

Surgeon General outlines dietary requirements

The Surgeon General has published a report containing overall dietary recommendations. The most emphasized point in this report is the reduction of the total fat intake with greater emphasis on saturated fats, which are eaten "at the expense of foods high in complex carbohydrates and fiber that may be more conducive to good health."

According to the report, Americans should achieve and maintain a desirable body weight by reducing their daily caloric intake. This can be accomplished by limiting the consumption of foods that are high in calories. Examples of high calorie foods that contain few or no nutrients are fats, sugars, and alcohol.

Americans consume too much sodium and should try to moderate their salt intake. This can be done by simply not using salt during preparation of meals and at the table. It can also be achieved by eating low sodium foods and moderating the consumption of those high in salt. Also, alcohol intake should be cut down to two drinks a day, if any. Alcohol is high in calories and doesn't supply the body with nutrients.

The research which led to these recommendations supplied evidence that links certain dietary factors to certain illnesses. Proper nutrition and a moderate exercise program have been proven to reduce the risk of illnesses, rid the body of fatigue, and even reduce the risk of early death.

body relaxed; judgement impaired
muscle movement & reflexes impaired
unstable emotions; vision impaired
very drunk; out of control
amnesia; coma; death

Behrend observes National Alcohol Awareness Week



• 3 pm to 5 pm, **HAPPY HOUR** with Master Guitarist Marty O'Connor; free refreshments

Investigators had been trying to question Slagle since Copeland's death, but had been told he'd left town. A murder warrant was issued after authorities received Slagle's letter.

Individuals who would like to participate in the support group or know of someone who needs aid are encouraged to contact the Health Center at 6217 or Dr. Louanne Barton at 6164 for confidential information.

Tired? of trying to read all those signs in the Reed Building to find out what's going on? Catch up on the latest each week in *The Collegian*.

➔ "THAT DEPENDS!"
 ➔ "I GO FOR A MAN IN UNIFORM!"
 ➔ "BUY ME A DRINK!"
 ➔ "I REALLY NOTICE YOUR AFTERSHAVE!"
 ➔ "TEACH ME LOVE!"
 ➔ "I LIKE PETS!"
 ➔ "AREN'T YOU A MOVIE STAR?"
 ➔ "I'M INTO DOMINATION!"
 ➔ "I'M GETTING EXCITED!"
 ➔ "COME ON- LET'S GO TO MY PLACE!"

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