

Health Tips For Vegetarian Diets

TAKING TIME

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Ah, Retirement!

Some mornings I haul myself out of bed wishing that I wouldn't have to go to work. A break would be nice, but for people who are anticipating retirement, that thought may bring different concerns. Retirement presents a special challenge as families adjust to changes and losses.

In 1900, the average male spent only three percent of his life in retirement. By 1980, that average had increased to 20 percent (10-30 years). In the future, it may increase even more. In order to make this time meaningful, each retiree and his family should talk about the changes that will take place. Kunkel, a retirement researcher, says those who report the most difficulty adjusting to their increased discretionary time are adults who focused most of their time on their work and families and who had not developed additional recreational interests. Sound familiar?

Particularly in farming communities, I bet most retirees would report that they spent their time focused on the farm business and their family. If you are anticipating retirement, or semi-retirement, you will want to make some decisions that will be a foundation for the years ahead. By making choices and setting up new routines, you can prepare yourself for a wonderful new stage of life. Ask yourself these questions:

Do I know what my income will be after I retire? Am I paying off my big bills before retirement? Have I reviewed my insurance policies to see whether they do or do not meet my present and future needs? Have I talked with the Social Security office to find out what I should do before I retire in order to get my Social Security? Am I exercising everyday with a brisk walk or outdoor work? When I retire, will I continue this level of activity? Am I monitoring

what I eat to make sure I keep my weight under control? Am I understanding of the physical limitations I have? And do I live with in those restraints?

Have I made any new friends during the past year? Have my spouse and I talked about things we can enjoy doing together during retirement? Do I take an interest in people who are younger than myself? Have I identified some activities which I can do that will make me feel useful even though I will not be "working?" Am I involved in outside reading or educational programs to challenge me to learn something new?

Do my spouse and I have mutual friends? Do I have a regular habit of keeping in touch with family and friends by visiting or writing letters? Do I allow my children or relatives to run their own lives? Do I help to make it possible for my children and relatives to get together for special occasions?

Do my wife and I agree on the decision about where we will live? Have I considered all the possibilities like moving into a smaller, more affordable place or making our home into several living units and renting a portion of it to another family. If I'm moving to a new location, have I checked this community out at different times of the year? Do I have any friends in the new community?

Did you answer the majority of these questions with a "Yes?" If you did, you and your family are laying the important groundwork that will make your time as a retiree fulfilling. If not, take the time to begin the discussions and routines that will improve the prospects for your retirement years.

UNIVERSITY PARK (Centre Co.) — More than 12 million Americans over age 16 have eliminated meat from their diets, according to Vegetarian Times.

Recently, anecdotal evidence collected by The New York Times, the Chicago Tribune and other newspapers suggests that children as young as pre-school age are exploring vegetarianism. Dr. J. Lynne Brown, associate professor of food science in Penn State's College of Agricultural Sciences, points out that while vegetarian diets are a viable alternative for children, parents should be extremely vigilant in providing a well-balanced diet that provides essential nutrients.

"Parents may wish to talk to a health professional," Brown says. "This person should be a knowledgeable pediatrician or a nutritionist."

Nutrients most likely to be low in vegetarian diets are calcium, iron, vitamin B-12 and zinc, all of which are crucial to a child's growth and development. Brown says a diet that includes eggs and dairy products (called a lacto-ovo diet) provides most of these nutrients. However a vegan diet — which eliminates all animal products — makes a balanced diet more difficult to achieve.

Calcium can be obtained from beans and green vegetables, but the amount in a serving is low compared to a serving of milk, for example, and orange juice can be calcium fortified.

Vitamin B-12 must be taken as a vitamin supplement.

Iron is found in beans and dark green leafy vegetables, but the human body does not absorb iron from these sources as easily as from meats," says Ed Mills, assistant professor of dairy and animal science. "You have to eat a lot

more of them to get the same benefit," he says.

As an example, to equal the iron in a 3-ounce cooked hamburger (roughly the size of a fast-food quarter-pounder), a vegetarian would have to eat 13 1/2 bananas, or 3 1/2 cups of spinach, or 7 cups of broccoli, or 7 cups of baked beans, or 18 tablespoons of peanut butter.

"If a child eliminates meat and dairy products from his or her diet, that represents a lot of nutrients kids need," Mills says. "Of course, you're not going to force-feed them. Kids have opinions and ideas."

Mills also says parents must be very careful to provide proper iron sources — particularly for young girls. As girls develop and menstruation begins, their need for iron increases. "Most adult vegetarians have iron deficits," Mills says. "The problem is magnified

when growing children are involved."

"Still, a child can grow up on a vegetarian regime and be OK," says Brown. "However, they might not reach their full growth potential — unless care is taken in making food choices."

Brown points out that producing a well-balanced vegetarian diet for young children is especially challenging for the person doing the cooking.

"Sometimes, when kids take on a different diet, it has to do with establishing power. They can dominate the family by making them conform to their needs," Brown says.

"Depending on the age of the children, this would be a perfect opportunity to teach them to cook," she adds. "If they want to be vegetarians for the rest of their lives, they'll have to cook."

Pumpkin-Faced

(Continued from Page B3)

Pigmy goats, pigs, and rabbits are penned in the area. Plenty of furry kittens romp among the pumpkins. Repeat customers come again and again because the children want to pet the animals.

Larry raises broilers, tobacco, and hogs on the 97-acre farm. Larry's dad Orville, now deceased, had purchased the farm in 1953.

The Geibs have three children, Ryan, 18; Rodney, 16; and Danyelle, 14.

The Geib's farm is located one mile north of Mastersonville (which is northwest of Manheim) along Colebrook Road. It's the first farm on the left after passing Webber Electric. It is open from now through October 31, from morning until night.



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