

Consuming Thoughts

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Penn State Home Economist



Finfish has traditionally been a food that is eaten more often during the Lenten season. More recently, fish has been recognized as a nutritious food to eat weekly because they have a good source of protein and are generally low in fat, calories, and sodium.

According to the Pennsylvania State University, there is mounting evidence that fish may have additional health benefits.

Fish contain polyunsaturated fats made up of omega-3 fatty acids. Research suggests that these omega-3 fatty acids may offer some protection against heart disease and certain disorders of the immune system such as arthritis.

Many health food stores, pharmacies and supermarkets are selling fish oil supplements containing high levels of omega-3 fatty acids. Although the research is promising, most nutrition experts feel there is still not enough evidence to recommend the use of these supplements by the general public.

The effects of omega-3 fatty acids on the body is not yet completely understood and consumption of a highly concentrated form of these oils may have unantici-

pated side effects.

There are certain risks associated with consuming these supplements, such as excessive bleeding and serious bruising. Their use may also increase the body's requirements for vitamin E. Since there is no monitoring agency to insure quality, they could be contaminated with dangerous chemicals and toxic amounts of vitamins A and D.

In addition, the supplements are concentrated oils making them very high in calories. Until there is more information about fish oil supplements, it is best to use these products only with medical supervision.

Fish is still an excellent food choice. The safer, cheaper, and delicious way to obtain the health benefits of omega-3 fatty acids is to eat fish at least two times per week.

The following are some common fish that range from the best to fair sources of omega-3 and total polyunsaturated fat.

• EXCELLENT (two grams per 100 grams) - Atlantic mackerel, spiny dogfish, herring, Atlantic salmon, chinook (King) salmon,

Brochure For Homemade Gift Ideas

ARLINGTON, Va. — To extend the traditionally high butter use time during the holiday season, the National Dairy Promotion and Research Board and Dairy Promotion, Inc. developed a leaflet featuring 'buttery' rich recipes for foods that make great gifts all year round. The leaflet even includes tips for wrapping the food gifts and pointers for cooking and baking with butter.

The recipe leaflet, "Delectable gifts for all occasions," was part of a packet distributed to 800 dairy merchandisers and consumers affairs specialists in major supermarket chains. The packet included recipes, a food photo, camera-ready art and background information about butter that can be reproduced in various store newsletters and ads. Supermarket personnel can order additional copies of the recipe leaflet and recipe cards to be given to shoppers. They also can order a repeating video demonstrating how to make flavored butters to show in the store for passing shoppers.

Each year, the National Dairy Board distributes two supermarket kits with free dairy information

materials tailored to a certain subject. Supermarket personnel can order unlimited quantities to use in providing information to their customers.

"Recent declines in the price of butter make promoting it a good opportunity," says Maynard Lang, Iowa dairy farmer and chair of the National Dairy Board's Public Relations Committee. "Since butter has become more price competitive with other products, we might be able to entice a lost generation of consumers into trying butter in a variety of foods. Once they try it, butter's superior flavor is sure to build user loyalty."

The "Delectable gifts for all occasions" kits were mailed in January. The National Dairy Board has fulfilled orders for over 500,000 leaflets and recipe cards.

"We (National Dairy Board) are glad to see the interest in these materials publicizing butter, especially since two organizations worked together," Lang said of the partnership between the Board and Dairy Promotion, Inc.

For a free copy of the leaflet, send a self-addressed, stamped envelope to: National Dairy Board, "Delectable Gifts," 2111 Wilson Blvd., Ste. 600, Arlington, Va. 22201.

The National Dairy Promotion and Research Board, consisting of 36 dairy farmers from across the U.S., develops and implements a coordinated effort of promotion, research and communications to strengthen the dairy industry's image in the marketplace. This effort is financed by America's dairy farmers.

Arthritis Workshop

FLEMINGTON, N.J. — Rutgers Cooperative Extension of Hunterdon County will present an educational program titled, "Arthritis: Questions & Answers." It will be held on March 14th, 1:30 - 3:30 p.m. at the Extension Center, 4 Gauntt Place, Route 31, Flemington, N.J.

Arthritis, one of the most commonly known chronic diseases, causes more disability than any other disease. Mr. George Kennelly, a volunteer speaker for the Arthritis Foundation, will address a variety of questions regarding arthritis. Mr. Kennelly will dis-

cuss various topics such as whether arthritis is inherited. What the various types of arthritis are. How diet affects arthritis. He will also discuss arthritis and farming.

To register for this informational program, please send your name, address, and phone number with a check in the amount of \$3 payable to Agricultural Advisory Council to Rutgers Cooperative Extension of Hunterdon County, 4 Gauntt Place, Flemington, NJ 08822 Attn: Home Economics Department. Registration deadline is March 11th.

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