Report says diets endanger health

By Joeth Zucco Staff Reporter

Most college students spend their college career eating more and exercising less, said Dr. Rodney Basler, chairman of public relations for the Nebraska Medical Association.

A report issued by the association last month quoted a Ford Foundation report stating that "while becoming healthier in some respects, the U.S. population has been simultaneously overfeeding and malnourishing itself progressively for at least the past three and cholesterol. decades." This pattern has led to "chronic diseases and behaviorial fiber; disorders in our society."

Kathleen Lehr, registered dietician at the University Health Center, said college students are like the general population in their eating habits; they like things that are high in sugar and

"Sometimes that kind of food is more economical to buy. This may be a such as white bread and white rice factor in sending college students in because of their high-caloric density. that direction," Lehr said.

up with this diet. She said the effects of however, are aware of good nutrition, Lehr said.

they usually "knock off pounds and staggered basis. smarten up" about their diet. When The Ford Ford they reach adulthood, he said, they cut that Americans are suffering from high back on food and exercise more.

"We've become healthier because of chemical pollution. the moderation of bad habits." Baster are declining, and that's a good many. Some people eat more under barometer of the basic well-being of stress, which may lead to further the population."

Lehr suggests that students:

.nilk: 2 to 4 servings a day, low-fat products;

meat: 2 servings a day, lean meat, fish, chicken and turkey prepared in a low-fat way such as broiling or baking; fruits and vegetables: 4 servings a

day, increase overall consumption; grain: 4 servings a day, use wholegrain and enriched-grain cereal products instead of carbohydrates and

- Maintain a desirable weight:
- Avoid too much fat, saturated fat
- Eat foods adequate in starch and
- Avoid too much sugar;
- Avoid too much sodium:
- Limit or omit alcohol; Increase physical activity.

Lehr stressed the importance of limiting fat and refined sugar and said people need to increase the fiber in their diet and eliminate refined foods

The University Health Center offers Lehr said college students have a lot individual counseling with a registered of resilience, and their bodies can put dietitian in nutrition and weight control. Weight-control programs offered each a bad diet don't show up until age semester concentrate on behavior moditakes over, but beginning good eating fication and exercise. The next program habits early will help avoid negative starts Feb. 16, and students can still effects. More and more college students, register. It meets two days a week for 10 weeks.

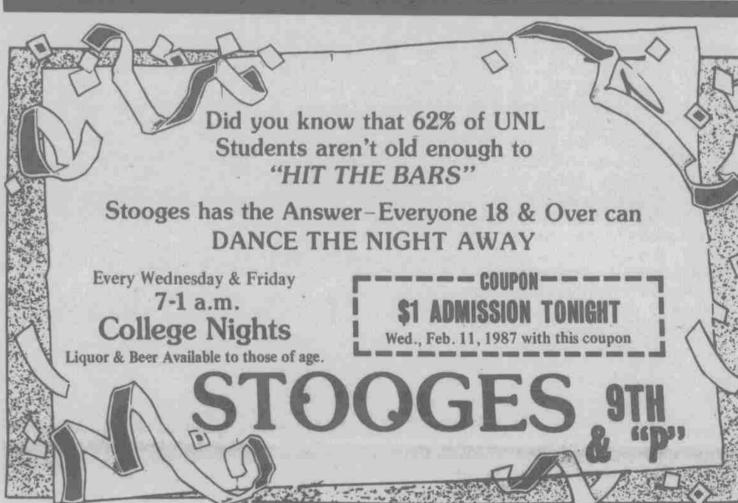
Aeorbic conditioning classes are Basler said that when men and currently in session. Students can still especially women get out of college register for those with payment on a

> The Ford Foundation report said stress levels and poisoning due to

Lehr said that stress will always be a said. "We smoke less, drink less, combat problem and how a person copes with it stress and have eliminated cholesterol will make the difference. She said from our diets. Cardiovascular diseases exercise relieves stress and tension for complications.

Chemical pollution causes fewer Go back to the four food groups health problems in the Midwest than in









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