

Heart Health and Fake Fats

Heart disease is the number one cause of death in the United States and 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 homo-

cysteine levels to techniques that repair clogged arteries without surgery.

Many studies have reinforced the relationship between diet and heart disease. Incidence of strokes and heart attacks are greater in countries where the diets are high in foods contain-

ing 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 vi-

tamin deficiencies in fat soluble 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 traditionally high in fat have begun to appear on supermarket shelves containing fake fats. Olestra or Olean™, a product of Proctor 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 2-3 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 5 calories per gram rather than the 9 calories per gram of fats, salatrim may reduce calorie and fat intake when consuming sweet treats. Cholesterol levels and vitamin absorption are not affected 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.

Fake fats will be tasted and reviewed on March 1, 1:00-3:00 and repeated from 7:00-9:00 in the "What's New at the Supermarket" class held at Delaware County Cooperative Extension in Smedley Park, Springfield. Call (610) 690-2655 for more details.

Dairy Of Distinction Seeks Nice Looking Farms

STATE COLLEGE (Centre Co.) — Do you take pride in maintaining your dairy farm? Does your farm project an attractive, wholesome image to consumers? If so, the Dairy of Distinction Program of Pennsylvania, New York, New Jersey, and Vermont is looking for you.

The Northeast Dairy Farm Beautification Program that oversees the Distinction program was first started in 1983 in Pennsylvania. The Dairy of Distinction recognize the hard work and dedication of the farmers who maintain attractive farms.

The purpose of the program is to instill a greater sense of confidence in the wholesomeness of dairy products, thus increasing sales.

Farms that apply are judged on the roadside appearance of building, grounds, and surroundings, since this is what our dairy product consumers observe as they drive by the farm.

The cleanliness of the barnyard, feed areas, and manure management are all areas taken into consideration when a team of judges takes a look at your farm from the road. Your milk cooperative or handler will be contacted to approve your milk quality.

Judging is conducted during the month of May. Award winners are announced during local June Dairy Month activi-



Del-Jame Farm near Hamburg in Berks County is a 1999 Dairy of Distinction winner. Since the program began in 1987 in Pennsylvania, more than 700 farms have been given this farm beautification award. Entries are now being received for the year 2000 program. Take time to enter your farm now.

ties. To qualify for consideration, you must be actively dairy farming and shipping milk.

Applications are available for Pennsylvania dairy farms from Michael O'Conner, 324 Henning Building, Dept. of Dairy and Animal Science, Penn State University, University Park, PA 16802. Phone: (814) 863-3913.

New York State applications are available from Carol Keene-Ainsille, 3993 Jordonville Road,

Jordonville, NY 13361. Phone: (315) 858-2770.

For New Jersey applications, contact Joy Ricker, 91 Beemer Road, Sussex, NJ 07461. Phone: (973) 875-4803.

For Vermont applications, send to Elisa Clancy, Vermont Department of Agriculture, 16 State Street, Drawer 20, Montpelier, VT 05620-2901. Phone: (802) 828-3835.

All applications must be completed and returned to your re-

spective state secretary by April 15, 2000.

The Dairy of Distinction program is financed in Pennsylvania by dairy farmers through the American Dairy Association & Dairy Council Mid East and the Pennsylvania Dairy Promotion Program in cooperation with many local agribusiness organizations. The program is conducted with advice and help from the Penn State Cooperative Extension.

Dairy of Distinction 2000 Pennsylvania Application

PURPOSE OF PROGRAM

Attractive dairy farms give the consumer greater confidence in the wholesomeness of milk and stimulate milk sales which encourages public support for the dairy industry. The award gives recognition to the dairy farmer for maintaining a well-kept farmstead.

ELIGIBILITY

All Northeast dairy farms producing milk for sale are invited to submit an application for the award. Dairies receiving the 10 highest scores in each of the 21 districts will receive an 18" x 24" Dairy of Distinction sign to be displayed in front of their farm.

APPLICATION

Your Name _____ Farm Name _____

Mailing Address _____

Phone Number _____

Cooperative or Handler (where you ship your milk, be specific) _____

(Your Handler will be contacted to approve your milk quality)

Location (driving directions for judging team) _____

County (where your farm is located) _____

I hereby apply to the Northeast Dairy Farm Beautification Committee to have my dairy scored in accordance with the rules of the program for the purpose of obtaining a Dairy of Distinction sign to be displayed on my premises. (No producer will be charged for scoring or sign expense.)

Signature Owner/Operator _____ Date _____

Return your application by April 15 to:

✓ PENNSYLVANIA — Michael O'Conner, 324 Henning Building, Dept. of Dairy and Animal Science, Penn State University, University Park, PA 16802

✓ NEW YORK — Carol Keene-Ainsille, 3993 Jordonville Road, Jordonville, NY 13361

✓ NEW JERSEY — Joy Ricker, 91 Beemer Road, Sussex, NJ 07461

✓ VERMONT — Elisa Clancy, Vermont Department of Agriculture, 16 State St., Drawer 20, Montpelier, VT 05620-2901

HOW IS YOUR FARM SCORED?

Northeast Dairy Farm Beautification Program Inc.

Awards will be based upon neatness, good maintenance, and other factors that can be controlled by the farmer. Attractive background scenery should not be weighted heavily in judging. All judging observations should be made from a vehicle at one or more points on an adjacent public highway. If the farm is off the road, the judging will take place from the nearest lane. Judging should give equal consideration to old wood construction and new construction of metal or concrete block.

The award program may be used for subsequent advertising or promotion activities for dairy products or dairy farming. Farmers who apply for the award agree that if selected they will cooperate with these promotion activities and make all reasonable efforts to maintain both the exterior and interior of their properties in an acceptable manner.

HOW THE APPLICATION WORKS

The owner or operator of the dairy farm should sign the application and send it to the Dairy of Distinction state secretary by April 15.

HOW THE JUDGING WORKS

Judging teams will visit farms during the month of May. Farms will be judged each year as the award is presented on an annual basis. Any dairy failing to maintain appearance standards will be asked to remove their signs. The Dairy of Distinction signs remain the property of the committee, not the property of the dairy farmer. All farms must achieve a compliance score of 90 percent on their Dairy of Distinction score card. Your cooperative or milk handler will be contacted to approve your milk quality.

RULES FOR THE DAIRY OF DISTINCTION AWARD

- 1) The Dairy of Distinction sign remains property of the Northeast Dairy Farm Beautification Committee.
- 2) The post and bracket shall be supplied by and maintained by the dairy farmer. It is suggested that a wood post 4' x 4' x 12' or iron pipe 2' x 12' can be used. Posts or pipe should be installed and maintained in true vertical position with 8" above ground. Top of the bracket should be lower than six inches from the top of the post.
- 3) Signs shall be displayed in front of the dairy at roadside. An attractive post or bracket, or other frame, shall be used to display the sign. No more than three signs should be displayed from the sign frame or post, and all shall be of a style, general size, and quality comparable to the Dairy of Distinction sign. Sign should be secured on all sides to avoid wind damages.
- 4) Signs shall not be moved to other premises. New owners of a Dairy of Distinction farm must apply to retain the sign.
- 5) Replacement of damaged signs is at the committee's discretion.
- 6) No producer shall be charged with scoring or sign expenses.
- 7) Judges' decisions will be final.
- 8) Judging will take place between May 1st and May 31st.
- 9) Farms awarded a Dairy of Distinction sign in previous years will be judged between April 1st and April 30th. If they do not qualify, they will be rejudged between May 1st and May 31st so they have the opportunity to keep the sign.
- 10) Farms that do not requalify will return the sign to their regional Dairy of Distinction committee.