

**Family Living**

**Focus**

by  
**FRANCES  
ALLOWAY**  
Delaware Co.  
Cooperative Extension



**Heart Health and Fake Fats**

February is National Heart Month. Heart disease is the number one cause of death in the United States. Millions of dollars have been spent on research over the last half century, resulting in major improvements in all aspects of heart care, from earlier detection of risk factors such as blood cholesterol and homocysteine levels to techniques that repair clogged arteries without surgery.

Many studies have reinforced the relationship between diet and heart disease. The incidence of strokes and heart attacks are greater in countries where the diets are high in foods containing saturated fat such as meats and cheeses.

Diet recommendations have evolved from research examining how various fatty foods affect blood lipid levels, specifically LDLs (the bad cholesterol) and HDLs (the good cholesterol). Foods high in saturated fat and trans fatty acids have been shown to raise LDLs and lower HDLs. The fat found in fish and olive oil has been shown to raise HDLs while lowering LDLs, a positive result.

Fat is an essential component of our diet. While most of us get more than we need, limiting fat intake to less than 10% of total calories may result in skin lesions, increased illness and vitamin deficiencies in fat solu-

ble vitamins. A, D, E, and K, some of which are antioxidants that keep our eyes healthy, reduce certain cancer risks and delay cell breakdown.

The Dietary Guidelines for Americans recommend that fat calories be less than 30% of our total calories, about 600 calories or 65 grams when consuming about 2000 calories a day. Recommendations for persons with high cholesterol, diagnosed heart disease or other risk factors limit fat intake to 20-25% of total calories.

Food producers have responded to Americans desire to reduce fat intake by offering low fat versions of many of our foods. Some, such as 1% milk or leaner ground beef, have become staples, whereas low fat cookies have not fared as well. Fat enhances flavor and adds texture to foods, challenging manufacturers to find substitute ingredients that maintain the characteristics of the original product.

Recently foods fake fats have begun to appear on supermarket shelves in foods traditionally high in fat. Olestra or Olean®, a product of Procter and Gamble, is probably the best known because of the national opposition mounted by the Center for Science in the Public Interest several years ago. Found in WOW potato chips and other

snack foods, olestra is not absorbed by the body so it adds no calories and is excreted in much the same manner as fiber. Too much olestra can cause some abdominal distress and loose stools as well as limiting fat soluble vitamin absorption. It is not recommended for persons with existing GI diseases. Most consumers eat chips with other foods so the side effects are not commonly found and WOW snacks are found in most grocery stores today.

Benecol®, Taking Control®, and Phytol® are spreads (butter substitutes) that have been shown to reduce blood cholesterol levels in a yearlong study when two to three servings a day were eaten. Made from wood pulp or soy, these plant sterols are absorbed and contribute calories but not fat to the diet. At present, these spreads are more expensive than butter or margarine. Benecol® is packaged in 1 tablespoon servings rather than the traditional soft spread tub. No side effects have been reported.

Benefat® is the trademark for salatrim, a lower calorie fat found in chocolate chips and other confections. Containing five calories per gram rather than the nine calories per gram of fats, salatrim may reduce calorie and fat intake when consuming sweet treats. Cholesterol levels and vitamin absorption are not effected and no side effects have been reported.

Are fake fats for you? The decision should be based on your desire to limit fats in your diet—whether to lose or control weight, reduce cholesterol or just maintain a low fat intake for overall good health. You may decide that you'd rather control your fat or calorie intake with natural foods and moderation, in my mind the best approach. However, Americans love foods high in fat and sugar.

Olestra and salatrim containing foods will allow diners to enjoy snacks and desserts lower in calories and fat, both recommendations encouraged by the American Heart Association. Plant sterols may help folks with high cholesterol to reduce

these numbers without medication. It sounds like the easy way out—having your cake and eating it too. Fake fats may not encourage better diet selections, but can possibly decrease a consumer's risk for heart disease, still a positive outcome.



