

Dairy Products Better Calcium Source Than Supplements

HUNTINGDON (Huntingdon Co.) — Dairy products have an edge over dietary supplements as a source of calcium for children and women. The form in which calcium is consumed has a significant impact on the absorption of iron into the bloodstream, the study showed. Calcium carbonate, the form of calcium commonly found in supplements, reduced the bioavailability of iron by about one-third. But dairy products such as milk and cheese had very little effect on iron, with one exception:

yogurt, which reduced bioavailability by about the same amount as calcium carbonate.

The study examined the relationship between calcium intake and iron absorption in young and adult rats, an animal model for human dietary studies, said Dennis Miller, Cornell professor of food science.

Suppression of iron bioavailability is a significant issue for individuals at risk of iron deficiency, such as children and premenopausal women. Women of child-

bearing age also are the population group most likely to be taking calcium supplements, Miller said. He emphasized that calcium supplements still may be appropriate for some individuals, particularly for women who don't consume many dairy products.

"Poor bioavailability is the prime reason for impaired iron status," Miller said. Most people in the United States eat between 10 and 15 milligrams of iron per day, and the body requires only 1 or 2 milligrams be absorbed into

the bloodstream to replace iron losses. But only about 10 percent of dietary iron is absorbed. Anything that significantly suppresses iron bioavailability is cause for concern, Miller said.

"The real mechanism underlying all this is elusive. We think it's related to the chemical form of the calcium," Miller explained. Calcium carbonate, for instance, has a buffering effect on the stomach, which reduces the solubility of iron and therefore its bioavailability. Other types of calcium that do not have buffering effects, such as calcium sulfate, do not interfere so significantly with iron absorption. The interaction of dairy products with iron is complex and poorly understood.

"The effect of yogurt was a real surprise to us; we would have expected the opposite," he said.

"We don't have an explanation for it." Yogurt is more acidic than other dairy products, which by itself should enhance iron absorption. But it also is a fermented product, and the bacteria in yogurt cultures may interact with iron. In addition, the yogurt contained added stabilizers, which might also affect iron absorption, although Miller said this area needs further research.

Other studies have shown that milk depresses iron absorption when added as a beverage to meals. But Miller pointed out that milk in a complex diet is an important source of protein and often displaces other foods that also have an inhibitory effect. The net effect on inhibition of iron absorption is most likely small. Supplements, however, tend not to displace other foods.

Ida's Notebook

Ida Risser

save a life. Over the years there have been several drownings in our area. Many years ago an 18-year-old fell through the ice and was killed. Then later a small boy fell out of a boat and could not be found.

I have taken a chance on a trip that included white water rafting. It was exciting but tiring as we leaped over small falls and big rocks. It got more exciting when I fell into the churning Juniata River. But, someone was there to throw me a rope and I got out safely.

Definitely more pleasurable was my experience as I went snorkelling in the Caribbean while on a cruise. I'd never realized the variety of beautifully colored small fish that live just under the surface. Of course, I swallowed a lot of salt water but it was worth the effort to see something new.

I have always been so very thankful that we were able to raise our six children along the Conestoga River and not have a serious accident!

canoe capsized in the Cocalico Creek. Was it a neighbor's son?

Because of the high water, they finally called in three pieces of heavy earth-moving equipment to divert the water through another channel. Finally six hours later four divers were able to find the body of a youth under a home-made bridge.

Water can be a fascinating thing but also a dangerous thing. It is essential to know how to swim but even this isn't always enough to

Students Learn

(Continued from Page B10)

machines package the eggs into cartons. The cartons are made to pad the eggs against bumps and jolts. The packaged eggs are then taken to a cooling room where the temperature is kept around 45 degrees. The eggs are then shipped to the supermarket in cooling or refrigerated trucks. At the supermarket, the eggs are kept cool in display cases so that people can buy them. Eggs will stay fresh for a long time. If kept in the refrigerator, they will stay fresh for four or five weeks without losing any of their flavor or food value.

Here is a recipe for Melissa's favorite pancakes.

HIGH-RISE

APPLE PANCAKE

- 1/2 cup plus 2 tablespoons flour
- 4 eggs
- 2 tablespoons sugar
- 1/2 cup plus 2 tablespoon milk
- 4 tablespoon butter
- 2 baking apples sliced

Mix flour, eggs, and milk until slightly lumpy. Melt butter in pie plate until foamy. Pour batter into the center of the pie plate. Place apple slices in a pinwheel pattern in center of batter. Bake 25 minutes in 425 degree oven until sides of pancake rise above sides of pan and are golden brown. Sprinkle with confectioners' sugar and serve hot with syrup.

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All columns shall be Rigidply Rafters' "Glu-Lam Columns," manufactured of foundation grade #2 southern yellow pine. The laminations shall be glued together at 12% moisture content with waterproof phenol-resorcinol glue. They shall be assembled and clamped under pressure in a controlled environment until the glue is cured.

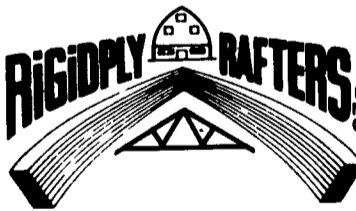
The columns shall be CCA pressure treated to a .60 retention factor, a minimum of 12" above the ground line on the ground contact end. The columns shall meet the following test procedures: Block Shear Test, Cyclic Delamination Test, Finger Joint Test and A.S.T.M. D905-49.



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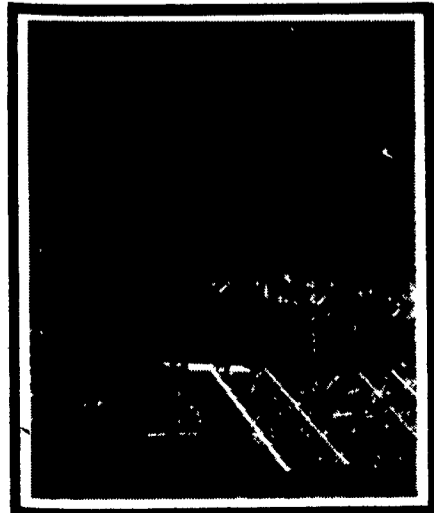
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- Lighter, straighter and stronger than solid sawn or nailed laminated posts.
- C.C.A. treated laminations are used on the ground contact end.
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- Untreated wood above ground eliminates the need for galvanized fasteners.
- Finger jointed to form one piece laminations.
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STANDARD SIZES

- 6x6 Equivalent — 3 ply 2x6, 4 1/16" x 5 1/4"
- 6x8 Equivalent — 3 ply 2x8, 4 1/16" x 7"
- 8x8 Equivalent — 4 ply 2x8, 5 1/2" x 7"

Other sizes available upon request. 6'0" minimum standard treatment. Available in lengths to 60'0".



Tested and Approved for use in the post frame construction industry by engineers at The Pennsylvania State University and Wood Mechanics Personnel.