

# Cholesterol Research Makes Case For Individualized Diets

COLUMBUS, Ohio — Until recently, health scientists assumed that low-fat diets would help reduce everyone's risk of coronary heart disease (CHD). Based on new findings, however, some scientists now question the benefits of global dietary recommendations, and are considering individualized guidelines for heart disease prevention.

Research by Ronald Krauss, head of the department of molecu-

lar medicine at the University of California's Lawrence Berkeley Laboratory, indicates that only a small percentage of the population needs to be overly cautious about its consumption of fat to reduce CHD risk. Krauss's laboratory program is supported in part through a grant from the National Dairy Promotion and Research Board and is administered by National Dairy Council.

The research indicates that "pattern B" — an increase in

small, dense low-density lipoproteins (LDLs), or "bad" cholesterol particles — combined with high levels of triglycerides marks those with the greatest risk for CHD. The individuals involved represent about 15% of the population.

In a seven-and-a-half year study of nearly 15,000 male doctors, Krauss and associates matched 312 subjects who had heart attacks with 312 healthy "control" subjects. The 20% of subjects with the smallest and most dense LDL

particles, combined with the highest triglyceride levels, had more than three times the risk of heart attacks as the 20% with the largest LDL particles. This remained true even after adjusting for other risk factors — such as the ratio of total cholesterol to high-density lipoproteins (HDLs), obesity, diabetes, high blood pressure and level of physical activity.

Other research studies have shown that, while the presence of pattern B is more common in men, it is an important risk factor for women as well, especially after menopause, Krauss added.

Commenting on the dietary implications of this study, Krauss said that "For CHD prevention, most healthy people simply don't require intensive intervention by dietary means. For the majority of the population, severe restriction of fat, including dairy fat, does not appear to add value."

In fact, restrictive diets can aggravate the underlying risk of heart disease in some individuals, Krauss argued. In a study of 250 men on low-fat, high-carbohydrate diets, Krauss and his associates identified some of the po-

tential dangers of global dietary interventions. They found that the restrictive diets changed the metabolisms of 20%-35% of the study group from a normal lipid profile to that of pattern B. The results of a related study involving women are still being analyzed.

Future efforts by Krauss and his team will involve screening families for genetically based risk profiles in order to build a base for the future ability to identify genes that determine dietary response. This and related research will help further the concept that dietary guidelines should become more individualized, based in large part on differences in genetic makeup.

"The Dairy and Nutrition Council Mid East is very excited about the results of Dr. Krauss's research," said Ann Marie Stazenski RD, LD, director of medical programs. His findings have provided the basis for our efforts to educate health professionals on the need to individualize dietary recommendations."

Dairy and Nutrition Council Mid East is the nutrition education arm of Mid East United Dairy Industry Association.

## Farm Show Conducts First Annual Food Drive

HARRISBURG (Dauphin Co.) — A statewide food drive is being conducted for the first time at the 1995 Pennsylvania Farm Show, according to State Secretary of Agriculture Boyd E. Wolff. Visitors are encouraged to contribute a few non-perishable food products at the free agricultural exposition, which runs January 7-12 in Harrisburg.

"This worthwhile effort is being conducted on behalf of the Pennsylvania Association of Regional Food Banks," Wolff said. "Easy-to-identify collection barrels will be placed at five strategic entrances to the Farm Show Complex throughout the week."

According to Tim Whelen, executive director of the South-central Pennsylvania Food Bank, "Food drives provide us with some of the most valuable foods that are donated to us, because most of them come in retail size and we get such a great variety."

He is very excited about this first-time collection at the Farm Show and indicated the greatest needs are for non-perishable items, especially canned fruits and vegetables, canned meats and fish, and entrees such as stews and pasta meals.

"Ultimately, the goal of our Food Bank is to eliminate hunger. We do this through the collection, storing, and redistribution of food stuffs to a network of charitable feeding programs around south-central Pennsylvania. We're a supply-driven organization, which means we can only give away what people donate to us. As a result, these food drives are very important toward our abilities of meeting the needs of the hungry."

Whelen said.

He estimates that more than 170,000 people, roughly six percent of the population, were served by the 260 feeding programs in the 16-county area of south-central Pennsylvania during 1994. But there is further cause for concern. Roughly 12 percent of the state's population is at or below the poverty level, and therefore at risk of hunger, according to Whelen.

The Food Bank distributes its foods through various channels, including soup kitchens on-site feeding sights for the elderly or disabled, residential programs

such as halfway houses and supplemental feeding programs designed to help prevent emergencies by providing needy people with food on a regular basis.

This is the first time a food drive is actually being held at the State Farm Show, but food donations are often made to charitable organizations at the end of Farm Show Week. The fresh vegetable displays and processed foods from the Food Pantry are delivered to local missions. The butter sculptures have always been created and displayed under extremely sanitary conditions to be donated to local charities afterward.

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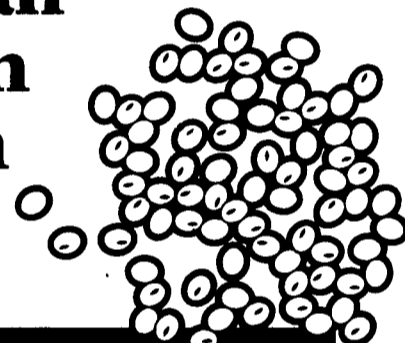
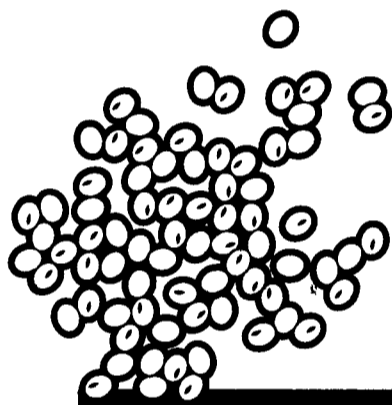
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### 1993 PA Soybean Variety Trials

	Lancaster County	Centre County
Hoffman 7353	53.4 Bu/A	66.2 Bu/A
Mean	46.3 Bu/A	60.0 Bu/A
Average yield advantage: 6.6 Bu/A		

### 1993 MD Soybean Variety Tests

	Clarksville	Queenstown			Quantico	
		Full Season	Double Crop	Conv. Drill	Full Season	Double Crop
Hoffman 7403	54.8	45.6	39.4	40.5	40.7	48.2
Mean	45.7	44.7	39.8	38.2	39.1	43.0
Average yield advantage: 3.1 Bu/A						

### 1993 Delaware Variety Performance Summary

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Yield advantage: 13.4 Bu/A	

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