NUTRITION

Surgeon **General outlines** dietary requirements

by Tammy Stecko Collegian Staff Writer

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."

The report's guidelines suggest a reduction in fat and cholesterol consumption by choosing foods that are relatively low in fat and cholesterol, such as vegetables, fruits, whole grain breads and cereals, fish, poultry, lean meats and lowfat dairy products. Foods should be prepared using methods that add little or no fat, such as baking and broiling.

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.

To achieve and maintain your weight, you should take part in some sort of physical exercise. It could be anything from cycling to hiking. Americans should also increase the amount of complex carbohydrates and fiber they eat by selecting foods such as fruits and vegetables.

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.

ONCE IN THE BLOOD, ALCOHOL HAS ITS MOST NOTICEABLE EFFECTS ON THE BRAIN. THE CHART BELOW DESCRIBES SOME OF THESE EFFECTS.

Blood Alcohol Concentration

Effects of Alcohol

ucemu auvii	Effect of Affection
.05%	body relaxed; judgement impaired
.10%	muscle movement & reflexes impaired
.20%	unstable emotions; vision impaired
.30%	very drunk; out of control
050%	amnesia; coma; death

Sponsored by the Penn State-Behrend Health Advisory Board

Behrend observes National Alcohol Awareness Week

Highlights



Wednesday

- 10 am to 4 pm, blood drive
- 4 pm to 6 pm, responsible party

Thursday

- 10 am to 4 pm, blood drive competition
- 7:30 pm, creative dating

Friday

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

Professor murders a student for not studying hard enough

(CPS)- A professor has confessed to murdering one of his students, apparently for not studying hard enough.

Rex B. Copeland, a 20-yearold student at Samford University in Alabama, was found in his apartment September 22. He had been stabbed several times in the

William Lee Slagle, a Samford professor who coached Copeland on the debating team, wrote a letter to police October 2 admitting to the murder.

The pair had argued about preparation for a debate in Iowa, and Slagle "didn't feel like he (Copeland) was studying enough."

"I know these folks are serious about their debating and it could lead to a heated argument," said Shelby County Sheriff Buddy Glasgow. "But it doesn't sound like something worth killing for, does it?"

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

Eating Concerns support group offers help for a variety of problems

by Janet Ocampo Collegian Staff Writer

group provides support for nervosa. bulimics, anorexics, and compulsive eaters.

overcoming these severe eating hunger as well as their problem. problems.

Barton supervises the support obsessed about being thin. group in a series of confidential Anorexics attain distorted group discussions.

of the effects of food, weight, and withdrawal. body image as it affects

Physcologist Dr. Louanne Barton supervises the support group in a series of weekly discussions.

individuals that suffer from bulimia nervosa, anorexia nervosa, and compulsive eating.

disorder that afflicts individuals October 23-29. Throughout that from early teens through late week, events are being planned to adulthood. There is a higher increase the understanding of incidence of this problem in anorexia and bulimia. students than in any other age series of inconspicuous bingeeating cycles. These are usually followed by a need to purge oneself through self-induced laxatives, diuretics, and diet aids.

The binge-purge cycle is a release of negative feelings of boredom, frustration, and stress. These people have a fear of weight gain and as a result suffer from Health Center at 6217 or Dr. depression and recurrent mood Louanne Barton at 6164 for swings. Victims of this disorder also have a greater tendency to participate in impulsive behavior

such as shop-lifting and drug and alcohol abuse. Bulimic behavior has a 40 percent tendency to be Behrend's Eating Concerns present in victims of anorexia

Anorexia nervosa is another serious eating problem that is The group has been active mainly characterized by abnormal within the last few years to weight loss. This is due to a provide an environment that would severe restriction of food intake. serve as a productive step towards Victims of this disorder deny their

These individuals have an Psychologist Dr. Louanne intense fear of weight gain and are perception of weight, body image, Weekly issues center on topics and shape that leads to social

> Similarly, compulsive eaters are obsessed with food. These individuals are victims of chronic "yo-yo" dieting. Such persons manage to diet a couple of days at a time only to binge in the end. This causes individuals to gain and lose weight at highly varying intervals. Stress and guilt are the cause and effect of compulsive eating.

Due to the severity of these eating disorders, events are being planned to alert individuals. The Pittsburgh Educational Network for Eating Disorders, Inc. is sponsoring an International Eating Bulimia nervosa is an eating Disorders Awareness Week from

Another group, INTERCEDE, group. Warning signs include a otherwise known as Inter-Collegiate Committee to Irradicate Eating Disorders, consists of counselors from Erie area colleges and universities to unite against vomiting, unhealthy diets, the devastating effects of such serious disorders.

Individuals who would like to participate in the support group or know of someone who needs aid are encouraged to contact the 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.

