



Have You Heard?

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MAKE THE MOST OF YOUR TIME IN DECEMBER

How you manage your time during bust periods such as the holiday season may make the difference between holidays with periods of stress and frustration or which provide an enjoyable change of pace. Most of us look forward to the added excitement which comes with this time of year, but all too often we reach a point where fatigue and the "too much to do" syndrome take away from the joys of the season.

While no one has invented the twenty-nine hour day, you can accomplish more in the time you do have by following some of these guidelines.

Plan Ahead and Set Priorities

Carefully think through all the things you must and all the things you might do this holiday season.

The first thing to do is think about your goals — what you want to accomplish. Two types of goals probably come to mind — one centering on activities, family and friends, church and community. The other includes all the organizational and housekeeping chores. Decide which is most important — cleaning the back of the refrigerator or joining in the family fun —

and keep your top priorities in mind.

Plan Backwards to Meet Your Deadlines

Sometimes it is easier to "Plan Backwards" when you have a tight schedule with firm deadlines. List the dates when things need to be finished — parties, gifts to be made, packages and cards to be mailed, shopping to be done. Then decide how long it will take to accomplish each of these projects and fit blocks of time for these special projects into your calendar of on-going activities. Then you will know if you have to start on December 5 or can wait till the 15th to begin your preparations.

Use a Check List

An easy way to keep from forgetting things is to write down everything you need to do. Check each task as you complete it.

Get Organized

It is always helpful to be sure you have the necessary supplies and tools on hand. Check your stock of gift wrap, ribbon, tape, mailing materials and cards or labels before you settle down to a package wrapping session. Check on your food inventory, too. Many holiday recipes use spices and other ingredients not used on a dai-

Impact Of Saturated Fat On Blood Cholesterol

WASHINGTON, DC — Individuals respond to dietary cholesterol in different ways. Some experience an increase in blood cholesterol while others experience no significant change at all. In fact, most person's blood cholesterol level is not significantly changed by dietary cholesterol intake.

An 88-year-old man recently made headlines because he habitually ate 25 eggs per day, not exactly "normal" intake. The man maintained a normal blood cholesterol level (150/200 mg/dl) and there were no other medical problems apparent. Researchers at the University of Colorado found that despite this unusually high cholesterol intake he maintained a normal blood cholesterol by absorbing and manufacturing less cholesterol.

While eating 25 eggs per day is highly unusual, most people (an estimated two-thirds of the population) who consume more reason-

able amounts of cholesterol respond in similar ways. Scientific studies show that only about half of the cholesterol that we eat is absorbed, and as dietary cholesterol intake increases even less is absorbed. A high-fiber, low-fat diet also reduces cholesterol absorption. Other studies show that most of us produce less cholesterol when more dietary cholesterol is consumed. In other words, the body automatically responds by striking a balance.

Saturated fat, on the other hand, influences the blood cholesterol in a totally different manner. When saturated fat widely distributed in the food supply is consumed, it causes the body to create more cholesterol, hence increasing blood cholesterol levels. As a whole, we consume too much saturated fat, about 50 percent more than is recommended. On average, this results in a 13-14 mg/dl increase in blood cholesterol levels.

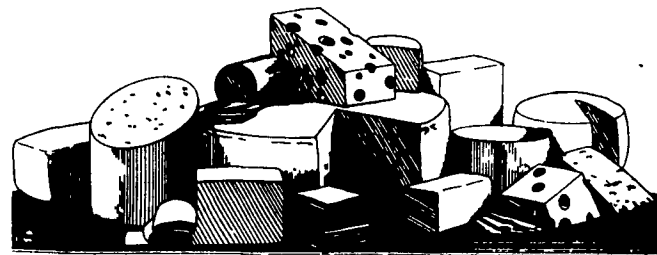
What Does This Mean?

The fact that one person can eat 25 eggs per day and maintain a normal blood cholesterol level does not mean that you can eat whatever you want! It is simply an individual case which supports research that dietary cholesterol

has a minor impact on blood cholesterol because of the mechanisms that regulate it. It is still important to choose a healthful diet low in fat and saturated fat. Most dietary guidelines recommend no more than 30 percent of calories from total fat and less than 10 percent from saturated fat. Select a variety of low-fat foods, including lean meats, fish, poultry, eggs, reduced fat dairy products, fruits and vegetables, and whole grains and cereals. Go easy on added fats, sweets, alcohol, and fried and salty foods.

Moderation is the key to any successful diet. You should personalize your diet so it can be followed for a lifetime. Don't eliminate the foods you enjoy the most, just consume them less frequently in smaller servings. Especially if your favorite foods are high in fat and saturated fat. If you're not sure how much fat you're consuming, read the label! Food labels provide nutrient information on a per-serving basis so watch your serving size.

For more information about how eggs fit in a healthful diet, send a self-addressed, stamped envelope to the Egg Nutrition Center, 2301 M St., N.W., Suite 405, Washington, D.C. 20037.



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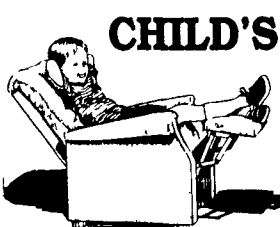
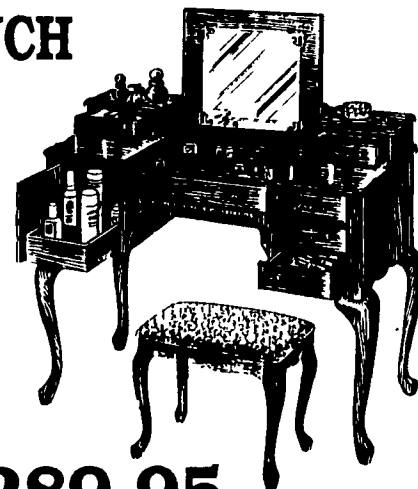
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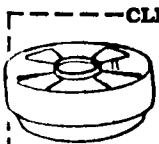
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