10-- The Daily Collegian Monday, April 5, 1976

Thiamine and iron at low levels in low-calorie diets

By PATTY RHULE Collegian Staff Writer

People on low-calorie reducing diets tend to take in borderline levels of thiamine and iron, according to Marian Hammond of the Nutrition Consultation Service at Ritenour Health Center. Hammond said that dieters do not consume enough of these nutrients because foods that are high in thiamine and iron are considered fattening and are often the first to be excluded from a reducing diet.

Thiamine, a B-vitamin, is needed as a co-enzyme in getting oxygen to the body tissues, in using car-bohydrates and in building of ribose, the sugar which is such an important part of RNA, according to "The Family Guide to Better Food and Better Health" by Ronald M. Deutsch.

The Recommended Daily Allowance (RDA) of thiamine for men 18 to 55 years of age is 1.5 milligrams, and for women in the same age group, 1.0 milligram.

In U.S. Drug Administration and other studies, RDAs of thiamine were found lacking in the diets of certain population groups. Boys 12 to 14 years old were found to be below the RDA of thiamine, as were girls over nine years of age, according to Deutsch.

However, this does not necessarily mean that 12-to-14-year-old boys are deficient

in thiamine, only that they were found to be below recommended . daily allowances of the nutrient. According to June Stevens (graduate-nutrition), onethird of the people who are not getting the recommended daily allowance do not have deficiencies. Since RDAs include large ranges to ac-commodate daily variances in nutrient intake.

"Thiamine deficiency may result from a low dietary intake, or when the diet is very low in calories or limited in variety," according to Helen A. Guthrie in her book, 'Introductory Nutrition." But Deutsch states that extreme deficiency cases are rarely found in American diets.

According to Guthrie, cereal products contribute 35 per cent of the thiamine content to the American food supply; meat, fish and poultry contribute 29 per cent. The richest sources of thiamine are pork products, peas and legumes and enriched and whole-grain

flours. Deutsch states that approximately 90 per cent of the white bread sold in America today is made with enriched flour, providing Americans with 16 per cent of the RDA of thiamine.

Bread and other grain products, such as pasta, are often the first things excluded from reducing plans, but, because you're

5

ATTENTION

10:00 pm

second floor

5474

SMALL REFRIGERATORS for rent, 3 months, \$24.00; 6-months, \$36.00; 9-months, \$42.00. Unlimited Rent-Alls, 140 N. Atherton St., 238-3037

EXPERIENCED typist, proofreader, consultant: all kinds of papers. Top quality, fast service, reasonable! Felice, 238-5474

TYPING AT home: IBM Correcting Selectra. Pick-up and delivery, Expert typing at reasonable rates. 355-7351

IBM SELECTRICS for rent. Dual pitch and correcting, \$40-month and up. Unlimited Rent-Alls. 238-

RENT-A-LAUNDRY. Washer-dryer, No installation

necessary. Low cost. Long or short rentals. Unlimited Rent-

ΔΙΙΔΙΟ

238-1014

238-3214

LEADING BRAND name stereo

components - priced so low, they can't be mentioned here. All fully

KENWOOD KA-4004 Intergrated amplifier, perfect working order, 18 & 18 RMs, clean sound. Call Neal at 234-1729

EIGHT TRACK player, excellent condition, \$45. 237-5566, after

5:00 p.m. SUPERSCOPE R-230 receiver Excellent condition. Unly o months old. \$125. Call Don, 865-7025

IITACHI CASSETTE deck with Dolby TRQ2000D. Rod, 234-8414

10-40% discount on all major items

George's House of Music 1610 N Atherton St.

across from Riverside Market

FOR SALE: Pioneer QA.800A

quad amp. two ultra-linear 200 speakers. Must sell, \$300. Mike,

ELECTROPHONIC compact

stereo system. Includes turn-table, AM-FM radio and 8-track

HARMANN Kardon HK 100 stereo cassette deck w-dolby. 9 months old. Best offer. Call Dave, 238-5108

AUTOMOTIVE 🛖

TWO 155 SR-13 Goodyear radial fires mounted on wheels. Fit foreign and domestic sub-compacts. Good tread. \$45. Dan,

player, \$75. Craig, 865-3797

YOU BET YOUR ASS

WE ARE CHEAP

aranteed. Call Rick now: 238



reducing doesn't mean you don't eat bread," according to Hammond. The .nutritive values of foods can be lost through various cooking and processing procedures. According to Guthrie, the

thiamine content of foods can be reduced by leaching (cooking foods in water, then discarding the nutrient-laden liquid), dry heat, processing, and the addition of alkali, such as baking soda.

