


Cattmann's
presents
KIRK ORR
Singer guitarist
of the
Mike Douglas Show
8:00 to 12:30
Wednesday thru Saturday
Cattmann's
Lounge
10th & 'O'

Styx Styx Styx Styx



These Chicago Dudes.....want you
to meet a very nice "Lady"!!

Styx

Festival Rock Concert
extra guest stars
PAVLOV'S DOG
State Basketball Tournament Special
SAT. MAR. 15 at 8 PM

Purchase tickets in advance \$4.00 at Dirt Cheap
records, Student Union, Ben Simons Down-
town, Gateway, Omaha Westroads, Miller &
Paine Downtown - Gateway, Daisy Lincoln -
Omaha, Homers Old Town - Plaza, Auditorium
Boxoffice

PERSHING MUNICIPAL AUDITORIUM

entertainment

FDA program

Nutrition stated on labels

Of the 8,000 or more items in food stores today, more than half are packaged foods, so it is difficult for consumers to know exactly what they are getting. There will be significant changes on labels of packaged foods in the next few months, resulting from a Food and Drug Administration (FDA) program to make food labeling more informative as an aid to better nutrition.

Nutrition labeling for most foods is voluntary. If products are fortified by adding a nutrient or if a nutritional claim is made in labeling or advertising, the product label is required to have full nutritional labeling. Nutritional claims include any reference to protein, fat, carbohydrates, calories, vitamins, minerals or use in dieting. Examples of products of enriched or fortified foods that now must have full nutritional labeling include enriched bread and flour, fortified milk, fortified fruit juices and diet foods.

Standard format

The nutritional information must appear in a standard format. The following information must be given in order:

NUTRITION INFORMATION PER SERVING

1. Serving Size
2. Servings Per Container
3. Caloric Content
4. Protein Content
5. Carbohydrate Content
6. Fat Content
7. Percentage of U.S. Recommended Dietary allowances of protein, vitamins and minerals

Listing for fat may be broken down to give amounts of cholesterol, polyunsaturated fats, saturated fats and other fatty acids. This information is given specifically for individuals ordered by a doctor to follow a fat modified diet, but the information is useful for anyone who is interested and concerned about the amounts and types of fat they are consuming.

Seven vitamins and minerals must be listed. These include vitamin A, vitamin C, thiamin, riboflavin, niacin, calcium and iron. The vitamins and minerals must always be listed in the same order to allow easier comparison of products.

Union to present futuristic 'Erf'

As part of its "Today & Tomorrow" symposium on the future, the Union Program Council will present *Erf*, starring Rob Inglis, Friday night in the Centennial Room of the Nebraska Union.

Set in the 21st century, with mankind reduced to a primitive existence, *Erf's* action begins when the members of a small tribal community, played by the audience itself, discover a font of computerized wisdom buried in the 20th century by a well-intentioned mayor. With the help of the computer, they rise up from their fear-tinged respect for nature, only to embark again on the path to chaos that led to mankind's reduction to a tribal state in the first place.

Inglis portrays the title character, possessed of a conscience and free will. Urged to subdue

Vitamins and minerals are listed as a percentage of the U.S. recommended dietary allowances (R.D.A.) as established by the Food and Nutrition Board of the National Research Council. The R.D.A. replaces the "minimum" requirements previously used for labeling with "recommended" amounts of nutrients to be eaten daily. An additional 12 vitamins and minerals and sodium may also be listed.

sharon johnson sauces and pickles

Nutritional panel

Here is an example of a panel of nutritional information that might appear on canned goods at grocery stores.

NUTRITION INFORMATION PER SERVING

Serving size -	1 cup
Serving per container -	2
Calories	45
Protein	2 g.
Carbohydrate	10 g.
Fat	0 g.
Sodium	565 mg.

PERCENTAGE OF U.S. RECOMMENDED DAILY ALLOWANCES (US R.D.A.)

Protein	2
Vitamin A	15
Vitamin C	15
Thiamin	4
Riboflavin	6
Niacin	4
Calcium	8
Iron	15

You can use the nutritional information available on many products in the grocery store to: plan more nutritious intake of food, get more nutrition for your food dollar by comparing nutritional value of different brands and foods, select foods for special diets and to aid in counting calories.

Nature by exploiting her gifts, Erf finally rebels as he realizes that man himself is a part of nature, and in exploiting can only be working against himself. In the conclusion, he expresses his joy at this discovery through a wild, abandoned dance of positivity, "The Life Force Frug."

Of *Erf*, the Australian National Times said: "Inglis puts in a rollicking rumbustious performance that combines elements of Topol, Li'l Abner and Anthony Quinn without a whiff of pastiche. . . Paul Erlich and Ralph Nader would applaud its vigor and conviction, along with the citizens. It would do our politicians good to see it."

Erf will be presented under the auspices of the Union Contemporary Arts Committee at 8 p.m. in the Union Centennial Room. Admission fee is \$1.

TODAY
TOMORROW
a symposium on the future

thursday, march 13 3:30 — union centennial room
human relations in the year 2000
eliot and elizabeth janeway

thursday, march 13 7:30 — room 242
revolution in education

friday, march 14 8:00 — union ballroom
rob inglis and "erf"

Wine & Beer Specials

Oly 12 pak - warm . . . 275

Chianti ½ gallons. mix or match
Rhinegarten 2⁵⁹ each 2 for 4⁴⁸
Vin Rose

Gary's Bottle Shop
34th & A

KFMQ **stuart**

FRIDAY NIGHT LATE SHOW ADMISSION \$1.00
FRIDAY at MIDNIGHT

The Paper Chase

You have to choose between the
girl you love and the diploma
you've worked for all your life.
You have 30 seconds.