

## RED MEATS: Meeting the Body's Needs

Millions of dollars have been spent on cholesterol research. Thousands of pages have been written and printed, and literally hundreds of individuals, ranging from medical experts to dietitians have expressed an opinion on the link between serum cholesterol levels and heart disease.

Theory has it that eating saturated fats and cholesterol causes clogged arteries, atherosclerosis and results in cardiovascular disease. Since the source of cholesterol is from products of animal origin, the public has been advised to decrease and in many instances, avoid red meats, milk and eggs.

Now scientists are beginning to take a better look at the results of such recommendations. For nearly ten years, studies have been going on in university labs, the National Institute of Health, the American Heart Association and by privately funded groups and organizations to determine how to lower blood cholesterol levels and whether lower blood cholesterol levels can reduce or prevent heart attacks.

Other factors such as smoking, poor dietary habits, heredity and lifestyles are being scrutinized. Lowering fat intake certainly should be taken seriously, but the complete elimination of red meats could present serious dietary deficiencies.

Fitness enthusiasts have begun to recognize the importance of meat in the diet. Bill Walton of the Boston Celtics almost saw his career ended because of his vegetarian diet. A lack of trace elements such as manganese and copper, both found in meat had led to a calcium loss in his bones, causing severe foot injuries. The inclusion of meat back into his diet caused his bones to heal. Athletes may be at greater risk of certain nutritional imbalances because of an increased need for trace elements during intense exertion.

According to a study published in the *Annals of Internal Medicine*, a lifetime reduction of cholesterol levels in persons at low risk of heart disease will increase life expectancy

very little. In fact, there is a trend among heart surgeons and other researchers to recognize that certain individuals, because of their lifestyles, place themselves at high risks. This high risk group experience nutritional problems associated with faulty diets. Fast foods, empty calories, high sugar consumption, vitamin supplements, sodium in nearly all prepared foods, and smoking all contribute to a lack of necessary nutrients associated with reducing the risk of high blood pressure and heart disease.

There are widespread misconceptions about the nutritional value of meat because many persons have no clear understanding of the terms "cholesterol" and "saturated fat."

Meats of all kinds, whether fat or lean, are relatively low in cholesterol. The confusion arises when doctors or applied nutritionists speak of a cholesterol-lowering diet — they are referring to any diet that lowers blood cholesterol, not specifically to a low-cholesterol diet. Blood cholesterol and other blood lipids (fats), can be affected by other nutrients, such as fructose, sucrose, a high ratio of zinc/copper in the diet, beer and wine. Other substances are known to reduce cholesterol levels including vegetables, complex carbohydrates and hard drinking water. Milk and milk products for some unknown reason, reduce serum cholesterol levels even though milk has high cholesterol and fat.

The National Institute of Health and the American Heart Association are calling for a 300 mg cholesterol maximum for the entire population to reduce the risk of heart attack.

However, Dr. Roslyn Alfin-Slater, professor of biological chemistry in the University of California at Los Angeles (UCLA) School of Public Health, asserts that, "Data available is NOT strong enough to recommend that the entire population, including children, go on a low-fat, low-cholesterol diet." She says such a reduction is dangerous because the reduction must be made

in eggs, milk, liver, shellfish and red meat and will do more to promote malnutrition, especially in children and in the elderly, than to decrease risk factors in heart disease.

Foods which contain cholesterol are also good sources of high quality protein and excellent sources of vitamins and minerals. Beef is about the best source of protein for most people. A three-ounce serving of ground beef provides about half the protein we need per day and provides the necessary B vitamins as well.

Beef, pork, and lamb are good sources of top quality protein, as well as thiamin, pantothenic acid, niacin activity and vitamins B-6 and B-12. Red meats are also an excellent source of the trace elements, iron, copper, zinc and manganese — minerals not easily obtained in sufficient amounts in diets without meat. Lean meat is about 65 percent water and contains about 4 to 9 percent fat when uncooked. By comparison, coconut oil is the most highly saturated of all natural fats with 88 percent of the fatty acids being saturated. Vegetable oils used in deep frying and cooking, while having a lower degree of saturation than beef fats, are changed during hydrogenation in a manner which causes them to behave in the human body as if they were saturated. It would make more sense to eliminate deep fried foods.

Progressive scientists agree that more research is needed to determine the validity of eliminating red meats

*The Farmers' View is a column that is compiled by the Public Relations Division of the Pennsylvania Farmers' Association (PFA). It expresses the views of PFA's policy positions on key issues as adopted by the organization's 23,443 family members.*

from our diets. Between 1968 and 1978, coronary-related heart attack deaths declined by 25 percent and deaths from all causes declined by 10 percent. We need to know more about this, and most importantly, we need to use good judgement and com-

mon sense in diet — and all facets of life. Man does not live by bread — or meat — or eggs — or fiber — alone. A varied diet eaten in moderation and attention to other aspects of our lifestyle are important in maintaining good health and long life.

## Roots Of Constitution

(Continued from Page A37)

Massachusetts, during which angry farmers and former soldiers prevented local courts from foreclosing on farmers and released debtors from prison. Thus many people, particularly merchants and creditors, wanted a new national government that would restrict the right of states to issue money, establish a standard coinage, and better protect property rights.

### Farmers' Responses to the Constitution

The Constitution was written by Americans who held distinctly different visions of America's future. The remarkable group of men who produced it were able to negotiate among these different visions. The Constitution, and the government it created, provided a system to settle conflict for the past 200 years.

