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NUTRITION COMMITTEE NEWS

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DEPARTMENT OF AGRICULTURE, Washington, D. C.

SEPTEMBER-OCTOBER 1956

OCTOBER 24, UNITED NATIONS DAY

A salute to nutritionists and home economists on assignments abroad, 1955-56

Among United Nations assignments

LATIN AMERICA AND CARIBBEAN AREA. *Dr. D. M. Hegsted.* Harvard School of Public Health. In Chile, 7 weeks, as FAO Nutrition Consultant. Assisted Government of Chile in organization and installation of laboratories for research in human nutrition through animal experimentation and chemical analysis of food.

Dr. L. A. Maynard. Cornell University. In Central America as FAO Consultant. Conferred with leaders in various government departments in each country and with other agencies concerned with food production, processing, and distribution. Concentrated on services that FAO might render on a more permanent basis to assist governments in developing food production and nutrition education programs.

Queen E. Shootes. Lincoln University, Missouri. In Jamaica on FAO assignment. Directing the 9-month Home Economics Training Course for the British Territories in the Caribbean, being held in Kingston.

AFRICA. *Dr. Faith Fenton.* Cornell University's School of Home Economics. In Egypt on 4-month FAO assignment. Helped establish a course in home economics at University of Cairo.

Dr. Jennie Rowntree. School of Home Economics, University of Washington (retired). In Egypt on 1-year assignment. Has followed Dr. Fenton at University of Cairo.

Mary Ross. Maine Department of Health and Welfare. In Egypt since 1954 on FAO assignment. Serves as educator and adviser on nutrition and home economics programs in villages, in cooperation with WHO and local workers.

Dr. Lydia J. Roberts. University of Puerto Rico. In British Protectorate of Uganda, as FAO home economics consultant. Observed programs to improve standards of living in family homes and suggested measures to further

such programs and ways FAO might help in carrying them out.

SOUTHEAST ASIA. *Dorothea Nicoll.* Massachusetts Department of Public Health. In Indonesia as FAO nutrition consultant. At Institute of Nutrition in Ministry of Health. Helping to develop training programs for dietitians and nutritionists and inservice training program for graduates.

Frances MacKinnon. University of North Carolina's School of Public Health, Chapel Hill, N. C. In Malaya on FAO assignment. Initially at the Rural Training Centre at Jitra. On a training team that includes WHO experts and local staff. Working in areas of home economics, food and nutrition, and group feeding.

LIAISON NUTRITIONISTS. *Dr. William H. Sebrell, Jr.* National Institutes of Health (retired). Now FAO Consultant to UNICEF on joint program for development of new sources of protein-rich foods for child feeding in areas where protein malnutrition is a problem.

Dr. James M. Hundley. National Institutes of Health. Serves as FAO liaison officer to UNICEF, at its New York headquarters. Dr. Hundley will work closely with Dr. Sebrell.

FAO HEADQUARTERS STAFF. *Emma Reb.* An FAO nutritionist since its early days. For some time stationed in Central America working closely with INCAP and UNICEF. At present in Colombia training local staff in techniques of dietary surveys.

Dr. Elda Robb. Formerly of Simmons College, Boston. In Rome. Joined the staff of Home Economics Section of FAO's Nutrition Division in 1955.

Among USA assignments—International Cooperation Administration

TEACHING IN UNIVERSITIES ABROAD. *Brazil.* Anita Dickson, Katherine Benner. *India.* Mary Armstrong, Lorna Gasset, Mary E. Keisler, Nell Logan, Berenice Mallory, Mary F. Reed, Josephine Staab, Dorothy Williams. *Jordan.* Frances Patton. *Pakistan.* Helen Cannon, Mildred Rouse, Lois Schultz. *Panama.* Phoebe Harris. *Philippines.* Dorothy Proud. *Turkey.* Mary Rokahr.

CITY SUPERVISOR. *Cairo, Egypt.* Edna Martin.

