

'You are what you eat'

"You are what you eat."

But few people eat a meal and think about the nutrients being shoveled into their bodies. Ask what they are eating and the answer will be asparagus, bread, pork chops and milk, not vitamin A, carbohydrates, protein and calcium.

But it's the vitamins, minerals, proteins, carbohydrates, fats and water—collectively known as nutrients—which make-up your body. And food helps by transporting these nutrients into the body.

When the body receives these nutrients in

such as infancy and adolescence. Pregnant and nursing women need more than the normal amount of nutrients to maintain the fetus and produce milk.

All nutrients, with the exception of carbohydrates, are active in the regulation of body processes. Fatty acids, proteins, minerals, vitamins and water each perform essential regulatory functions such as moving fluids, coagulating blood, activating enzymes and maintaining normal body temperature.

Fruits and vegetables, often overlooked in today's short-order world, are the best

shelly kalkowski : crumbs

the proper amounts, the result is good nutrition. Some benefits of good nutrition are recognized readily. Good posture, firm muscles and vitality.

Nutrients in foods have three physiological functions: to provide energy, to build and maintain cells and tissues and to regulate body processes.

Carbohydrates, fats and proteins are the nutrients which are converted into energy, otherwise known as calories. Carbohydrates in cereals are the major energy sources. (Rice and wheat provide 41 per cent of the world's food supply.)

Adequate calorie intake is determined by three things: basal metabolism (the amount of calories used during physical, digestive and emotional rest), body temperature regulation and physical activity.

Protein builds and maintains cells. The best protein sources are meat, fish, dairy products and lentils. Minerals and water also are important.

Adequate intake of building and maintenance nutrients is especially important during periods of rapid growth,

sources of the body regulating vitamins and minerals.

Not only are these nutrients necessary for body regulation, but vitamin and mineral deficiencies also can result in disease. Vitamin C will prevent scurvy. The B vitamin, thiamine, prevents beriberi. A lack of vitamin D results in rickets. Too little iodine causes a thyroid condition known as a goiter.

Fortunately, most nutrients are sufficiently met in American diets to prevent the common occurrence of these diseases. But their contributions to body regulation still are important to your well-being.

Space does not permit a detailed description of vitamins and minerals, their functions and food sources. If you are interested in learning more about vitamins and minerals, as well as the other nutrients, I suggest you contact the Extension Office in the East Campus Information Building.

And when you eat dinner tonight, translate the food into nutrients. The body translates the nutrients into the physical you.

KOLE COMETH



WEEKEND FILMS

Mick Jagger in Performance—

Performance is set in contemporary London and is a story of the underworld and a probe into love and hate. The music is mostly written by Jack Nitzsche and conducted by Randy Newman with vocals by Buffy Sainte Marie, Merry Clayton, and the last poet. Mick Jagger and James Fox are the stars.

Jane Fonda in Klute—

Klute is the story of a terror-ridden New York call girl hunted by a psychopathic killer. Jane Fonda won an Oscar for her poignant portrayal. . . cynical, yet sensitive. Donald Sutherland (M*A*S*H*) plays the small-town detective who leads the hunt for the killer. Sutherland's low-key portrayal is a perfect balance for Ms. Fonda's intensity.

PERFORMANCE SATURDAY HENZLIK HALL

KLUTE FRIDAY 7:00 and 9:30 P.M.

NEBRASKA UNION PROGRAM COUNCIL

472-3633
ombudsman

U OF N
Ski Club Meeting

Thurs March 8
7:30 pm Nebr. Union

Final Date To Sign Up
For Spring Trip to
Breckenridge

SPRING SKIING

U. of N. Ski Club is sponsoring a trip to
BRECKENRIDGE over Spring Break.

March 25 thru March 30
5 nites, 5 days — \$113

Includes lodging all lift tickets,
and transportation.

Decide Quickly — Come to next meeting on
March 8

7:30 in the Union



BIG SAVINGS

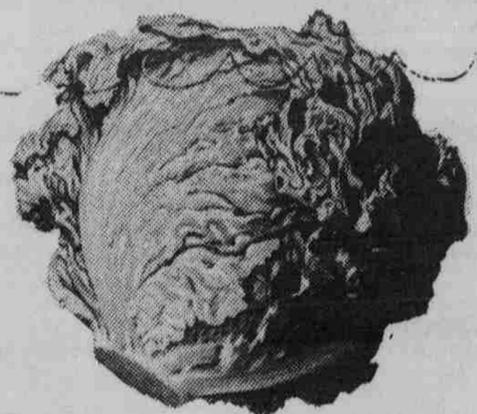
RED SHIELD STORES

Salvation Army has super savings for you
50% off all clothing with this ad.

737 "P" St.
Shop Evenings Till 7:00
Thurs. Till 9:00

8030 Havelock Ave.
Shop Daily Till 5:00

1425 South St.
Shop Daily Till 5:00



What about the part of the Iceberg you don't see?

How much do you really know about the ICEBERG LETTUCE CONTROVERSY? Want more facts? Safeway urges you to watch this week's program on educational TV, THE ADVOCATES.

THE ADVOCATES

KUON

Channel 12

7 PM
THURSDAY
MARCH 8

The lettuce controversy is a Union controversy. Safeway Stores, Incorporated does not grow nor harvest lettuce. Safeway purchases from growers only the best lettuce available. More than 80% is Union harvested. Farm workers should be guaranteed freedom to choose between Unions or non-Union affiliation.

SAFEWAY