

# Low fat diets cut down risk of heart disease

Coronary heart disease is the number one cause of death in the United States. The most common form of adult heart disease, it occurs when the heart's main arteries have arteriosclerotic deposits and the normal blood flow of the heart is impaired. Atherosclerosis which is often called "hardening of the arteries, involves a thickening and narrowing of the arteries, and is the cause of most heart attacks and strokes. The deposit of fat, cholesterol, and other materials in the inner layer of the arterial wall interferes with the normal blood flow and the nourishment of the tissues.

There are a number of factors related to the cause of heart disease. Some of these risk factors cannot be changed such as sex (men have more heart attacks than women), age and inherited traits. Other factors may be difficult to adjust, such as underlying disease, stress and personality traits. Diet, high blood pressure, smoking and exercise are alterable risk factors. In well-documented studies, no populations consuming a low saturated fat diet have an appreciable amount of coronary disease. In the United States, where diets generally are high in saturated fats, the three major risk factors in coronary disease are high blood cholesterol levels, high blood pressure (hypertension) and cigarette smoking. Study data provide evidence enough to encourage the general population to take action in altering diet as a means of prevention in continuing increase of coronary heart disease.

The American Heart Association (AHA) offers several recommendations on diets. First, calorie intake should be adjusted to achieve and maintain ideal body weight. Second, reduce intake of calories from fat. Most Americans now consume 40-45% of

their total calories from fat. The AHA recommends that no more than 35% of dietary calories be from fat sources. Of this amount less than 10% should be from saturated fatty acid sources.

A third recommendation is a substantial reduction in dietary cholesterol. Other suggestions include using complex natural carbohydrates, such as vegetables, fruits, and cereals rather than refined sugar to replace the calories that result from reduction of fat intake and that excessive salt intake be avoided.

## Sauces & Pickles Sharon Johnson

To interpret these recommendations into changes you make in your eating habits, here are some suggestions:

-To control intake of cholesterol-rich foods, eat no more than three egg yolks a week. This includes eggs used in cooking. Alternatives are using egg whites or products which are lower in cholesterol but higher in price than eggs. Also limit intake of shellfish and organ meats which are moderately high in cholesterol.

-Use lean meats such as fish, chicken, turkey and veal more often than beef, lamb and pork. Choose lean cuts of meat, trim visible fat before cooking and discard the fat that cooks out of the meat. When choosing hamburger look for medium to deep color that shows a low fat content (light pink color shows that excess fat has been ground in with the meat). Restrict use of luncheon and variety meats such as sausage, salami and frankfurters which all have a high fat content. Use cooking methods that help to

remove fat, like baking, broiling, roasting and stewing.

-Use polyunsaturated vegetable oils for cooking (they have cholesterol lowering properties). Safflower oil is the most polyunsaturated and soybean, corn and cotton seed oils follow in descending order. When purchasing margarine read the label and choose one which lists a liquid vegetable oil as the first ingredient followed by one or more partially hydrogenated vegetable oils. Some hydrogenation is necessary to give margarine a hardened consistency but too much hydrogenation will reduce the polyunsaturated product to a saturated one. Tub margarines tend to be more polyunsaturated than stick margarines, since they do not hold a stick form. Diet margarines contain water and provide about half the amount of fat found in most margarines. They are usable for seasoning or spreads but are not suited to cooking, because of their high water content.

-Select fat-free or low-fat dairy products like skim milk, low-fat milk, evaporated skim milk, nonfat dry milk and buttermilk. Also choose cheeses made from skim milk which are low fat and high in protein. Examples of these are dry cottage cheese and ricotta. Parmesan cheese, mozzarella and Port du Salur are made from partially skimmed milk.

If you are interested in learning more about heart disease and your eating habits, I suggest two books. *The Prudent Diet* by Bennett Simon is available in paperback at the bookstores, and *The American Heart Association Cookbook* will be available in a few weeks. Ruthe Eshleman, a co-author of the Heart Association book is an Associate Professor in the UNL Department of Foods and Nutrition.

