

## Snacking For Good Health

UNIVERSITY PARK (Centre Co.) — Contrary to popular belief, snacks can be part of a healthy lifestyle. They can be low in calories and low in fat, yet still be delicious, while contributing needed nutrients to your daily food intake.

People snack for different reasons. Sometimes they crave sweet or salty foods; other times they want a particular feel to the food, like crunchy or creamy. And sometimes they snack just because they're bored.

Some people need to snack to get the nutrients that they need. Preschool children have small stomachs, and they may not be able to eat enough in three meals to meet their needs. It's good for them to learn that nutritious snacks can taste good, especially since they often choose their own snacks once they start school. Teenagers may sometimes prefer to eat snacks instead of meals due to busy schedules and social activities. Adults frequently snack in addition to three meals a day.

Here are some suggestions to

help you keep snacking healthy and nutritious without overeating:

\* If you eat three meals a day and you want to snack, make your meals smaller than you need and select snacks with high nutritive value.

\* If you prefer snacks to meals, eat the same amount of food as you would if you had three meals per day, but spread it out over the whole day.

\* Plan your daily snacks. Take a muffin, low salt pretzels or graham crackers with you when you go out to avoid an afternoon trip to the vending machine.

\* If you're away from home and want a snack, but don't have one with you, buy orange juice, plain popcorn, low fat yogurt or fresh fruit.

\* Keep low fat, low calorie snacks around the house, instead of the high fat, high calorie kinds. Look for "Lowfat" on the labels when you shop.

\* If you do want a high fat, high calorie snack, serve yourself a very small portion and put the rest out of your reach and sight.

# MILK. IT'S FITNESS YOU CAN DRINK.

BUY, SELL, TRADE OR RENT THROUGH THE  
**CLASSIFIED ADS**

PHONE: 717-626-1164 or 717-394-3047

### 5 GRAIN EQUIPMENT

**Leon H. Martin Construction**  
Specializing in New & Used Grain Tanks, Built and Dismantled  
RD #1 Box 224 EE  
Myerstown, PA 17067  
(717) 933-8287

**GSI** Grain Blends Grain Dryers  
**MC Dryers**  
**Sweet** Elevators

**Sones Grain Systems**  
Jim & John

Check Our Prices Before You Order  
We Personally Install Everything We Sell

R.D. #1, Box 417 Muncy, PA 17756  
**717-584-2282**

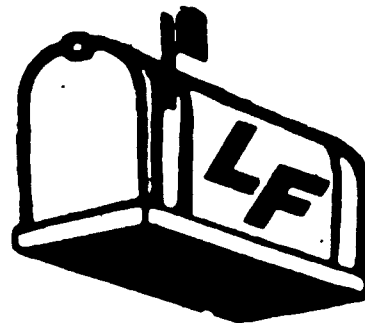
**Hutchinson** Augers  
**Sukup** Grain Handlers

## CLASSIFIED AD ORDER BLANK

PLEASE WRITE CLEARLY

MAIL TO:  
**LANCASTER FARMING**  
P.O. Box 609, Ephrata, PA 17522

**DEADLINES:**  
SECTION B - WEDNESDAY  
AT 5:00 P.M.  
SECTION C - THURSDAY AT 9:00 A.M.  
OF EACH WEEK'S PUBLICATION



NOTE: Please do not use this form for Mail Box Market Ads, see instructions in Section D with Mailbox Markets.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Please publish my \_\_\_\_\_ word ad \_\_\_\_\_ times starting with the \_\_\_\_\_ issue. Classify under # \_\_\_\_\_. I enclose \_\_\_\_\_.

Box Replies: Ads with answers coming to a box number, c/o Lancaster Farming: \$1.50 per ad per week additional.

This newspaper will not be responsible for more than one incorrect insertion of any advertisement.

### CLASSIFIED ADVERTISING RATES

29¢ per word per week - 1 or 2 times  
23¢ per word per week - 3 or more times  
11 word minimum

Words	1 Time	2 Times	3 Times
up to 11	3.19	6.38	7.59
12	3.48	6.96	8.28
13	3.77	7.54	8.97
14	4.06	8.12	9.66
15	4.35	8.70	10.35
16	4.64	9.28	11.04
17	4.93	9.86	11.73
18	5.22	10.44	12.42
19	5.51	11.02	13.11
20	5.80	11.60	13.80

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40

(Phone Numbers Count As One Word)

Lancaster Farming  
1 E. Main St.  
Ephrata, Pa. 17522  
717-394-3047  
or Litz  
717-626-1164

PHONE HOURS:  
Mon., Tues.,  
Wed. & Fri.  
8 a.m. to 5 p.m.  
Thurs.  
7 a.m. to 5 p.m.

OFFICE HOURS:  
Mon. thru Fri.  
8 a.m. to 5 p.m.

The following categories are available for your classified advertising. In Section C. Deadline Thursday morning at 9 of each week's publication

- 1- Farm Equipment
- 1a- Construction Equipment
- 2- Farm Eq. Wanted
- 3- Silos and Unloaders
- 4- Building and Supplies

The following categories are available in your classified advertising. In Section B. Deadline Wednesday afternoon at 5 of each week's publication.

- 5- Grain Equipment
- 6- Dairy Equipment
- 7- Livestock Equipment
- 8- Cattle
- 9- Horses & Mules
- 10- Sheep & Goats
- 11- Swine
- 12- Artificial Breeding
- 13- Hog Eq. & Supplies
- 14- Poultry & Supplies
- 15- Feed & Seed
- 16- Fertilizer
- 17- Plants
- 18- Fruits & Vegetables
- 19- Nursery
- 20- Lawn & Garden
- 21- Services Offered
- 22- Custom Work
- 23- Help Wanted
- 24- Situations Wanted
- 25- Business Opportunities
- 26- Household
- 27- Pets
- 28- Lost
- 29- Found
- 30- Computers
- 31- Notice
- 32- Miscellaneous
- 33- Recreational Vehicles
- 34- Autos
- 35- Trucks & Trailers
- 36- Real Estate