

### Study Says Workers In Health Care Unaware Of Dietary Needs

TAMPA, Fla. (AP)—Most people even health care professionals, know little about dietary requirements and don't understand food labels, a study shows.

A survey of 2,400 people by the University of South Florida's H. Lee

Morris Cancer Center found that 90 percent were unaware of the daily recommended intake of various nutrients and fat.

That same percentage was unable to distinguish what constitutes high and low fiber cereals and didn't know

how to calculate actual fat content from information on food labels.

"At least half of the respondents said they read labels 50 percent of the time when purchasing food," said Dr. David Schapira, chief of Moffitt's cancer prevention program. "But the vast majority do not understand what information to look for or how to interpret it."

He said the survey, which included nurses and other health care profes-

sionals, was designed to find out how much people really know about dietary requirements.

Schapira recently presented his findings to the nutrition section of the Food and Drug Administration and recommended that the agency simplify food labeling to make it more understandable.

The FDA is currently developing a policy that would regulate food advertising and the health claims

made on food labels. But Schapira says that may not be enough to prevent the current rash of misleading health claims found on many food products.

He has recommended food producers adopt standard definitions of high, medium and low amounts of fat and fiber using guidelines set by national cancer and heart associations.

Schapira also wants to do away with irrelevant information on labels.

"For example, peanut butter labels often highlight 'no cholesterol' while omitting the fact that peanut butter is 75 percent fat. It's very rich in fat and calories," Schapira said.

He said the reforms should be coupled with a public education program teaching the elements of healthy diets, how to understand food labels and how to maintain a healthy diet at home and when eating at restaurants.

### Let's Chat

BY MABEL E. JORDAN  
Columnist

Quotes from outstanding black American women in observance of Women's Month past and present.

#### LOVE

Love builds. It is positive and helpful. It is more beneficial than hate. Injuries quickly forgotten quickly pass away.

Dr. Mary Bethune  
ENERGY

Everything that we could write has been written before; there's that energy there in the universe for us to pull from. Many of us just become attuned to that energy.

Sonia Sanchez

#### TOMORROW

Oh, let me not think of tomorrow. I'm so happy now.

Florence M. Harmon  
PILGRIM OF FREEDOM

I feel like a "Pilgrim of God" whose one mission is to free my people from slavery. I feel so tall within. I feel as if the power of the nation is within me and I will set out to gather in the flock.

Sojourner Truth

#### BLACK MOSES OF HER RACE

"You'll be free or die," she quietly commanded. Every possible trick and disguise were used to help the slaves. Luck held out and I remained free, which was such a glory.

Harriet Tubman

#### POWER

Power intelligently directed can lead to more freedom. Unwisely directed, it can be a dreadful destructive force.

Dr. Mary M. Bethune  
BRIDGES

I am grateful to those who marched and went to jail because they are all bridges that you and I have crossed over to get to this side.

Oprah Winfrey

#### LIFE

Anytime I've tried to plot a plan, forget it! It never works. So I trust in where life takes me.

Cicely Tyson

#### READING

There's an art in reading, what you bring and what you take away, and I want the readers to participate in the ending. The best books, the books I always loved, were never over, even though they ended. Because there's always something there you didn't quite get. It's like jazz which always makes you hungry for more of it.

Toni Morrison

#### PATIENCE AND SELF-DISCIPLINE

We got to teach people that they can't start at the top. They start at the bottom and work to the top. It's always better because if you start at the top, you may fall to the bottom and that's not good.

Hazel W. Johnson

#### THE FAMILY

I feel that the family still is the most powerful institution that we have. It's the most resilient institution we have; it always bounces back and finds ways of coping with change.

Geneva B. Johnson

#### EDUCATION

In a world where the body of knowledge doubles every six or seven years, none of us can afford not to constantly continue our learning. Education may be expensive but not when compared to the price of ignorance.

Shirley Chisholm

#### CHOICE

My career is not just accidental, it's by choice. I simply try to respond as best I can to what is needed. To learn to do and help others to do.

Dorothy Height

#### ACTION

As much as we love to take new inspiration and determination from singing "We Shall Overcome," we must stop singing "We Shall Overcome" and do it. We must, as Harriet Tubman, move to action with or without bootstraps.

Nona H. Bailey

#### COURAGE

I don't think one is necessarily born with courage, but one is born with the potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, genuine, honest or open.

Maya Angelou

#### FEAR

Fear is our greatest enemy. It is the enemy within. Fear blinds us to truth, and it's self-fulfilling. To slay our fears we must turn on the light within. But we can't slay our fears by avoiding them. Being truthful with ourselves is the first step toward personal freedom. We must choose a direction, a belief, a way of being. Choose to be loving in your thoughts, your feelings, your actions. Faith is the flip side of fear. Consider the lilies of the field.

Siman L. Taylor

#### TOOLS

Faith, courage, brotherhood, dignity, ambition, responsibility—it are needed today as never before. We must cultivate them as tools.

Mary Bethune

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