In the Madisonian camp, rural delegates feared the growth of industry and wanted to preserve the agrarian character of American society. Delegates from cities, especially those who agreed with Hamilton, saw a nation with a strong central government and a diversified economy which balanced manufacturing, commerce and agriculture.

Both sides saw advantages for themselves in the new Constitution. Madisonians believed the Constitution would significantly aid agriculture by allowing the new government to open new markets overseas, secure western lands, improve internal transportation, and protect the rights of states and individuals.

Hamilton believed the new government would be strong enough to preserve order and

encourage industry through a tariff on imported goods, a central banking system, and sound credit policies. He argued that the growth of industry, far from hurting agriculture, would provide markets for farm products.

Both sides agreed that the new Constitution was necessary to prevent the experimental republic from falling apart.

Farmers as a whole were ambivalent about the Constitution and it was largely opposition from farmers that made it so difficult to get the Constitution ratified by the states. There were close votes in several states, such as Massachusetts, Virginia, and New York, and the last state, Rhode Island, did not join until 1790.

Antifederalists, as they were called, had experienced strong control by their Colonial rulers and objected to the very idea of a strong government that might trample on individual rights. They also believed the Constitution would mainly benefit cities and encourage speculation and corruption.

On the other hand, the arguments of men like Madison and the presence of so many rural delegates to the Constitutional Convention no doubt helped convince many farmers to support the new government.

The debate over the meaning of the Constitution did not die with its ratification, but dominated politics for the next two decades. By 1815, supporters of Jefferson and Madison had become the majority party and they came to accept much of Hamilton's program without losing faith in agrarian values. Those values have been a part of American politics ever since.

## Young Cooperators

(Continued from Page A35)

are runners-up for Maryland and Virginia. The family farm partnership of which they are part includes 83 registered Holsteins with a 20,180 pound production average and cropland of 422 acres. They have one son.

Also selected to represent Maryland and Virginia in Young Cooperator activities were Daniel and Rhoda Martin, Newville, Pa. and Ralph and Teresa Shank, Hagerstown.

Winners and runners-up will represent their respective cooperatives at the National Milk Producers Federation, to be held during December in New Orleans, or at the National Institute of Cooperative Education in St. Louis.

Speaker for the awards luncheon of the Young Cooperator Convention was Wayne Boutwell,

National Council of Farmer Cooperatives. Boutwell briefly reviewed the Council's legislative activities in Washington, noting that he anticipates projected cuts in the nation's 1988 budget will not greatly affect basic commodity support programs.

According to Boutwell, the NCFC is spending some 90 percent of its time addressing issues related to the Farm Credit financial situation. He estimated that \$6 billion is necessary to bolster the farm lending cooperative, with a few districts close to dire need of financial infusion.

"We need the system," affirmed the NCFC's head. "If not, then farmers will pay in the long run."

Boutwell further added that, in view of the current state of the international monetary system, Farm Credit's problems may be "just the tip of the iceberg."

## DOES THIS MAKE SENSE?

Take the same money that you would use for killing bugs — use it for prevention — which is proper fertilizer. You do 2 things with the same expense and you do not pollute your neighbors water who you need to love to be saved. And you do not poison your soil life. Dead soil makes crops subject to bugs and disease. The creator sends bugs to devour unhealthy plants. Bugs are scavengers. They don't like crops that are rich in minerals and sugar. They leave them for you and your livestock to eat. Wise plan! Wise Creator!

OUR PROGRAM WORKS. AND THE CROPS ARE TOPS. GUESS WHY.

Over 4 feet alfalfa, and 29% protein in one field. 250 to 300 bushel corn per acre. 5 recent meetings were on 5 farms so farmers could see the crops. We are making many farmers happy. We want to make you happy too.

We have an energized reasonable priced liquid plant food foliar spray. Farmers say the next day the bugs and aphids are dead. It is not from old age! Prevention is better yet.

Make an appointment to come and we'll sit down and talk it over. My hours vary because I deliver. I could visit you.

## Eli Stoltzfus Organic Center

217 South Railroad Ave. New Holland, PA 17557  
717-354-7064 Home Ph. 215-273-2683 6-7 AM

We Specialize In Aerial Work Using Our Twin Bucket Boom Truck

Extends To 55 Ft

**ELECTRICAL CONTRACTING**

Specializing In **AGRICULTURAL WIRING**

Also Residential, Industrial And Commercial Work  
Free Estimate

**C. M. HIGH CO.**

320 King St  
Myerstown PA 17067  
Phone 717 866 7544

We Have Poles In Stock 25 30 35 & 45

## World's First ATV with PTO™

A full ten horsepower of PTO to run Yamaha's new rough-cut and finish mowers.. and new sprayer system. Terrapro System sprayer is perfect for applying a range of liquid sprays to turf, plants and trees.

The Terrapro System from Yamaha is designed to provide economical and efficient yard care for farmers, commercial users, and large landowners.

Heart of the Terrapro System is the four-wheeled Terrapro Moto-4, a workhorse ATV with a hardy 348cc four-stroke, fan-cooled engine. A dual-range transmission, with five gears in high range and five gears in superlow range plus reverse, gives versatile and powerful performance.

## B & B SALES & SERVICE

791 Flory Mill Road • Lancaster, PA 17601

(717) 569-5764

**YAMAHA**  
We make the difference

