

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 decades." This pattern has led to "chronic diseases and behavioral 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 fat.

"Sometimes that kind of food is more economical to buy. This may be a factor in sending college students in that direction," Lehr said.

Lehr said college students have a lot of resilience, and their bodies can put up with this diet. She said the effects of a bad diet don't show up until age takes over, but beginning good eating habits early will help avoid negative effects. More and more college students, however, are aware of good nutrition, Lehr said.

Basler said that when men and especially women get out of college they usually "knock off pounds and smarten up" about their diet. When they reach adulthood, he said, they cut back on food and exercise more.

"We've become healthier because of the moderation of bad habits," Basler said. "We smoke less, drink less, combat stress and have eliminated cholesterol from our diets. Cardiovascular diseases are declining, and that's a good barometer of the basic well-being of the population."

Lehr suggests that students:

- Go back to the four food groups and eat a variety from each:

• milk: 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 whole-grain and enriched-grain cereal products instead of carbohydrates and fats;

- Maintain a desirable weight;
- Avoid too much fat, saturated fat and cholesterol.

• Eat foods adequate in starch and fiber;

- 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 such as white bread and white rice because of their high-caloric density.

The University Health Center offers individual counseling with a registered dietician in nutrition and weight control. Weight-control programs offered each semester concentrate on behavior modification and exercise. The next program starts Feb. 16, and students can still register. It meets two days a week for 10 weeks.

Aerobic conditioning classes are currently in session. Students can still register for those with payment on a staggered basis.

The Ford Foundation report said that Americans are suffering from high stress levels and poisoning due to chemical pollution.

Lehr said that stress will always be a problem and how a person copes with it will make the difference. She said exercise relieves stress and tension for many. Some people eat more under stress, which may lead to further complications.

Chemical pollution causes fewer health problems in the Midwest than in coastal states, Basler said.

DANIELSON'S
For The Special Valentine
We Speak Love
Valentine's Day
127 S. 13th.

Did you know that 62% of UNL Students aren't old enough to "HIT THE BARS"

Stooges has the Answer—Everyone 18 & Over can DANCE THE NIGHT AWAY

Every Wednesday & Friday
7-1 a.m.
College Nights
Liquor & Beer Available to those of age.

COUPON
\$1 ADMISSION TONIGHT
Wed., Feb. 11, 1987 with this coupon

STOOGES 9TH & "P"

W.C. Frank
GRAND OPENING
DOWNTOWN HASTINGS
Celebrate in Lincoln
1320 "Q" Street
Today thru Sunday, Feb. 22, 1987
OPEN: MON.-THURS. 8:30AM-MIDNIGHT
FRI.-SAT. 9AM-1AM
SUN. 10AM-MIDNIGHT

HARD SHELL TACO 50¢

Hey Moms!
Ask about fun filled birthday parties at W.C. Frank. So Economical!

Grand Opening Special
Hot & Delicious All Meat **MINI FRANK** with relish and fresh cut onion **25¢**

Grand Opening Special
Quart of Coke **65¢**
In Reusable Tumbler

W.C. Frank
"A Frank We Can All Afford"
SPECIALS GOOD AT ALL LOCATIONS

- HASTINGS, NE 2ND AND BURLINGTON 463-3422
- GRAND ISLAND, NE GRAND ISLAND MALL
- NORTH PLATTE, NE 6TH AND BAILEY
- LINCOLN, NE 1320 Q. ST.
- COZAD, NE. ON THE STRIP
- FORT COLLINS CAMPUS WEST

WANTED

WANTED
For Fall '87-Spring '88

DESCRIPTION: Suspects are • male and female • black, white, yellow and red • fat and thin • tall and short •

TERRITORY: Suspects can be found in Residence Halls • sororities • fraternities • co-ops • on City Campus • on East Campus •

ARMED: The suspects are armed with love, patience, concern and a desire to help others... and should be considered extremely valuable!

IF YOU FIT THIS DESCRIPTION, TURN YOURSELF IN BETWEEN 8:00 & 5:00 AT:

Community Health Department
University Health Center
City Campus
472-7440