Iron is another nutrient often found in borderline quantities in diets. According to a reprint from the FDA Consumer by G. Edward

Damon called "A Primer on Dietary Minerals," "Diets that provide enough iron must be carefully selected because only a few foods contain iron

in useful amounts." According to Guthrie, "A diet adequate in most other nutrients will provide only 6 milligrams of iron per 1,000 kilocalories. Because of this it is difficult to obtain the recommended 18 milligrams of iron for the adult woman. intake. especially if caloric intake is below 3,000 kilocalories."

Damon's article stated that iron is a part of necessary compounds which transport oxygen to all parts of the body

and form blood cells. is decided, follow a well-Guthrie states that iron is balanced diet plan. such as conserved by the body once it the one listed below. is ingested. However, small amounts of iron are lost daily TIME: coffee or tea (black or with any loss of hair, nails, with lemon). perspiration and urine. These glass juice, choice of hot cereal (with ½ tsp. sugar, if account for a loss of seventenths to one milligram of desired) or unsweetened cold iron per day. These are the only losses cereal, 1 glass skim milk.

that men must replace, but women must replace the iron con carne, crackers, shredded cabbage toss. lost in menstruation, which, according to Guthrie, sometimes amounts to 16 to 32 pork — no gravy, green beans, 1 slice bread with $\frac{1}{2}$ milligrams per month.

pat margarine, 1 glass skim Guthrie said, "Ninety-five per cent of women have a milk. menstrual loss of less than 1.4 cup mulligatawney soup, 2 slices whole-wheat bread with milligram per day. When these needs are added to 1 pat margarine, fruit cup, 1 those of the adult male, it glass skim milk. TOMORROW'S DINNER: becomes apparent that women must absorb from 1.2 roast turkey — no gravy, brussels sprouts, mixed vegetables, wheatflake roll to 2 milligrams daily to replace their losses (almost twice that for men)."

According to Guthrie, liver peeled apricots. WEDNESDAY'S LUNCH: chef's salad bowl with 1 tbsp. dressing, broccoli, 1 slice rye is the only very rich source of iron, but "about 28 per cent of the dietary iron is available as the result of the fortification of foods with iron." 1 glass skim milk. Cereals also provide small amounts of iron per unit of french fried shrimplets, peas, weight, but because of high sesame roll with 1/2 pat cereal consumption they margarine, ambrosia. often make a significant contribution to the day's iron chow mein on rice with 1 tbsp.

According to Hammond, the nutrition consultation service is studying the pro's soy sauce, sliced tomatoes on lettuce, apple, skim milk. THURSDAY'S DINNER:

and con's of incorporating roast beef - no gravy, vitamin supplements into whipped potatoes, rye wheat their program. But until this roll with 1/2 pat margarine, mandarin orange sections. FRIDAY'S LUNCH: macaroni and cheese, pink

•

ANY BREAKFAST: 1/2

TODAY'S LUNCH: chili

TODAY'S DINNER: roast

TOMORROW'S LUNCH: 1

THURSDAY'S LUNCH:

MAY HAVE AT ANY. apple sauce. FRIDAY'S DINNER: french fried perch, green beans, tropicana salad on lettuce with 1 t. poppyseed dressing, 1 slice bread with ½ pat margarine. SATURDAY'S LUNCH:

tuna salad on lettuce, 2 slices cracked wheat bread, peas, molded fruit salad, 1 glass

skim milk. Stevens (gr SATURDAY'S DINNER: and Kathy grilled beef pattie, curried nutrition).