EXTENSION ADVISERS. *Bolivia*. Lena Mae Anlauf. *Brazil*. Ella Mae Crosby, Anita McDavell, Ruth McKinney, Clarissa Rolff, Elizabeth Williams. *Colombia*. Helen Bjorklund. *El Salvador*. Cindy Lester. *Greece*. Rachel Markwell. *Honduras*. Elizabeth Lee. *India*. Dorothy Barbee, Levice Ellis, Claire Gilbert, Patsy Graves, Alta Thomas. *Iran*. Bertha Waldee. *Iraq*. Bertha Strange. *Israel*. Nellie Watts. *Nepal*. Mrs. Floyd D. Dowell, Aubry Scott. *Pakistan*. Ida L. Hildebrand, Velma McGough, Lela Maude Smith, Virginia Ward. *Peru*. Francesca Laguna. *Philippines*. Beatrice Billings, Jeannette Hosback, Charity B. Shank, Elizabeth Smith, Willie Vermilion. *Surinam*. Ethyl Holloway. *Turkey*. Eleanore Davis. *Thailand*. Virginia Cutler.

TRAINING TEACHERS (usually for elementary schools). *Brazil*. Gladys Oberlin. *Costa Rica*. Eleanor M. Sprague. *El Salvador*. Lyda Heffron. *Guatemala*. Maria Boch. *Honduras*. Amelia Garde. *Iran*. Beatrice King. *Iraq*. Constance Cooper. *Pakistan*. Mae Everett, Aline McKenzie. *Panama*. Flora Friend, Susan B. Hughes. *Peru*. Marjorie Paisley. *Philippines*. Johanna Chapman. *Venezuela*. Millie Prodocimi.

And all others whose names may not have been listed—only because NCN had no information on their service abroad.

MEETING OF MEMBERS OF NUTRITION COMMITTEES, JUNE 1956

How it came to be

Prompted by the expectation that many members of State and local nutrition committees would attend the 1956 convention of the American Home Economics Association to be held in Washington, D. C., members of the Inter-agency Committee on Nutrition Education and School Lunch (ICNESL) took the initiative in exploring interest of nutrition committee members in having a meeting. Response indicated a meeting was in order. To keep the meeting informal and to avoid overlap with the AHEA program, it was decided to hold a buffet breakfast from 7:30 to 9:30 a.m., Tuesday, June 26.

Participants

About 90 nutrition committee members representing 18 State committees, 2 city committees, 1 city-county committee, the Puerto Rico Committee, and ICNESL met in a dining room in the U. S. Department of Agriculture. A representative from Canada also attended. Sadye F. Adelson, 1955-56 Chairman of ICNESL, presided.

Participants were free to sit at any table. A placard at each table indicated the topic to be discussed. Placards read: 1. Financing, 2. Affiliation, 3. Membership, 4. Objectives, 5. Programs, 6. Evaluation, 7. Methods, 8. Motiva-

tion, 9. Adults, and 10. Teen-agers. Many took advantage of a table marked "Chatter" to visit with friends not seen for awhile, as this was the first day of AHEA convention. But there were empty places at a "Silence" table.

Reports of table discussions

Table-appointed reporters gave 2-minute reports of discussions. Although time allowed for discussion and reporting was brief, many important statements were contained in the summaries. Among the comments were these:

1. The functions of nutrition committees are:
 - (a) To provide opportunity for exchange of ideas.
 - (b) To coordinate nutrition programs in the State, county, or city.
 - (c) To extend nutrition services into areas where none exist.
 - (d) To serve as a network for getting information down to local communities through materials and other means.
 - (e) To promote nutrition in the programs of men as well as women from other countries who are studying in this country.

2. The general objective of nutrition programs is to stimulate interest in, spread knowledge about, and get action for nutrition. States have promoted nutrition in many and various ways. Among them are: Governor's conferences on nutrition, regional meetings on food and nutrition for school-lunch cooks, active support of proposals for State bread-and-flour-enrichment laws, talks on nutrition at meetings of other professional and lay groups, and series of tape recordings and kinescopes on nutrition problems of families and individuals for use by radio and television stations throughout the State.

Youth is participating more in the planning and conduct of practical nutrition programs for teen-agers. Pilot nutrition programs on breakfasts and dental health for Key Club members—teen-age boys—sponsored by Kiwanis International, are being carried on in several localities in cooperation with the schools.

For New Jersey's Teen-Age Nutrition Workshop, representatives from all community groups including teen-agers will be involved from the planning stage on. Teen-age delegates will report back to their schools.

