips and recipes in each minibulletin consider all of the guidelines, so you won't find yourself neglecting one to follow another," Davis said. "The guidelines all work together for a healthful diet."

The first minibulletin, "Eat a Variety of Foods," and the second, "Maintain Desirable Weight," from the framework for following a good diet. The first features practical suggestions for selecting foods to get the nutrients you need, Davis said. The second deals with the why and how of weight loss and weight maintenance.

Three of the minibulletins — "Avoid Too Much Fat, Saturated

Fat, and Cholesterol," "Avoid Too Much Sugar" and "Avoid Too Much Sodium" — give tips for cutting down on food components.

"Eat Foods with Adequate Starch and Fiber" features suggestions and recipes to help increase the use of vegetables and grain products — foods that are good sources of starch and fiber.

The seventh minibulletin, "If You Drink Alcoholic Beverages, Do So in Moderation," reveals the calorie content of many popular alcoholic beverages and includes recipes for nutritious, nonalcoholic alternatives.

The minibulletins include more than two dozen recipes that provide ways to follow all of the Dietary Guidelines. Developed by USDA nutritionists, these recipes range from dips to entrees to desserts. Nutrition information accompanies each recipe.

The seven 4- to 12-page minibulletins are packaged in an envelope and are available for

\$4.50. Be sure to order the set by stock number 001-000-04467-2 and include payment. Write to: Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20250 or S. Woods, Department 187P, Consumer Information Center, Pueblo, Colo. 81009. GPO accepts VISA or MasterCard for telephone

orders; call (202) 783-3238.

A second set of minibulletins, to be issued in 1987, will provide further information on ways to follow the Dietary Guidelines. The second set will cover shopping, menu planning, food preparation, eating out, bag lunches, desserts and snacks, and meals in minutes.

## Pa. Students To Attend Co-op Institute

HARRISBURG — Seven Pennsylvania high school students are bound for Knoxville, Tenn., this week courtesy of the Pennsylvania Association of Farmer Cooperatives.

The educational trip to the National Institute on Cooperative Education, was awarded to outstanding students attending the 26th annual PAFC Summer Youth Institute in Huntingdon earlier this month.

Both conferences focus on agriculture and the role cooperatives play in our domestic economy. They also provide a base in general business education and offer opportunities for leadership development and recreation.

Those students awarded the expense-paid trip include Mike

Hall, Lancaster; Mike Heim, Felton; Gwen Grey, Schellsburg; Scott Lemmon, Newburg; Beth Morgan, Birdsboro; and Nat and Rebecca Weinstock, Phoenixville.

Inter-State Milk Producers' Cooperative is also sponsoring five students from the PAFC Conference. They are Sarah Baker, Bedford; Clifton Brubaker, Loysville; Darlene Coover, Carlisle; Andy Greenleaf, Martinsburg; and Chris Strait, Harrisonville.

Approximately 120 youth from a four-state area attended the PAFC conference. About 400 youth attend the national conference, as well as another 1,100 young farmers; cooperative directors, managers and employees; and agricultural educators.

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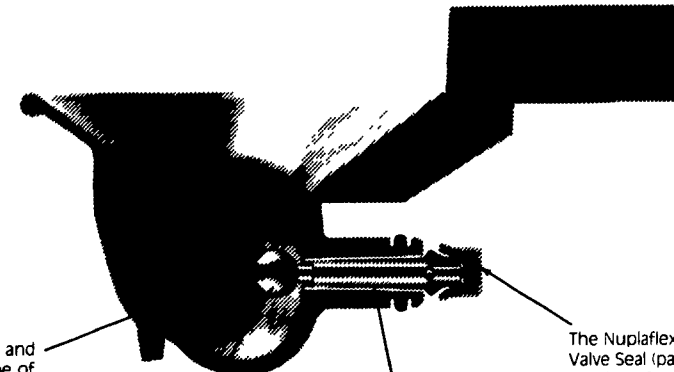
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