

# Fat consumption is still too high, panel says

From Associated Press reports

WASHINGTON — Americans are eating too much animal fat and government regulations make it difficult for the food industry to market leaner and more healthful meats and dairy products, a scientific panel said last week.

Although consumption of animal fat has gone down, many Americans still are eating their way to poor health with too much cholesterol, fatty acids and salt, and not enough foods that provide the needed calcium and iron said a report on a two-and-a-half year study by a committee of the National Research Council.

"The nutrition-related health problems experienced by a large segment of the U.S. population today arise from overconsumption of fat, saturated fatty acids, and cholesterol," the report said.

For other Americans, the report added, dietary problems center on not getting enough calories, iron or calcium. Overall, the report said, "The incidence of nutrition-related health problems is significant, affecting either directly or indirectly nearly every American family."

Among the diet-related health problems cited:

- About 34 million Americans are overweight.
  - Nearly a million adults die annually of cardiovascular disease that may be related to the consumption of high-cholesterol foods.
  - Osteoporosis, a disease in which calcium is leached from bone, strikes 15 to 20 million adults.
  - Between 8 million and 12 million children are hungry because of inadequate diets.
  - Iron deficiency is the most common form of childhood anemia.
- The chairman of the panel, David

Call of Cornell University, told reporters that animal products are a "mixed blessing nutritionally" in the American diet.

"In our food supply, they (animal products) provide about 36 percent of certain nutrients," he said.

"At the same time, however, animal products contribute more than half of the total fat, nearly three-fourths of the saturated fatty acids and all of the dietary cholesterol."

The study said the present system of government regulations in the meat industry tends to put more animal fat on American tables.

"The present grading system for retail meats is not only costly and inefficient, but it encourages the overfattening of beef and lamb," the report said. "Trimming of fat at slaughter or at purchase is only a partial, short-term response. The real solution lies in the production of leaner animals."

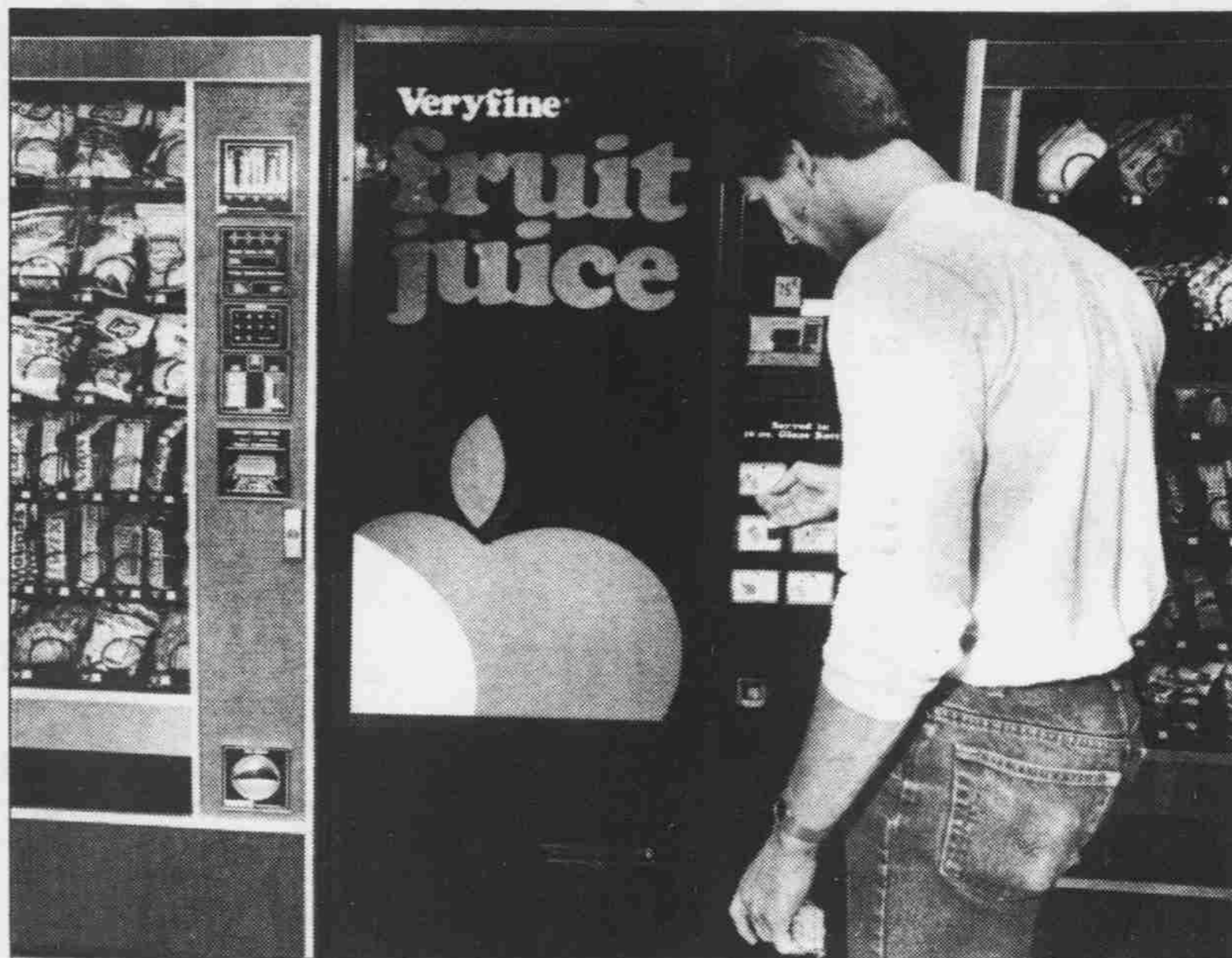
A change in some government regulations, along with education of consumers and technological advances by manufacturers of animal food products could correct the problems relatively quickly, said committee member Timothy Hammonds of the supermarket industry's Food Marketing Institute.