New frat formed

A new campus fraternity, Alpha Lambda Tau, was recently approved by the

Interfraternity Council. Stu Wright (7th-finance), president of the new fraternity, said Alpha Lambda Tau originally began with ½ pat margarine, whole as Allentown House about five years ago when the residents of first floor Snyder hall decided to organize. They bread with 1/2 pat margarine, became very active as a dorm house, and discussed for three WEDNESDAY'S DINNER: years the possibility of for-

ming a fraternity. They presented their case to the IFC March 15 and were approved and recognized as Alpha Lambda Tau March 29. The social-service fraternity has 29 resident members and six alumni members.

buy a house and recognition by the national chapter, according to Wright. They also plan to participate in benefits and other IFC projects as in the past. The idea of preserving

rice, spinach, bananas in

orange juice. SUNDAY'S BRUNCH: ½

glass tomato juice, 2 slices

French toast with 1; pat;

margarine, grapefruit sec-tions, 1 glass skim milk.

swiss steak, brussels sprouts,

white roll with ½ pat margarine, sliced apricots, 1

glass skim milk. (Prepared

with the help of Cheryl

Sowers (6th-nutrition), June

Stevens (graduate-nutrition),

and Kathy Remo (graduate-

SUNDAY'S DINNER:

brotherhood maivated the members to become a fraternity. "It's nice to be in a fraternity," Wright said, but we're starting our own. We're the founding fathers." There are now 49 frater-

nities at the University.

The other officers of Alpha Lambda Tau are: Vice President Mark Ryan, (6thaccounting), treasurer Terry Morris, (9th-finance), secretary Jack Ryan, (3rdlaw enforcement and corrections), pledge master Joe Arvay, (9th-environ-The current goal of the mental resource manage-fraternity is raising money to ment).

MAN'S 1975 class ring. Blue stone, initials, J.C.P. Reward. Call 234-

LOST TAN leather jacket, disappeared Sunday during soccer tournament at Rec-Hall. Belongs to Penn State player. Reward if found. Call Antonio, 855-

BROWN WALLET near HU., Monday morning. Keep money, return I.D. and cards. Call 237.

LOST: REWARD! Cassette case: and gym bag. Please return. Call Rich 865-0103

LOST GREEN ski jacket, Zeta Psi

Saturday, reward, Jacket or key. No questions. Kathy, 865-8265

Editing

Papers, Manuscripts.

Theses in all fields. Free

(We don't do typing.)

CAROLINA REGINA, Feliz Cumpleanos! Mucho amo de las chicas de 516B

FOUND

_231





21

ł

÷,

134

11

۰.

۰.

Modern Art for Less

PICASSO PIUS

South Pugh Street (between Foster and Nittany)

L x 42 COMPLETELY remodeled sundeck furnished 700 yards from campus, Available June. Call after 6:00, 238-9573 from

POLAROID SX70 Mod 2, Brand new. Below dealers cost. \$79.00 with warantee card. Call 237-9566

after 6 p.m SUB SHACK: Campus delivery noon (11-1) evening (8:30-1). 238-1465

BOWLING BALL 14 lb. Columbia 300. Call John, 234-8875 SELLING: BOSE 1801; Phase Linear 4000. Best offer. Call:

Harry, 237-0868 TAPE PLAYER 8 track car stereo with FM radio. Asking \$60. Excellent condition. Craig, 865-

FOR SALE: 6-string elec. guitar, excellent cond., \$65.00. Call Chris, 238-5910 AR-7 SPEAKERS, year old, and 21 inch Rectilinear speakers, All in excellent condition. Prices negotiable. Mike 238-9135, 237-3011

P.A. SYSTEM Altec Lansing 1207 head and 1200 columns. Asking \$450.00. Call 234-1826

1966- DODGE CORONET 4 dr. power, air, \$100.00. Call after 6:30.027.0457 6:30, 237-8657

GOOD DEAL on 20-gal. aquarium, salt or fresh water with light, dyno-flo pump stand, gravel and accessories. Call 238-5403

accessories. Call 238-5403 FOR SALE: hollow body electric guitar. Good condition. About \$90. Case included. Rich, 237-0688 237-8323 - 6:00 PM



PASSPORT PHOTOS in color ... without appt. Before 10:30 ... at Bill Coleman's COMPACT refrigerators and freezers. \$119.00 and up. Central Air Service Co. 237-6888, 1 PM to 9

PM CABIN TENT 8 x 12, bicycle and sleeping bags. Unlimited Rent-Alls. 238-3037

MAMIYA C33-F:80 \$200. Smith Victor Tung-hal lamps \$80. Sunpact Flash \$75. Gossen Super Pilot \$30. All \$350. Clay 234-4722,

1973 142 VOLVO SEDAN. Perfect condition. Only 31,000 mi. Four cylinder - great performance and gas mileage. Asking \$4,000. Call 466-6122. Must sell.