### READ WANT ADS

You Don't have to go Downtown  
to get a HAIRSTYLE  
or HAIRCUT...

**NEBRASKA UNION BARBER SHOP**

Call now.  
Phone 472-2459  
for appointment  
or just walk in  
Lower level... Student Union



Wonder Where  
College Kids go  
on Sunday Nights?

**Bartlett's Red Barn**



25 miles west  
of Lincoln on  
I-30

in Goehner

ALL YOUR FAVORITE BEVERAGES  
PLUS  
STEAKS, SHRIMP, CHICKEN  
LIVE ENTERTAINMENT

Gentlemen Jim  
and his Guitar 8-12 p.m. Saturday

**BEER AND LIQUOR ON SUNDAY**

Reasonable Prices

Friendly Bartenders

## Brel alive, well at Playhouse

By Susan Edwards

The bittersweet songs of Jacques Brel are alive and doing well in a Community Playhouse Gallery production playing Feb. 6-9 and 14-16 at 8 p.m. Student tickets cost \$2.

The off-Broadway show, *Jacques Brel is Alive and Well in Paris*, directed by George Churley, is a tight collection of 25 of Brel's songs.

The performers are all University students: graduate in theater Nan Berghel, graduate in Political science Dave Landis, junior theater major Missy Critchfield, theater graduate Alan Nielsen, and junior music major Laurie Edwards, who is accompanist.

Nielsen, who is also musical director of the show, is working while on a Fellowship sponsored jointly by the University and Community Playhouse.

Although the production exemplifies the newer concept of plotless/solid music theater, like *Hair* or *Godspell*, each song is a play within itself.

The challenge in directing the show, Churley said, is in interpreting each song and then creating character, conflict, and suspense within the time limits of one song.

It's important, he said, to not let any business or directing concept stand in the way of the music. Everything is simplified.

Berghel describes the songs as cyclical, with each piece fitting closely with the next to create an overall mood and comment on life. Many of

the songs seem bitter or sad, she said.

Although the themes of Brel's songs range from bitter sailors and old women to the inconsistencies of love, they all view women definitely from a man's point of view, Berghel said.

Belgium-born Jacques Brel gained fame in Left Bank Parisian cabarets and bars in the early 1960's. He accompanied his own music with self-taught guitar.

American avant grade theater groups became interested in Brel and began translating his songs. Eric Blau and Mort Shuman adapted and translated the songs to produce *Jacques Brel is Alive...*

The show opened in New York at Greenwich Village's Village Gate and stayed five years. It has opened to responsive audiences, according to reviews, since that time.

Brel's dark ballads became popular, Blau said, when artists like Bob Dylan stressed the lyrics of their music.

The London Observer described Brel's music as hard to hum, with razor sharp timing and intense lyrics—no cloying romanticism.

The paper also described him as "anti-clerical, anti-militarist, anti-bourgeois—a man who attacks humbug and bigotry."

Although the Gallery set is a simple platform, the audience is grouped around small tables and provided with wine and cheese to create a cafe atmosphere.

### GAMES and FUN

Grand Opening

Daily and Weekly prizes on all pins Free Badges

Free tee shirts for \$6 purchase of game tickets

Thanks for a tremendous Grand Opening.

Because of your response, all pins will remain

3 plays for 25¢ Thru Feb.

OPENING FEB 7th

### Doc Watch Hollow

Upper level Glass Menagerie

Turquios Jewelry, Leather Goods,

Pottery, Candles, Jewelry, Clogs,

Earrings and Lots More!

**the printmaker**

ORIGINAL PRINTS  
CUSTOM FRAMING  
FRAME CLASSES

Hours: 11:30-5:30 M-F  
Sat. 10:30-4:00 Eve. by appoint  
Upstairs at  
134 N. 14th St. Lincoln, Nebraska