



Have You Heard?

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Home Economist

TWO EASY GUIDES FOR HEALTHFUL EATING

First we had the Dietary Guidelines for Americans issued by the United States Department of Agriculture and the U.S. Department of Health and Human Services in 1990. Then in 1992, they published the Food Guide Pyramid. The nutrition guidelines behind these two guides are the same. Among them are:

Reduce the amount of fat in our diets. Nearly 30 percent of the fat calories in the average diet come from meat, fish and poultry. Nutrition scientists suggest limiting ourselves to no more than 2 or 3 servings of these food per day, for a total of about 6 ounces. They also recommend choosing lean cuts, trimming fat from meats, removing skin from poultry and enjoying a meatless meal now and then.

Increase the fruits and vegetables in our daily meals and

snacks. On the average, American adults include only about 3-1/2 servings in their daily diets from these two food groups. Both the Dietary Guidelines and the Food Guide Pyramid recommend 2 to 4 servings from the Fruit Group and 3 to 5 servings from the Vegetable Group.

Consume more whole-grain foods among the 6 to 11 servings recommended from the Bread, Cereal, Rice and Pasta Group. The average American consumes less than 1/2 serving of whole-grain food daily, while nutrition experts say we need at least 3 servings every day. These might include whole-grain bread, brown rice and whole-grain cereals.

The pyramid and the dietary guidelines are really part of the same recommendation to eat more healthfully. If you would like to have your own personal copy of each of these, contact your local county extension office.



Farm Women Societies

Berks Society 6

Nine members of the Berks County Society of Farm Women, Group #6, attended the Halloween social and meeting at the home of Barbara Kelchner, R.D. #2, Oley.

Officers for 1994 were elected: Janet Schlegel, president; Marian Gehris, vice president; Pearl Hoffman, recording secretary; Barbara Kelchner, corresponding secretary; Naomi Mest, treasurer.

The Berks County Farm Women Executive Board meeting was held at the Agriculture Center on November 1, with President Fern Phillipy presiding. Pearl Hoffman of Group #6 had charge of devotions reading Luke 11: 1-13, followed by the Lords Prayer and pledge to the flag. Fifteen members replied to the roll call question, Share a recent "caring and sharing" incident in your life.

Thank you notes were received and read from guests at the recent county convention. October 14th is designated Farm Women Day

Four members will help at the Berks Heim bingo, November 1.

A monetary gift will be given to the Hamburg State Center for Christmas.

The November meeting will be held at the home of Sally Hauseman, R.D. #4, Boyertown. Members are asked to bring something they made, to be auctioned.

Berks Executive Board

and members told of interesting ways Berks County women observed this day; from a night of doing crafts, breakfast, lunch, brunch at Brickerville, and a tour of the Wilbur Chocolate at Lititz.

Bingo night at the Annex at the Heim on November 11, 7 p.m.

Berks County was delighted to have Anna Moyer win a \$50 gift certificate at the Hawaiian Festival on October 18, at the Berks Heim.

State convention is January 10 at Harrisburg, banquet at the Penn

Berks Society 1

Berks County Society of Farm Women Group 1 celebrated their annual October "Ladies' Night Out" and also Farm Women Day by meeting and dining at the Yellow House Hotel, Douglassville. Preceding the dinner, President Ruth Walters gave a reading entitled "Joy".

A short business meeting was conducted following dinner. Seventeen members and a guest, Joanne Bonda of Richmond, Virginia, were present.

It was noted that Group 1 received a \$10 award at the recent Berks County Convention of the Society of Farm Women for having the highest number of members attending the convention. The convention was held on October 2 at the Berks County Agricultural Center, Leesport.

Pauline Heffelfinger, West Wyomissing, will be hostess of the next meeting of the group to be held November 10 at 7:30 P.M.

Harris in the evening with boneless breast of chicken at \$16. Reservations to Dorothy Stricker, 331 N. Church Street, Robeson, Pa. 19551, by Jan. 1, 1994.

Bingo nights for the year 1994 are April 7 and November 10 at the Heim.

Spring Rally will be May 11, at York this year. The use of a bus is again being considered.

County convention for Berks County will be October 1. Location and more details will follow at a later date.

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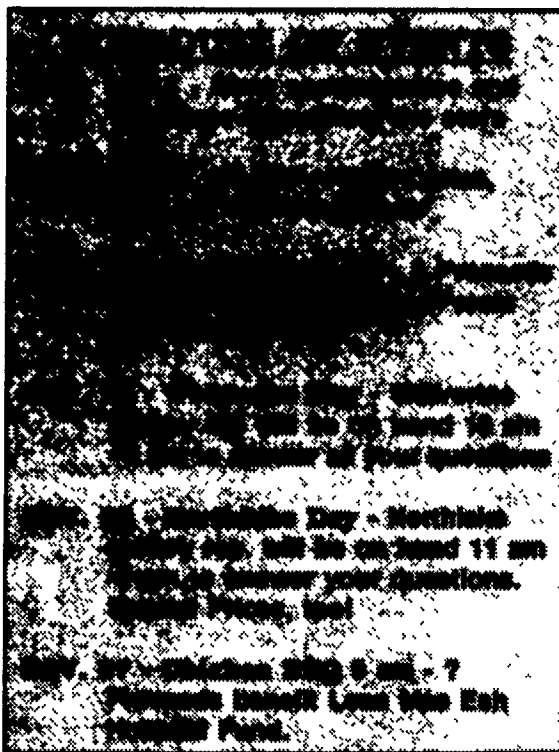
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