"In the future, the consumers could have it all," with more healthful meats and dairy products that provide the needed nutrition without excess fats and cholesterol, Hammonds said.

The key, he said, is changes in the government regulations that would provide an economic incentive to producers to change their products.

Among the changes recommended:

- Permitting packers to trim fat from animal carcasses at the slaughter plant, a system called "hot fat trimming." Producers would there-



Tar Heel file photo

## Many Americans eat unhealthily, but some students are choosing more nutritional refreshment

fore be penalized for additional fat in the carcasses.

■ Better marketing terms identifying meats and dairy products that have reduced fats or other nutritional changes.

■ Developing technology to determine the lean-to-fat ratio of food animals while they are still on the

hoof or shortly after slaughter.

■ Encouraging research in genetics or feed supplement technology that would produce leaner meats.

Additionally, the study said that the Food and Drug Administration should establish standards for such terms as "natural" and that the USDA restrict use of the terms

"light," "lite" and "lean" to "some objective standard" for cuts of meat. The terms then would apply to specific nutrient content and identify levels of fat in meat and other products.

The National Research Council is an arm of the government-supported National Science Foundation.

## BIKE YOUR WAY TO FITNESS!

### Mountain Bike Special

Diamond Back 18-speed with Click Shifting

Reg. 349<sup>95</sup> — \$269<sup>95</sup>

### Racing Bike Special

Cannondale Aluminum Frame - 21 lbs.

Reg. 500<sup>00</sup> — \$359<sup>00</sup>

### Tune Up Special

Reg. 29<sup>50</sup> — \$19<sup>50</sup>



## THE CLEAN MACHINE

Since 1971

SALES • SERVICE • REPAIRS

104 W. Main St. Carrboro

967-5104

(Across from Wendy's on C Busline) Mon.-Sat. 9-6

CONTACT LENSES — CONTACT LENSES — CONTACT LENSES — CONTACT LENSES

Soft Contact Lenses  
**DAILY WEAR**  
**\$119 complete**

Includes: Eye exam, fitting, lenses, sterilization system, and follow-up care.  
**Nearsighted and Spherical Only**  
coupon must be presented at time of purchase

**Thomas A. Costibile**  
Optometrist  
235 Elliott Rd., Kroger Plaza  
**968-4774**  
expires 4/29/88

CONTACT LENSES — CONTACT LENSES — CONTACT LENSES — CONTACT LENSES

"The family suggests that memorial contributions be made to the American Heart Association."

When people want to honor a loved one and fight heart disease.

WE'RE FIGHTING FOR YOUR LIFE

**American Heart Association**

This space provided as a public service.

Maybe there is a substitute for experience.



Subscribe to The Wall Street Journal, and enjoy student savings of up to \$48. That's quite a bargain, especially when you consider what it really represents: tuition for the real world.

To subscribe, call 800-257-1200, Ext. 1066 toll-free.

Or mail to: The Wall Street Journal, 500 3rd Ave. W., Seattle, WA 98119

Send me 12 weeks for \$26. Payment enclosed. Bill me later.

Name \_\_\_\_\_

Student ID# \_\_\_\_\_ Total Month Year \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_ Major \_\_\_\_\_

This space is provided as a public service.

7ASNT The Wall Street Journal 2451

The Wall Street Journal is published daily except on Sundays and public holidays.

↑

**RECYCLE**

↓

**This Newspaper**

←