Pittsburgh, Pa., is contemplating a Teen-Age Nutrition Council whose basic membership will include delegates from schools and organizations for youth.

3. Schools should help students get basic nutrition knowledge profound enough to help them evaluate the information that confronts them in radio and television programs, advertisements, and magazines.

4. There is need for evaluation of nutrition materials, especially articles in popular magazines.

5. To insure good eating patterns in later life, sound nutrition habits need to be established in youth and early adulthood.

6. More should be known about how to motivate the various groups in the population to follow food practices that lead to good nutrition. Positive action needs to be taken to counteract fad dieting.

Appeals frequently used to get people to improve their food practices are: Attainment of greater beauty through nutrition (girls), greater physical stamina through nutrition (boys), and figure fitness and fashion through nutrition (women). How well do these work?

7. Terminal evaluation and later reevaluation should be included in planning each program, and real effort should be made to find out the longtime effect of nutrition programs.

8. Nutrition should be emphasized more in the training of physicians and nurses.

9. Homes for the aged need more trained operators. Residents should participate more in the conduct and operation of the institutions.

10. Financing of nutrition committees is an urgent problem. Neither regular dues from members nor contributions from members and industry have proved entirely satisfactory.

Future meetings of nutrition committee members

The chairman stated that the breakfast had been in the nature of an experiment and that she wondered whether plans for future meetings of nutrition committee members should be made. If followup meetings are desired—when and where should they be held? how often? who should be responsible for calling them?

If a convention time seems most convenient for such a meeting, should it be held at the meetings of AHEA, APHA, ADA, American School Food Service Association, or of other associations? In order to rotate the meeting place on a regional plan, might selection be on the basis of the location of the convention city of these and allied associations?

The consensus was that there should be followup meetings and that ICNESL should explore the possibilities and get the response of other nutrition committees as to the next get-together.

Essentials of an adequate diet

Dr. Esther F. Phipard presented a new plan for teaching daily food selection. The plan was introduced in a new USDA bulletin, *Essentials of an Adequate Diet*, which was processed in a limited edition especially for the AHEA

Convention. A second edition (AIB No. 160) is being printed and will be available soon. When the printed edition is ready for distribution, a copy will be sent each recipient of NCN.

The publication was prepared by Louise Page and Esther F. Phipard of Agricultural Research Service's Household Economics Research Branch in cooperation with its Human Nutrition Research Branch. The authors had the benefit of suggestions of members of ICNESL, scientists, educators, food industry representatives, and many others who were asked to review the bulletin during its preparation.

Dr. Phipard said that the bulletin is intended primarily as a sourcebook for those teaching the principles of good food selection. It presents a new, easy-to-follow, flexible guide from which to plan the day's food, and tells about the nutritional importance of each group of foods and the number of servings recommended to provide the foundation of a good diet. For the nonscientist, it introduces a point system for rating foods as providers of certain key nutrients. The bulletin also tells something about how the food plan was developed, its use and limitations, and how it measures up in providing an adequate diet.

The publication was developed to answer many requests for sound, up-to-date material for use in nutrition education programs, and particularly for a fresh way of presenting the essentials of an adequate diet.

THE DAILY FOOD PLAN. The food groups, with suggested number of servings from each for a day, that make up the framework of the new plan are shown below:

Milk group: Some milk daily

Children.....	3 to 4 cups
Teen-agers.....	4 or more cups
Adults.....	2 or more cups
Pregnant women.....	4 or more cups
Nursing mothers.....	6 or more cups

Cheese and ice cream can replace part of the milk.

Meat group: 2 or more servings each day

Beef, veal, pork, lamb, poultry, fish, eggs, with dry beans and peas and nuts as alternates.

Vegetable-fruit group: 4 or more servings daily, including—

A dark-green or deep-yellow vegetable important for vitamin A—at least every other day.

A citrus fruit or other fruit or vegetable important for vitamin C—daily.

Other fruits and vegetables including potatoes.

Bread-cereals group: 4 or more servings daily

Bread or cereals—whole grain, enriched, restored.

Recommendations for minimal daily quantities from each group are made in light of present day knowledge of food values, nutritional needs, and customary eating patterns.