VW OWNERS - Amigo Motors does excellent repair work at reasonable rates; reconditioned VW's for sale. Amigo, 515 Clay Lane, 237-6666

USED AMF girls 10 speed bicycle, 1973 Suzuki 500. Both like new. 237-8096

ł

1

1970 VW BUG. Very good con-dition, \$800. Call 238-2010 after 5:30 PM or weekends GAS-SAVING, spring green, 1971 Renault R-16, 4-door hatchback, 4-speed standard, reclining seats, clean. Call 238-6620

70 LOTUS EUROPA rebuilt engine recently installed, but still needs work (cooling system). Best reasonable offer. Call Pat,

238-3586 1971 PLYMOUTH CUDA con-vertible, excell. running; 340-V8 automatic. \$1600, price negotiable. Call Clay 234-4722, 865-2374

CASH ON the spot for your car. Call Lisle Motor Company at

1966 VW FASTBACK sedan, good engine, clean interior, radio, sunroof, good tires, body in good shape, \$925. Amigo Motors. 237-

JUST \$1095 for a 1971 Volkswagen Super Beetle, excellent con-di<u>tion, 30 mpg1 Call Jeff, 865-2895</u>

makeup consultation. Merle ppointment. 234-0651 TYPING ALL KINDS reasonable rates. Call 234-4762 or 359-2648 between one and eleven P.M. ACCURATE typing at reasonable rates. Call Kathy, 237-6730

TYPING: Dissertations, thesis, term papers. Secretarial-english major background. IBM Selectric II. Call 234-8089 9:00 am-WANTED

NEED OWN room in house or apt. starting fall, close to campus. COLLEGIATE RESEARCH Papers, Thousands on file. Send 51.00 for your 160-page, mail order catalog. Research Assistance, Call 234-2498 2 FEMALE ROOMMATES for 2

bedroom apt, summer w-fail option. \$74.00 each; call 234-8521 after 5:00 PM catalog. Research Assistance, 11322 Idaho Avenue. No. 206, Los Angeles, Calif., 90025. (213) 477-FEED YOUR MIND at the Sunseed Cafe, your natural foods gourmet restaurant. Very reasonable prices, quiet and relaxing dining, entertainment nightly. Pugh and Foster, 238-1278

FEMALE ROOMMATES for luxury 3-bedroom Briarwood townhouse. Rent includes dish-washer, disposal, gas, heat, cooking and parking. Under \$80-mo. Starting Sept. 76 Call: 238-6048

TWO PEOPLE to sublet room, summer, in apartment across from wall. Cheap rent. Call 234-TYPING: All kinds - thesis, term papers, manuscripts, Experienced, accu Experienced, accurate, reasonable. Sue, 237-7392 BEESE PHOTO studio passports, \$4.00 for four, IDs, LCBs, weddings, portraits and group! 200 W. College Ave. 237-6647,

Monday

Tuesday

and

BEGINNING FALL, we need 1 or 2 roommates to share a 3 bedroom, unfurnished, Briarwood Townhouse, Call 234-1759

129 Fraser St. Mall

Leaf. 237-5269 SUMMER SUBLET, fall option. Large 1 bedroom, furnished basement apt., \$125.00-mo., cool lots of room, 238-1742 237-8143

SUMMER SUBLET: 2 bedroom furnished apartment. Al utilities included. Call 234-3078

SUBLEASE: two bedroom apartment. Cable, heat, Available latter part of April. \$220-mo., will negotiate. 234-3624 SUMMER SUBLET: University Towers, 2nd. floor, \$160.00-mo., air conditioning, all utilities, balcony, cable TV, 1-bdr., fur-nished, fall option. Call 234-3064

SUMMER, large furnished 1 bedroom apt. 111 S. Allen St., 1/2 block from campus, Call 238-1881 V2 OF 2-bedroom apt. for summer sublet, 2-blocks from campus. All utilities paid, dishwasher, A.C., cable included, furnished, 238-4280

A.C., cable included, formatice, carpeted, price negotiable. Contact Rob-John, 234-0890 SUMMER SUBLET, fall option, two bedroom two blocks from campus, \$190, but very negotiable. 24,1308

SLICED HAM only \$1.59 per 1/2 lb.

