

into the 80s

Food variety necessary for healthy body, diet

By Lori McGinnis

The best route to maintaining a healthy body is to eat a healthy diet, said the medical director of the University Health Center.

Dr. Garland Bare said a healthy diet consists of proper amounts of protein, fats and carbohydrates. These nutrients should be taken daily from the four food groups: milk, meat, vegetables and fruits, and breads and cereals.

"Following a good diet should be a lifetime habit," Bare said. An unhealthy diet can lead to such things as adult diabetes or obesity, he said.

Unhealthy habits

Skipping meals and limiting food variety are signs of an unhealthy eater, said Kathleen Lehr, a dietitian at the health center. A student may fall into these habits because of lack of money or time, she said, and fails to get the proper nutrients because of it.

"It's important to eat a variety of foods for a variety of nutrients," Lehr said, adding that no one should eat the same meal day after day.

A person concerned about fitness will eat three well-balanced meals daily, she said.

"It's almost impossible to get everything you need from one meal and college students sometimes do that," Lehr claimed.

Rushing to the nearest health food store to stock up on nutritional food isn't necessary, both agreed.

"The conviction of most dietitians is

that you can get a balanced diet in a grocery store," Bare said.

Lehr said health store food is more expensive, so buying nutritional food such as fruits, vegetables, lean meats and whole grain bread and cereals in a grocery store is more economical.

Dangerous brew

Bare singled out one item sold in health food stores that he considered dangerous. Some herb teas contain dangerous chemicals, he said.

A report from the Nebraska Medical Association, released this month, verifies Bare's belief about herbs. The association reported, from a 1979 study, that three herbs—poke root, ginseng and pennyroyal oil are dangerous to health.

These herbs are sold in some Lincoln health food stores. Dean Tighe, owner of The Dean of Natural Foods, 1217 Q St., sells poke root and ginseng. They can be dangerous if taken in excess, he said, but otherwise they are healthy.

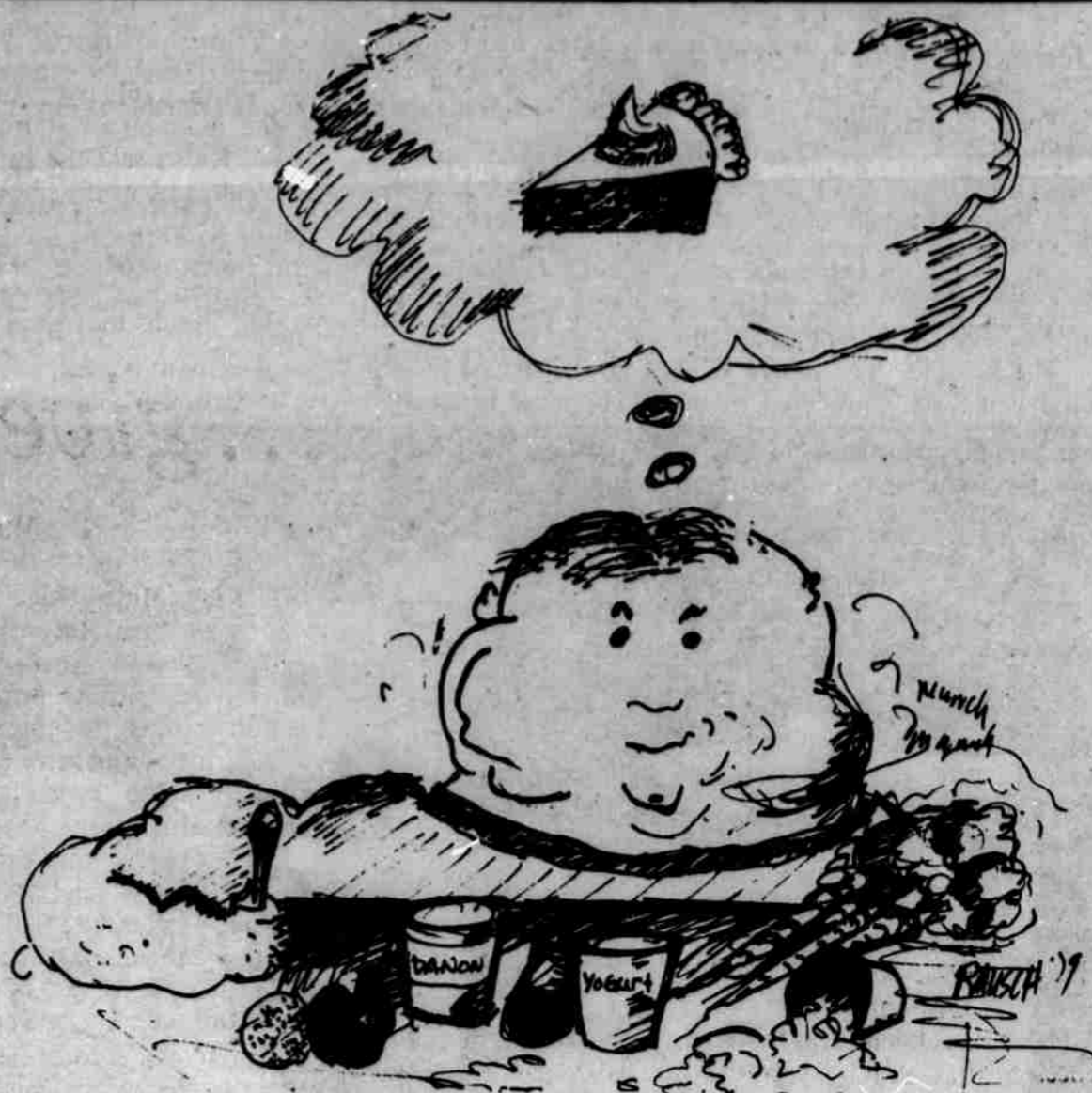
"Proper doses"

"Herbs are one of the oldest medicines," Tighe said. "If used in the proper doses, they are beneficial."

Good Earth Natural Food Store, 70th and A streets, sells ginseng in teas, capsules and in bulk packages. Owner Lois Valenti said she has heard nothing on the dangers of ginseng.

When told of the report, she said, "Anything can be misused. Sugar is a killer and can be misused."

Bypassing sugar is part of maintaining a healthy diet, Bare said.



"Candy is totally non-essential to the diet," Bare said. "Our ancestors lived for centuries without simple sugars."

Cutting out sugar is a sure way to eat fewer calories, which is essential for losing weight. Too often people try to lose weight by following a fad diet found in books and advertisements, Lehr said.

"They want to lose weight and they want to do it fast," she said.

Mad fads

Fad diets are often dangerous, Bare said. He cited the liquid protein diet, consisting of only 400 daily calories, which was linked to the deaths of more than 40 persons in late 1977 and early 1978.

A vegetarian diet can be safe and healthy if eggs and dairy products are substituted for meat, he said.

"It isn't necessary to eat meat to stay healthy," he said. But a strict vegetarian diet, with no eggs or dairy foods, will deprive the body of three essential amino acids. Amino acids build up protein in the body.

"A vegetarian diet can be a balanced diet, but it takes careful planning on the part of the person to make sure he gets all the nutrients he needs," she said.

Before starting a vegetarian diet, persons should consult a doctor to make sure of getting the proper nutrients, she said.



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