**Lancaster County 4-H  
Therapeutic Riding  
Program Benefit Auction**

The Lancaster County 4-H Therapeutic Riding Program will conduct a benefit auction at 5 p.m. Saturday, April 15, at the Bareville Fire Company in Leola. Food is available.

Please consider a tax-deductible donation of goods, services, gift certificates, crafts, antiques, or artwork. Personal gift certificates for such services as riding lessons, piano lessons, or baby sitting would also be appreciated. (Only quality and new items wanted. Please, no garage-sale items.)

Proceeds from the auction will benefit the Therapeutic Riding Program, a nonprofit organization, which is available to children and adults with a variety of disabilities. Therapeutic riding offers many benefits to the students, including improvement in their balance, strength, range of motion, coordination, and self-confidence. The program operates from Greystone Manor Stables in Leola.

Contact Fran Spangler at (717) 484-0582 or Terry Mertz at (717) 397-7662 and let them know what you would like to donate.

**Latigo Horse Club**

The Latigo Horse Club conducted elections during its Jan. 14 meeting at Hideaway Hills. The meeting was led by Vice

President Amber Adam.

Newly elected officers are Amber Adam, president; Krystil Grant, vice president; Dianna Brandt and Tristan Hoke, co-secretaries; Anastasia Beard, treasurer; Chelsea Beard, news reporter; Erin Peavy, scrapbook chairperson; and Andrea Agliotta, photography chairperson.

Upcoming county activities include horse judging training sessions and the horse social.

**Progressive Clovers 4-H**

The monthly meeting of Progressive Clovers 4-H Club was Jan. 10 at Baust Parrish House in Tyrone, Md.

The meeting was opened by President Brett Haines, followed by the 4-H Pledge led by Ryan Haines. And Sylvia Miller, leader, instructed the club on how to put a recordbook together and what goes in a recordbook.

Guests for the evening were Matt Powel and Sara Davis.

Amy Ridinger designed the club's quilt square to be made for a quilt to be made and auctioned off at the year 2000 Carroll County 4-H and FFA, with all proceeds going to support the fair. Each 4-H and FFA club in Carroll County is to have a square on the quilt.

Club members decided to give a donation to the Baust Parrish House for the use of the building all year long.

Club members may attend a recordbook workshop at their scheduled time on Jan. 17 at the home of Sylvia Miller. Any other members needing help may contact Sylvia Miller.

The next meeting will be Monday, Feb. 14 at 7:30 p.m. at Baust Parrish House, in Tyrone, Md. The program will be about crafts and photography

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**How do I use my Chi Machine?**  
\* Place the machine on a rug. Lie on your back and put your ankles in the grooves of the footrest on top of the machine.  
\* Set the timer switch to activate the machine for the number of minutes you desire. First time users should start with 2-5 minutes.  
\* The footrest will begin to move back and forth, carrying your feet briskly from side to side. This movement will carry up through your legs and torso, throughout your entire body, causing you to wiggle back and forth - that's right like a fish swimming in water.  
\* All you do now is relax and breathe deeply, letting the machine rock you gently but firmly for a maximum of 15 minutes.  
\* When the time is up and the machine stops, remain lying down for another two to five minutes, relaxing and breathing deeply, enjoying the remarkable afterglow - chi - as it moves throughout your body.

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Does your body get the oxygen it needs?  
(Adapted from a quiz by Dr. Eigi Noguchi)  
Check all the boxes which apply to you -  
 I wake up tired, even after eight hours of sleep  
 I sleep restlessly, waking up frequently  
 I suffer from chronic fatigue  
 I have poor physical endurance  
 I tend to be moody and irritable  
 I am susceptible to colds and flu  
 I suffer from allergies  
 I frequently feel tense and on edge  
 I am frequently constipated  
 I have frequent pain in my shoulder and/or back  
 I have weight problems  
 I crave sweets, alcohol or soda  
If you checked more than three boxes, your body might not be assimilating sufficient oxygen. Please consult your physician. You may wish to have your blood oxygen levels tested - before and after you begin to use the Chi Machine.

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- Dr. Shizuo Inoue

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