SMOKED HAM SANDWICH SPECIAL DAYS

HOURS: Mon-Thurs 10:30-8:00 • Fri - Sat 10:30-9:00

SUMMER SUBLET 1/4 2-bdrm. apt. at Briarwood, \$68.75 per month, free parking, 21/2 bathrooms, furnished. Bob/ 234-

SUMMER ROOMS Tau Phi Delta,

kitchen, parking, singles \$180, doubles \$130 for term. 237-2315

DESPERATE female needs room fall term only. Call Anita, 234-

Ham, coleslaw & dressing \$1.30

5697

8570

234-1308

1 BEDROOM University Towers apt. (summer only), \$130.00. Call 237-1834, 234-1540 6844 MALE ROOMMATE needed summer term, \$75 month all utilities, .air condition, across from campus, balcony. Call Rod, 232,8142 APARTMENTS for Sept. occupancy

LUXURIOUS TWO bedroom suite for summer sublet. Furnished! Lots more! Cheap! Sam, Bill, Mike. 234-9041 SUMMER ONLY, one bedroom apartment, furnished, University Towers, Call 234-2314 or 237-5881

NEEDED 1 or 2 male or female roommates for summer term, Own large bedroom in 3 bedroom apt. Rent cheap. Call 234-8588

SUMMER SUBLET, furnished efficiency, large enough for two; option for fall; \$150-mo. Call

LUXURY 2 bdrm. townhouse for summer sublet, low mouse for washer, A-C. 234-1715 anytime CHEAP: private room, close to campus, furnished, own phone, cable, private entrance, available immediately. 234-2498

· SUMMER - FALL option: 2-bedroom, furnished (w-water beds), cable, quiet, walking distance, Call 234-2394 for price.

SUMMER SUBLET, 1 bedroom apt., furnished, utilities, free parking, air conditioner, dish-washer, rent negotiable. Call Mike

Reasonable

r Tom, 238-2375



very reasonable:

Completely Furnished

One Block from Campus --

Also Homes

WAGNER &

GILLILAND

234-8030

-Bedroom Apartments

-Bédroom Apartments

for 3 or 4 people

for 2 people

SUMMER SUBLET fall option. Avail. May 29, 1 bedroom, un-furnished, walk to campus, \$170 negotiable. 234-8127 after 4



WANTED TO BUY: I would like to purchase one used, two drawer filing cabinet (metal), in good condition. Call between 6 & 10 PM, 238-7768. Jon MATURE, responsible, clean, quiet, male or female from campus, No lease, \$70-mo, includes everything, Available immediately, 234-5659 or Tom, 865-NEXT TO YOUR groom, the best man at your wedding is a Bill Coleman photographer ... he's yours for as little as \$79.00 4214

MOBILE HOME: two-bedroom, 12 x 60 A.1, completely fur-nished, includes air-conditioning. Available immediately, \$160 per mo., includes iot, Rent 1 mile to campus. 234-7484 after five

MOBILE HOME: three bedroom

WANTED: RIDERS to Boston, leaving April 7, returning April 8. Call Bob, 865-1929 before five; 355-5695 after five

RIDES

ORT! Love ya, "Mom"



LOST FEMALE kitten, 6 months, black and gray. Lost Southgate apartment area. 237-9356

SUMMER SUBLET, large, one bedroom apt, for two-three people. Call 234-0929 ROUND SILVER wire rimmed glasses, needed desparately. SOUTHGATE TOWNHOUSE No. 741 for summer sublet, 4 bedrooms, washer-dryer, A-C, dishwasher, price negotiable. 234 glasses, n Call 234-1826

