

## Experimental diet may help nutrition

By Mary Shackelton

While most UNL students subsist on residence hall cuisine or assorted apartment kitchen goodies, 28 dietetics majors currently are experiencing a diet of millet and triticale, a cereal made from wheat and rye.

The diet, designed by the East Campus food and nutrition research staff, is one of a series of human metabolism experiments being done to establish protein values in grains, said Constance Kies, food and nutrition professor. The experiment series has been going on for about 10 years, she said.

Relieving hunger in Nebraska and other places may be one result of the experiment, according to Kies. By establishing grain protein values, the nutritional values of food products already on the market can be improved, she said.

Diet participants eat three meals daily, Kies explained. They have apple sauce, beef broth and a triticale-millet for breakfast. Lunch consists of green beans, beef broth, peaches and the triticale-millet combination. Dinner is similar to lunch, she said.

At night, each person drinks a can of pop to insure that enough calories are included in the diet.

The diet experiment, which will end Saturday, is an 18-day project. The first two days, participants ate no protein. The next four days, dry skim milk was the main diet ingredient. After that, four days were spent on millet, four days on triticale, and the final four days on the triticale-millet combination.

Saturday morning, Kies and her subjects will celebrate the experiment's end at a pancake house.

According to Kies, the experimental diet is "completely adequate in vitamins, probably more adequate than what the students usually eat, but doesn't taste as good."

Aside from determining protein value, the experiment helps students understand what it's like to live on a limited diet, Kies said.

This is important, because most of the students are dietetics majors and they will be putting persons on restrictive diets themselves, she said.

Several of the participants agreed.

"I never had to diet before. I didn't know how difficult it is to eat the same thing everyday," one student said.

Another student said after she started the diet, she and her boyfriend couldn't go anywhere because she couldn't eat or drink anything.

The experiment, financed by the Nebraska Agricultural Experiment Station, was atypical from other experiments because nutrition students were used as subjects, Kies said.

"Usually, we select subjects randomly or work with a specific group," she said.

## Outstanding angel proud of citation

Sara Hinds has been named as one of the outstanding angels of the Nebraska-Iowa-Kansas region.

The award is more down to earth than the name implies; Hinds represents an organization known as Angel Flights, an honorary auxiliary to Air Force ROTC.

She received the honor, based on dedication and service, at an area conclave held in Iowa City last weekend. She is still in the running for the top award, which will be announced in March. Although Hinds is pleased with her award, she said she is more proud of the citation the entire UNL group received for outstanding service.

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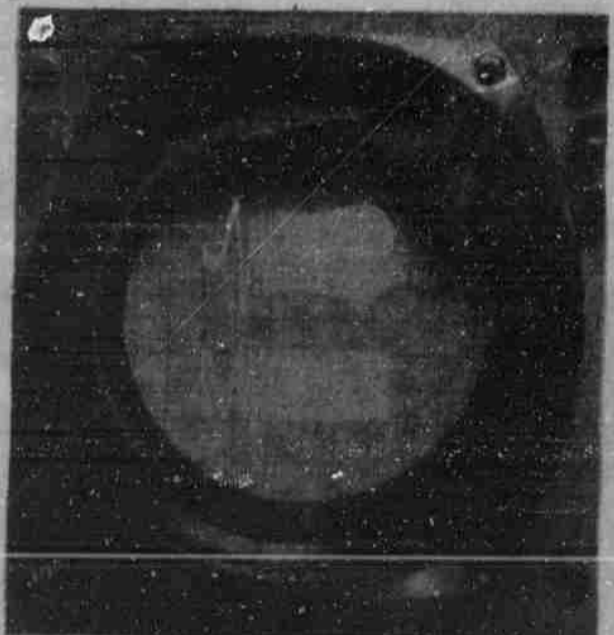
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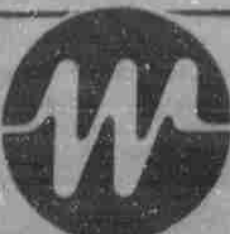
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