



## Have You Heard?

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Home Economist

### NEW DIETARY GUIDELINES RELEASED

The new edition of the "Dietary Guidelines for Americans" was released in October, replacing the last edition published in 1985.

The U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) appointed a nine-member panel of physicians and nutrition scientists to evaluate and review the 1985 recommendations.

This popular consumer bulletin is more than just a booklet of nutrition recommendations for

healthy citizens. It establishes federal nutrition policy that directs the work of USDA and HHS.

The revisions change the emphasis from "good food/bad food" connotations. Less theory and more helpful tips are included to make this a user-friendly resource for consumers.

Here are some of the notable areas of change:

\* The section "Eat a Variety of Foods" includes information regarding infant diets.

\* The wording "Maintain Healthy Weight" from "Maintain Desirable Weight" takes into ac-

count such complex things as the body mass index, waist to hip ratio and health problems a person may have that are associated with weight.

\* "Choose a Diet Low in Fat, Saturated Fat and Cholesterol" is a more positive approach than in the past guidelines which recommended to "Avoid Too Much Fat, Saturated Fat, and Cholesterol." This change offers more food selection tips with less emphasis on theoretical concepts. The target goals of 30 percent or less of total calories from fat and less than 10 percent of calories from saturated fat are consistent with the National Research Council and the National Cholesterol Education Programs' dietary recommendations.

\* "Choose a Diet with Plenty of Vegetables, Fruits and Grain Products" is replacing the former recommendations of "Eat Foods with Adequate Starch and Fiber." Outlining actual foods rather than desired food components is more easily understood.

\* "Use Sugars in Moderation" is a more positive message than as previously stated to "Avoid Too Much Sugar."

\* "Use Salt and Sodium in Moderation" helps those persons who have a better understanding of salt intake than sodium levels in foods, as well as stating this guideline in more positive terms.

\* "If You Drink Alcoholic Bev-

erages, Do So in Moderation," remains the same.

If you would like to have a copy of the new "Dietary Guidelines for Americans" contact your local County Extension Home Economist.



## Farm Women Societies

### York Society 21

York County Society of Farm Women Group 21 held their Christmas party at the home of Nedra Graybeal, president of the group. A covered dish supper was served to members and guests. Hazel Lightly, York Farm Women president, and Mary Hoffman, past president, were guests.

Two new members were inducted into the group. They were

Jayne Lorah and Linda Fields. Secret pal gifts were exchanged.

Group members sold Benson fruit cakes for a fund-raising project. The next meeting is scheduled for January 23, 1:30 p.m. at the home of Kaye Pomraning. A report will be given on the Farm Women's convention. A program on safety will be presented.

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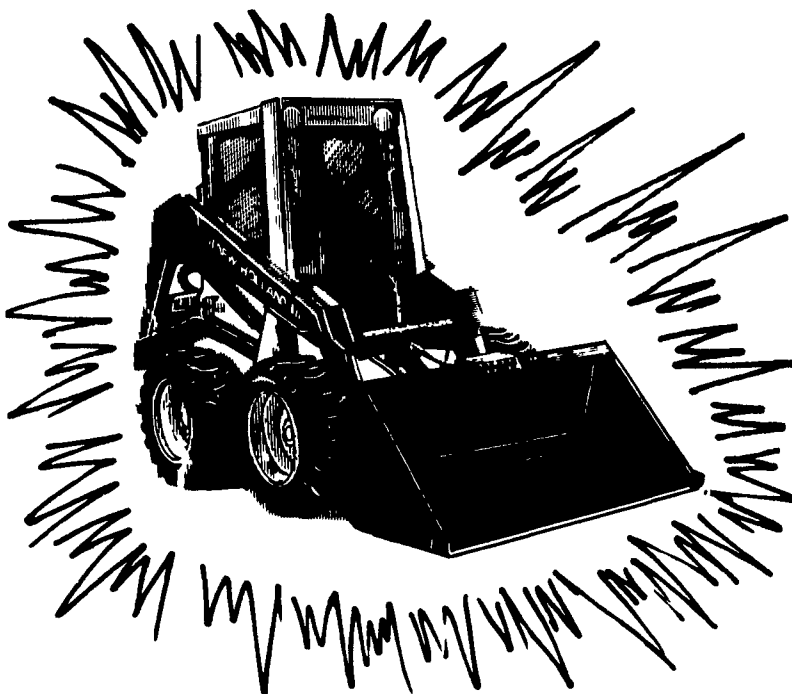
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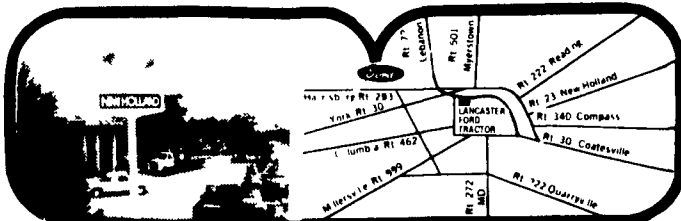
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