LOST , before term break - large long-haired grey cat with white belly. Shandygaff vicinity. Reward. Call 234-2223. Ask for Beefeater

available June 1st. thru Sept. 1st. Laundry, gas, groceries, bus service nearby. Call 238-4901

Birth defects are forever. Unless you help. March of Dimes

THIS SPACE CUNTRIBUTED Sit

4 OF TWO bedroom apt., \$70 a month, 234-2421

SUBLET: one bedroom apt., furnished, across from "The Wall". Room for two. \$130. Call SUMMER SUBLET, fall option, large furnished, one bedroom, 2-3 people., A-C, dishwasher, one block from campus. Will bargain, 238-7400 SUMMER SUBLET fall option, 2-bedroom, furnished, all utilities except electricity. 2-blocks from campus. Rent negotiable. Call Mike, 234-0836 234-0536 EFFICIENCY apartment, Laurel Glen, \$140-mo, Summer term. Brad, 234-3796 SUBLET summer: sunny, 1 bdrm. furnished, one block from campus, Convenient location. Very reasonable rates, 237-5545 'RJOM IN house for summer. Will do housework, babysitting. Lynne, 865-2923 SUBLET efficiency summer, fall option, \$130 month plus utilities. Carpet, air conditioning, beautiful kitchen, three blocks from Wall. Call Erica, 237-7336

SUMMER-FALL option, 2-bdrm., AC, dishwasher, Toffrees, No. 158, \$210-mon., bus to campus. Available Apr. 15, 234-8110, 237-

SUBLET SUMMER only, large two bedroom apartment near Fairmount and Pugh Streets, \$150-month. 234-4634

8178

SUMMER FALL option junior bedroom apartment in Executive House, w-w, A-C, \$115.00 mo., 237-1723. Bob, anytime

2881

2-FEMALES for 2-bedroom Beaver Terrace Apartment fail "76" through spring "77" (summer "76" optional) Wendi, 237-4588, Tina, 238-1078 FEMALE ROOMMATE begin-ning fall term to share large two bdr. apartment near campus, Reasonable rent. 237-8641

BUY nightcrawlers, any amount. Call 237-3953

APARTMENT SUBLET ini-mediately. Furnished one bedroom, \$125 near campus. Cail Rich Roe, 865-2085, before 5, leave message

FEMALE ROOMMATE to share ¹/₂ large luxury 1-bdrm. apt. starting fall. Call weeknights, Diane, 237-5420 COMICS - DC. Marvel, new, old. Buy, sell, trade. Small or large quantities. Call Jim, 237-3739 AM LOOKING for a used bicycle in good condition. Call 234-2540, NEED YOUR HELP! WANTED - cheap furniture for apartment - couch, chairs, etc. Call Pete, 234-7947

Young man apprehended by campu security — contact: 238-1891 _______after 5:00 PM FEMALE NEEDED for summer, ^{1/2} of 2 bedroom apt. in Southgate, \$73-month. Call Jan, 237-9356

STUDENTS! Summer storage problems are a real hassle. Centre Carriers offers storage facilities to meet your every need. Individual containers protect your NICE APT.1 1 female needed for summer. \$60-mo., 3½ blocks from campus. Possible fall, 237-

goods. We offer dust control, in-sect control, fire and burglar alarms and free insurance, Call us today at 238-6751 and ask about our special deal for summer

storage

PROFESSIONAL tennis lessons at student rates. Experienced with ages 7-55, unconditionally guaranteed satisfaction or money

back, Call 234-7013, 8-5 PM

PROFESSIONAL hairstyling, male and female, \$5 per head. For appointment call Lorraine, 234-2119

LEAVE AMERICA beautiful ... have passports done in color at Bill Coleman's

\$1.00 FOR USED records in fine condition. Arboria Used Book

and Records, 151 S. Allen TELEVISION repair, Zenith and Sony products. Quality work. Television Service Center, 232 South Allen Street

Alls. 238-3037

COLLECTABLE studio out-take and live recordings. Send 25 cents for catalogue to: Lone Starr Records, P.O. Box 10648,

Records, P.O. B Columbus, Ohio. 43201 Anyone who may have witnessed or

Anyone who may nave without of have information as to the incident of the Old Main Wall Sunday morning, March 21st, 1976, Approx. 2:30 AM