



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

March Is National Nutrition Month

"You are what you eat." That is a familiar phrase but it is true. Research has demonstrated over and over the importance of choosing a well balanced diet for health. Many of the diseases that cause death or disability appear to be related to diet.

Those of you who are late night munchers and cannot face the late movie without a bag of salty potato chips, may be increasing your risk of hypertension. Too much salt is risky business.

Excessive fat intake also may lead to problems. Overuse of eggs, vegetable shortening, butter, cheese, chocolate, meats and milk fat may lead to atherosclerosis or clogging of the arteries.

Some cancers may be related to diet. Higher rates of cancer of the larynx, the oral cavity, the esophagus and liver have been found in those people who consume a lot of alcohol. However, some of these problems may also come from the nutritional deficiencies associated with alcoholism.

The National Cancer Institute has found a relationship between high fat-low fiber diets and cancer.

Another possible nutrition-related disease is osteoporosis of the decreasing of bone mass. Osteoporosis is found primarily in post-menstrual women and appears to be caused by a calcium deficiency.

To maintain good health, we should try to follow the dietary guidelines which include:

City Gal

(Continued from Page A20)

As a director for two years, and a planner for major shows, Faith has experience in running a cattle sale and in organizing people and events.

Her goal is to see the organization become stronger and obtain more members. She said, "The drawback to increasing membership results from the state being so big—it's hard to get everyone together."

Benefits of membership include participation in the association's sale, receiving the newsletter, advertising in the breed's directory, and getting to know other breeders.

Time is a premium for the Petersons. Faith works fulltime as secretary to the president of American. Recently she and her husband purchased a franchise for Mobicare, Inc., for York and Adams Counties. The franchise, which their son operates, is a self-contained fully equipped mobile service center for vehicle fleets.

Faith is also treasurer of Adams County extension board of directors and secretary of Abbottstown Boro Planning Commission.

Regarding her schedule, Faith laughs and remarks, "I have plenty to do, but I like the options and the change of pace that combining business with farming offers."

EAT A VARIETY OF FOODS- Food alone cannot make you healthy. But good eating habits based on moderation and variety can help keep you healthy and even improve your health.

MAINTAIN YOUR IDEAL WEIGHT- If you need to lose weight, do so gradually. Steady loss of 1 to 2 pounds a week, until you reach your goal, is relatively safe and more likely to be maintained. Long term success depends upon acquiring new and better habits of eating and exercise.

REDUCE YOUR TOTAL DIETARY FAT AND CHOLESTEROL- Choose lean meat, fish, poultry, dry beans and

peas as your proteins sources. Moderate your use of eggs and organ meats such as liver. Limit your intake of butter, cream, hydrogenated margarines, shortenings and coconut oil, and foods made from such products. Trim excess fat off meats. Broil, bake or boil rather than fry foods. Read labels carefully to determine both amount and types of fat contained in foods.

EAT FOODS WITH ADEQUATE STARCH AND FIBER- Substitute starches for fats and sugars. Select foods which are good sources of fiber and starch, such as whole grain breads and cereals, fruits and vegetables, dried beans and peas and nuts.

REDUCE YOUR SUGAR INTAKE- Use less of all sugars, including white, brown and raw sugars, and honey and syrups. Read food labels for clues on sugar content. If the names sucrose, glucose, maltose, dextrose, lactose, fructose, or syrups appears first, then there is a large amount of sugar.

LIMIT THE AMOUNT OF SODIUM YOU EAT- Learn to enjoy the flavor of unsalted flavors of foods. Cook without salt and add no salt to food at the table. Flavor food with herbs and lemon

juice. Limit your intake of salty foods. Read food labels carefully to determine the amounts of sodium in processed foods and snack items.

AVOID ALCOHOL OR USE IT IN MODERATION- One or

two standard-size drinks daily appear to cause no harm in normal, healthy, non-pregnant adults. Twelve ounces of regular beer, 5 ounces of wine, and 1-1/2 ounce of distilled spirits contain about equal amounts of alcohol.

Honey Princess From PA

A Pennsylvania first! The Pennsylvania State Beekeepers Association has been sponsoring a state honey queen with the corporation of the PA Department of Agriculture for many years. The association has had an annual honey queen since 1954 and for the first time a Pennsylvania queen has been selected to represent the industry nationally as the American Honey Princess.

Jill Mathias of Hummelstown was crowned the 1989 American Honey Princess at the American Beekeeping Federation's Annual Convention in Indianapolis, Indiana. Jill, the daughter of Stewart and Carol Mathias, served as the 1988 Pennsylvania Honey Queen and was the hostess for the PA Beekeepers Association at the farm show this past January.

Jill's relationship with honeybees began the year she was born, for that was the year her father started beekeeping. Before long



Jill Mathias

and honey became a way of life. The Mathias family currently operates a small business, Honey Crest Farm, selling quality honey and beeswax.

Jill received a bachelors of science degree from the University of Pittsburgh and plans to begin an MBA program following her reign as American Honey Princess.

Cimarron Alfalfa



CHECK THESE ACCOMPLISHMENTS ACHIEVED WITH THE AID OF CIMARRON

- ✓ 21.9% PROTEIN IN THE WINNING SAMPLE
- ✓ 21,928 POUND ROLLING HERD AVERAGE 735 FAT 705 PROTEIN
- ✓ 4 CIMARRON CUTTINGS PER YEAR FROM THEIR SOMERSET COUNTY FARM AT BERLIN, PA

CONGRATULATIONS...

MR. & MRS. DOUGLAS HILLEGASS —

Winners Of The Northeast Forage Quality Contest Hay Division With:

Cimarron

The high yield, high quality alfalfa.

RD #2 Box 413A
Burrhead, PA 17009
(717) 997-4131

SEEDWAY
INC.

55 Willow Springs Circle
York, PA 17402
(717) 764-9814