

Nutrition Findings Released

Of the 414,000 people over age 65 living in North Carolina, a majority may not be getting the right nutrients, or adequate amounts of nutrients.

"Many older people just lose interest in eating," says nutritionist Mildred Kaufman of the University of North Carolina at Chapel Hill. "When their families leave home or they lose a spouse, suddenly they find themselves cooking for one."

Kaufman, an associate professor of nutrition in the UNC-CH School of Public Health, says that because many older people have less energy, they don't want to be bothered with cooking or they can't make it to the store to buy food because of the difficulty of transportation.

Plus, she adds, supermarkets rarely make packages for only one person.

Besides living alone, older persons also can lose their appetite because of changing taste buds, dental changes, emotional problems and diets prescribed by doctors.

But even if an elderly person is hungry and diet-conscious, he may still have a hard time meeting his nutritional needs.

One reason why it's so difficult is because no one knows what the needs of the elderly really are, says John Anderson, professor and acting chairman of nutrition at the UNC-CH School of Public Health.

"Recommended dietary allowance charts show that the same nutrients are needed for persons age 51 and above as those needed for younger adults," Anderson says.

But there is reason to believe, he adds, that older people may need different amounts of nutrients than younger people. For instance, older people have higher incidences of osteoporosis (deterioration of bone mineral), which indicates that they probably need more calcium, he says.

"But we can only make 'guesstimates' about the nutritional needs of the elderly because so very few studies have been conducted," he says.

Meal Sites

Under Title VII of the 1965 Older American's Act 31 meal sites are set up across North Carolina to bring older people together and to feed them one hot meal per day. The law requires that the meal provide one-third of the person's daily nutrient requirements.

"Congregate meal sites are very popular," Anderson says. "It's a place where people can socialize and even get some health care." The sites are located in community buildings, churches, senior citizen centers and other facilities.

"North Carolina is so advanced in implementing the facilities it has across the state, but it is low-base in terms of availability of money and counseling," he adds. According to the Division of Aging, the number of elderly people eligible for the program far exceeds the available funds.

This summer the School of Public Health sponsored a continuing education conference on nutrition and the older adult that brought together nutritionists from the Southeast and guest speakers to discuss these problems and possible solutions.

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TOTAL NO. PRIZES	19,065	1 in .05	1 in .008	1 in .12



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32 OZ. JAR DEEP SOUTH MAYONNAISE
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COLD CUPS 58¢
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FRESH PORK SMALL LEAN SPARERIBS
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W-D BRAND U.S. CHOICE BONELESS ROUND ROAST 1 **69**
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SEALTEST ALL FLAVORS ICE CREAM FREE
BUY ONE HALF GALLON SEALTEST ALL FLAVORS ICE CREAM AT THE REGULAR PRICE OF \$1.89 AND GET ONE HALF GALLON OF THE SAME

MORTON FRIED CHICKEN 2 **199**
LB. BOX

GENERAL MERCHANDISE
SAVE 40¢ 1 EARTH BORN REGULAR SHAMPOO... 8 OZ. BOTTLE \$1.09
SAVE 40¢ 1 ANTI-PERSPIRANT ROLL-ON SOFT & DRI... 1.5 OZ. SIZE 99¢
OIL TREATMENT... 15 OZ. CAN \$1.08
SAVE 50¢ 1 ULTRA BAN ROLL ON ANTI-PERSPIRANT... 1.5 OZ. SIZE 99¢

THRIFTY MAID CHICKEN NOODLE SOUP 4 10 1/2 OZ. CANS 88¢
VAN CAMP'S... LIMIT 5 WITH \$7.50 OR MORE FOOD ORDER
PORK & BEANS 5 16 OZ. CANS 98¢
ASSORTED FLAVORS-FRUIT DRINKS
HI-C... 46 OZ. CAN 48¢
INSTANT COFFEE... LIMIT ONE WITH \$7.50 OR MORE FOOD ORDER
NESCAFE... 10 OZ. JAR \$3.99

CHEK DRINKS 24 **288**
12 OZ. PULL TAB CANS
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Arrow Towels 48¢
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49 OZ. PKG.

Kingsford Charcoal 2 **59**
20 LB. BAG

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DOZ.

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BALLANTRAE 4 PAK OVEN READY BISCUITS... 4 7.5 OZ. PKGS. 69¢
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W-D CHEESE SINGLES... 16 OZ. PKG. \$1.29
CHOC-O-RIFIC CHOC. DRINK... GAL \$1.49