The minimum number of servings forms a *foundation* for a good diet. Many people will use more of these foods and also foods not specified to round out meals and to satisfy the appetite. The foods not mentioned—butter, margarine, other fats, oils, sugars, and unenriched refined grain products—are frequently combined with the suggested foods in mixed dishes, baked goods, desserts, and other recipe dishes. Fats, oils, and sugars are also added to many foods during preparation and at the table to enhance flavor and improve appetite appeal. Thus these “other” foods are a part of daily meals, even though they are not stressed in the food plan.

Compared with earlier food plans, the new plan puts greater stress on the better sources of carotene, which are the *dark-green* and *deep-yellow* vegetables. However, using any plans, teachers can stress that to be counted as “greens” or “yellows” vegetables must be intense in color and the intense color must run through the entire edible portion of the vegetable, inside and out.

EFFECTIVENESS OF THE PLAN AS A GUIDE. By following the daily food plan, a nutritionally good diet can easily be achieved. For instance, with usual choices within food groups and counting only the minimal servings specified, the plan furnishes a little over half the calories needed by an average adult and at least three-fourths of recommended allowances for the major nutrients. For some of these nutrients daily allowances are fully met. Additions, if well chosen, can easily bring the nutrients up to recommended levels; poor choices may add chiefly calories.

For those who may be concerned that the food plan and its minimum servings do not guarantee a fully adequate diet for all, there is a discussion of reasons why it is not practical to devise such a guide for general use.

OTHER FEATURES. Considerable background information is included in this bulletin as an aid to teaching the daily food plan. Much of the material can be used to supplement or strengthen the use of other guides since most of them rely essentially on the same basic groups of food as a foundation.

POPULARIZATION. Janet L. Cameron of the Virginia Polytechnic Institute's Agricultural Extension Service had been asked to preview and comment on the new publication. She said that she and her coworkers welcome the new approach and have already started to work out a “4-square-meal” game using the point system in *Essentials of an Adequate Diet*. However, she added that Virginia's Extension workers have found the Basic Seven a useful teaching device and she would expect it to continue to be

useful and used for a long time. She believes in having varied material for nutrition teaching in order to be able to select that most suited to the purpose of the lesson and to the food habits, educational level, and economic situation of the audience.

"Your" NCN

Miss Adelson suggested that NCN might be a channel for communicating techniques that nutrition committee members develop for presenting nutrition information to their audiences. Nutritionists are known to have invented many novel devices for teaching the Basic Seven. But there has been relatively little sharing of these ideas. The NCN is a medium for exchange of information on nutrition education and school-lunch activities for members of all nutrition committees. She encouraged nutrition committee members to contribute to it more freely. Techniques and devices developed from *Essentials of an Adequate Diet* might well be a starting place for increasing exchange of ideas through Nutrition Committee News.

MATERIALS

Food and nutrition surveys

Cooperative nutritional status studies in the northeast region. VII. Contribution of seven food groups to the diet, by B. F. Steele, F. W. Chalmers, and others. Northeast Region Pub. No. 17. Cornell Agr. Exp. Sta., Ithaca, N. Y. 1954.

Use of milk by rural families, South Carolina, 1953, by P. Drake, F. E. Roach, and E. S. Watson. S. C. Agr. Exp. Sta. Bul. 431. 1955.

Dietary studies of Montana fifteen-year-olds and of Montana college freshmen, by L. M. Odland, L. Page, and L. P. Guild. Mont. Agr. Exp. Sta. Tech. Bul. 518. 1956.

Cooperative nutritional status studies in the western region. I. Nutrient intake, by E. B. Wilcox, H. L. Gillum, and M. M. Hard. Utah Agr. Exp. Sta. Bul. 383. 1956.

Nutrition studies in Rhode Island, by R. E. Tucker, and P. T. Brown. R. I. Agr. Exp. Sta. Bul. 327. 1955.

Increasing milk consumption in schools, by S. W. Williams, G. G. Quackenbush, and others. Mich. Agr. Exp. Sta. Spec. Bul. 403. 1955.

Student participation and use of milk in school lunches, by G. G. Quackenbush. Mich. Agr. Exp. Sta. Tech. Bul. 252. 1955.