

Lower Cholesterol With Moderation Not Martyrdom

BY JOYCE BUPP

York Co. Correspondent
COLUMBIA, Md. — How diet affects the blood cholesterol is not as "cut and dried" as it has been reported to be in past years, according to some diet researchers.

"We have to get over the idea that everything we eat is going to kill us," observes David Kritchevsky, Ph.D., Assistant Director of the Wistar Institute of Anatomy and Biology. And, while exercise is beneficial, weight loss appears to have a greater effect on lowering cholesterol.

Dr. Kritchevsky was the featured speaker for the annual meeting of the Chesapeake Bay Division, Dairy Food and Nutrition Council of the Southeast, held Monday at the Columbia Inn. The

Baltimore-area Dairy Food and Nutrition Council is part of SUDIA, and funded by Middle Atlantic Division members of Dairymen, Inc.

According to Dr. Kritchevsky, high blood cholesterol is one of several risk factors, including smoking and high blood pressure, linked to increased risk of heart attacks.

However, individual's blood cholesterol levels may vary, according to time of day, season of the year, stress, even the body's position at time of testing. One cholesterol test, he noted, may be an indicator, but may not necessarily present an accurate overall level. A series of ten, he believes, is necessary for accuracy.

Citing various studies, Dr. Kritchevsky related research data

showing that, if cholesterol intake from food sources is reduced, the body may increase its production of the substance necessary for certain functions. Likewise, extra cholesterol intake generally triggers the liver to stop its own cholesterol output.

"The good guys are getting bad and the bad guys getting good," Dr. Kritchevsky noted, reflecting on moderating trends in diet recommendation.

Eggs, which once took a beating in cholesterol danger reports, are finding renewed medical favor due

to their high grade protein. Red meats are also regaining their image as important to the diet, containing numerous nutritive trace elements needed for a balanced diet.

On the other hand, says Kritchevsky, bran is not the best fiber for the body, and soluble fibers from fruits and vegetables are more likely to help cholesterol levels, although they must be consumed in fairly large quantities. Popcorn, also a popular high-fiber food, may be laced with saturated fat flavorings. Non-dairy coffee cream-

ers are similarly high in saturated fat.

"The Social Security System is in trouble because we're not," commented the nutrition researcher, citing the average American diet as a generally healthy one. Countries with higher fat diets have populations which live the longest, he added. Since 1900, the per thousand rate of mortality from heart and cardiovascular diseases has decreased.

"Moderation, not martyrdom," urges Dr. Kritchevsky, when looking at the total diet picture.

Adams County Assigns Home Economist

GETTYSBURG — Nina L. Redding has been appointed to The Pennsylvania State University's Cooperative Extension staff as Extension Home Economist assigned to Adams County. She replaces Eleanor L. Garris who was transferred to the Franklin County Extension Office effective January 18, 1988.

James J. McKeehen, Regional Director for Cooperative Extension, said Redding would begin her educational duties on February 12, 1988.

A native of Gettysburg, she prepared for college at Gettysburg High School and earned her bachelor of science degree from Indiana University of Pennsylvania in May, 1982, majoring in Home Economics education. She has taken some credits toward the Master's degree at Hood College.

While in college Redding was active in the Home Economics Association, the Collegiate 4-H program and was elected to Kappa Omicron Phi, the Honorary Home Economics Society.

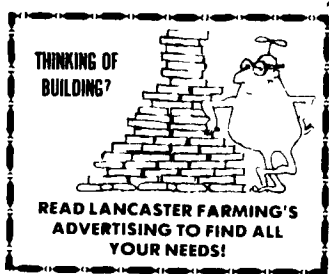
Redding is the daughter of Mr. and Mrs. Daniel Hoffman, 600 Cavalry Field Rd., Gettysburg. She is married to Russell C. Redding and resides at 584 Clear View Road, Aspers, PA.

Following graduation from Indiana University of Pennsylvania, Redding taught part-time in schools near Ithaca, New York and at Biglerville. In 1985-86, she



Nina Redding

taught Home Economics in the Junior High at Gettysburg and since August 1986, has been teaching Home Economics in the South Western School District, at Hanover, Pennsylvania.



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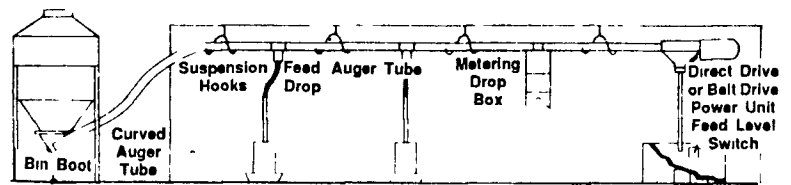


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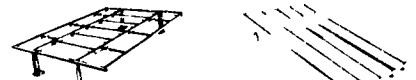
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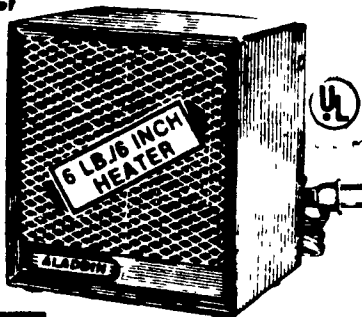
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