



## Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

### Plan Meals From All Five Food Groups

Although most Americans are eating more grain-based foods, fruits and vegetables than ever, a recent national Gallup poll shows that they are still not getting enough for optimum health.

Last year the United States Department of Agriculture (USDA) introduced the Food Guide Pyramid to encourage Americans to replace unhealthy high-fat foods with nutritionally balanced meals rich in fiber and complex carbohydrates. The Pyramid replaces the USDA's three-decades old "Basic Four" guidelines with five food groups:

- Breads, cereals, rice and pasta,
- vegetables
- fruit
- milk, yogurt and cheese
- poultry, fish, dry beans, eggs and nuts.

No one food group is more important than another, all are needed for a healthy diet. The Food Guide Pyramid suggests including at least six daily servings of bread and grain foods in your diet, three of vegetables and two of fr. it. Two to three servings each from dairy foods and meat or protein foods also should be included in everyone's diet. Fats, oils and sugars should be used sparingly.

Because breads, cereal, rice and pasta are at the base of the Food Guide Pyramid, grain foods should make up the largest portion of everyone's diet. Only five percent of those surveyed said they eat the recommended 6-11 daily servings of grain foods. The median respondent averaged just three servings.

Misunderstandings about serving sizes could be one reason more

Americans are hesitant about increasing their bread and grain consumption. But serving sizes are modest, so the recommended guidelines are easy to meet. For example, a slice of bread or one-half cup of cooked cereal, rice or pasta is one serving. One ounce of ready-to-eat cereal is a serving. A

bun, bagel or English muffin counts as two.

Another reason for people not increasing their grain foods consumption is misinformation. Fifty percent of survey respondents incorrectly think bread is fattening. Bread is not fattening. It is what we put on bread that

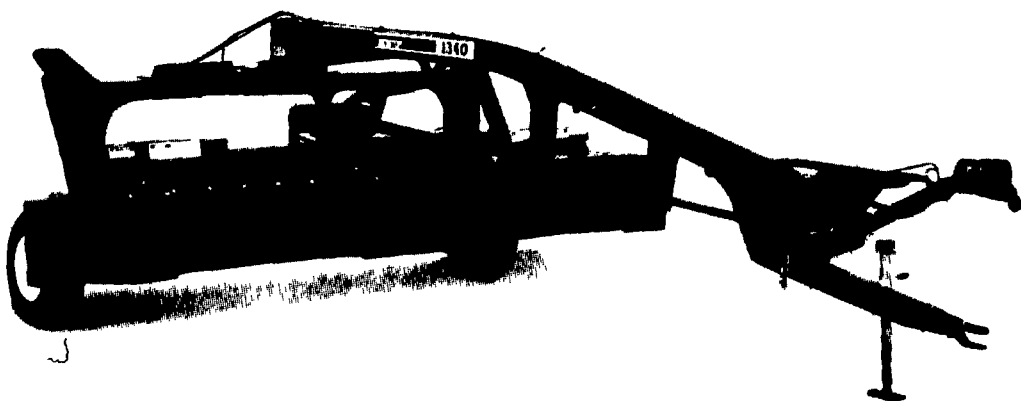
increases the calories and grams of fat.

Increasing bread and grain consumption can actually reduce overall fat percentage by replacing high-fat, high-calorie foods. Grain foods also help satisfy hunger, which reduces the temptation to overeat.

## Free Recipe Booklet

For a free copy of Mott's Bake Lite Recipe Booklet, call 1-800-BAKE-LITE or 1-800-225-3548.

# FOR WHEN THE GOOD EARTH ISN'T SO GOOD.



### Hesston 1340 Rotary Disc Mower Conditioner

See Our Display At  
**AG PROGRESS DAYS**  
• Located On E. 1st Street

This Rotary Disc Mower Conditioner will get you out of any tight spot in a hurry.

The 1340's innovative 12' Center Pivot is designed for fast cutting. And its long 110" conditioner makes for even faster drying. You'll get unmatched maneuverability with the 1340, and it's easy to set for swathing or fluffy windrows.

A 12' cutting width and a revolutionary mechanical drive line guarantees top efficiency. All 16 high speed swingaway knives are designed to cut right through tough spots in damp and problem fields. Making anthills and gopher mounds history. Mounted on low-maintenance rotary discs, the knives are reversible for twice the life.

See your AGCO/Hesston dealer listed here and ask about our flexible financing plans for the 1340. Best of all, it's backed by the AGCO Warranty Program.



**HESSTON**  
THE PRIME LINE

### PENNSYLVANIA

**HERNLEY'S FARM EQUIP. INC.**  
2095 S. Market St.  
Elizabethtown, Pa.  
717-367-8867

**ICKES FARM SUPPLY**  
RR 1  
Osterburg, Pa.  
814-276-3422

**LONGENECKER'S, INC.**  
RD 2  
Williamsburg, Pa.  
814-793-3731

**STANLEY'S FARM SERVICE**  
RD 1, Box 46  
Klingerstown, Pa.  
717-648-2088

**STOLTZFUS FARM SERVICE, INC.**  
Rts. 10 & 41  
Cochranville, Pa.  
215-593-2407

**STOUFFER BROS., INC.**  
1066 Lincoln Way West  
Chambersburg, Pa.  
717-263-8424

**UMBERGER'S OF FONTANA, INC.**  
RD 4, Box 545  
Lebanon, Pa.  
717-867-2613

**ZIMMERMAN'S FARM SERVICE**  
School Road, Rt. 1  
Bethel, Pa.  
717-933-4114



**HESSTON**  
THE PRIME LINE

**MARYLAND BAER'S GARAGE, INC.**  
13516 Marsh Pike  
Hagerstown, MD  
301-753-8228

Worksaver's rotary mower slices hay, time and maintenance costs.

## Haymaker



# SLUDGE!!!

**Agricultural Utilization of Sludge is Safe and Effective**

EPA Says Treated Sludge Is "Safer Than Cow Manure"!

If you are interested in improving the fertility and water holding capacity of your soil while increasing yields and reducing your fertilizer bill, municipal sludge application is the answer.

AD+SOIL has 15 years of experience with the beneficial use of sludge on cropland, hayfields and pastures. We do the permitting, hauling, and application all at no cost to you.

SERVING THE PA, MD, AND VA REGIONS

Come See Us At Ag Progress Days, Exhibit Tent 3

For Further Information and Details Call:

REGIONAL OFFICE  
Rt. 5, Box 279 A  
CHESTERTOWN, MD 21620  
(410)778-6118  
CONTACT:  
TIM PILKOWSKI



**AD+SOIL**  
A YMC TECHNOLOGIES COMPANY

MAIN OFFICE  
210 GALE LANE  
KENNETT SQUARE, PA 19348  
1 (800) 752-3057  
CONTACT:  
KEN BOWMAN