

# A T U.N.B., OFFERED TO PUBLIC

The classes discuss such topics as: Vegetarian Diets, Obesity, Snacking, Malnutrition versus Learning, World Food Crisis, What is an Adequate Diet? Nutritional status of Canadians, Breast-Feeding, Weight Control, Nutrition in Adolescence, Nutrition and Athletes.

Wein says that these courses are of particular interest and value to students from many faculties: students of Science (especially pre-med students) Physical Education, Nursing and Education. It also adheres to working professionally with preschoolers, elementary school children and adolescents, in schools, or community activities.

She commented that males as well as female students are welcome and encouraged to enroll in the course, and even the role of the father in nutrition is important to the influence, for example, the eating habits of their children; and a beneficial influence on the wife, healthwise.

The course is also available to mature students who meet university entrance requirements and wish to take selected courses on a part-time basis.

A study by Eleanor Wein in 1978, showed that iron is one of the nutrients least likely to be consumed at the recommended level by students. It was conducted with 47 students taking the Applied Nutrition Course. They recorded their complete food intake for three consecutive days, then analyzed this record for the

various nutrients contained by using food tables. Each student then compared her daily nutrient intake to that recommended in the Canadian Dietary Standard (1975). Intakes of seven mineral and vitamins were examined, namely calcium, iron, vitamin A, thiamine, riboflavin and vitamin C.

The 47 students in the class comprised of 15 majoring in Home Economic Education; 30 majoring in Nursing, and two others.

Other results showed that 57% and 60% of the students consumed the recommended amounts of thiamine and niacin, whereas 70% consumed the recommended amounts of calcium and riboflavin. Vitamin A was proved at the recommended level by 89% of these diets, and almost all students ingested the recommended amount of Vitamin C.

Stemming from these courses described earlier, a Nutrition course, FOR ALL PARENTS, will be offered free at the University of New Brunswick this November. Sylvia Swanton will lead this three session, non-credit course, Wednesday evenings November 7, 14, 21 at 7:30 to 9:00 in Rm. 220 d'Avray Hall.

For more information please contact Eleanor Wein, 453-3508 or in d'Avray Hall, Room 140.

## Eat a variety of foods from each group every day

Diets are given in milligrams and micrograms. Values are based on the 1975 Canadian Dietary Standard. For additional information on the standard and on the 1975 Canadian Dietary Standard, contact the author.

### milk and milk products

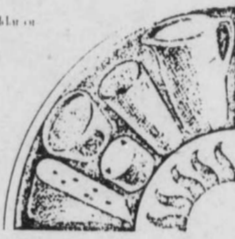
Children up to 11 years 2-3 servings  
 Adolescents 2-4 servings  
 Pregnant and nursing women 3-4 servings  
 Adults 2-3 servings

Skim, 1% or whole milk, or milk-based cream, evaporated milk, or milk powder, or the same product in other form. Cheese may also be chosen.

#### Examples of one serving

240 ml (1 cup) milk, yogurt or cottage cheese  
 45 g (1 1/2 ounces) cheddar or processed cheese

In addition, a serving of vitamin D-fortified margarine, or a serving of whole or skimmed milk powder may also be chosen.



### meat and alternates

2 servings

#### Examples of one serving

60 to 90 g (2 1/4 to 3 ounces) cooked lean meat, poultry, liver or fish  
 60 ml (1/4 cup) spread peanut butter  
 75 ml (1/4 cup) cooked dried peas, beans or lentils  
 80 to 240 ml (1/3 to 1 cup) nut or seed  
 60 g (2 ounces) beef, pork, poultry or cottage cheese  
 2 eggs



### bread and cereals

3-5 servings

whole grain or enriched. Whole grain products are recommended.

#### Examples of one serving

1 slice bread  
 125 to 240 ml (1/2 to 1 cup) cooked or ready-to-eat cereal  
 1 egg or muffin  
 125 to 240 ml (1/2 to 1 cup) cooked rice, macaroni, spaghetti



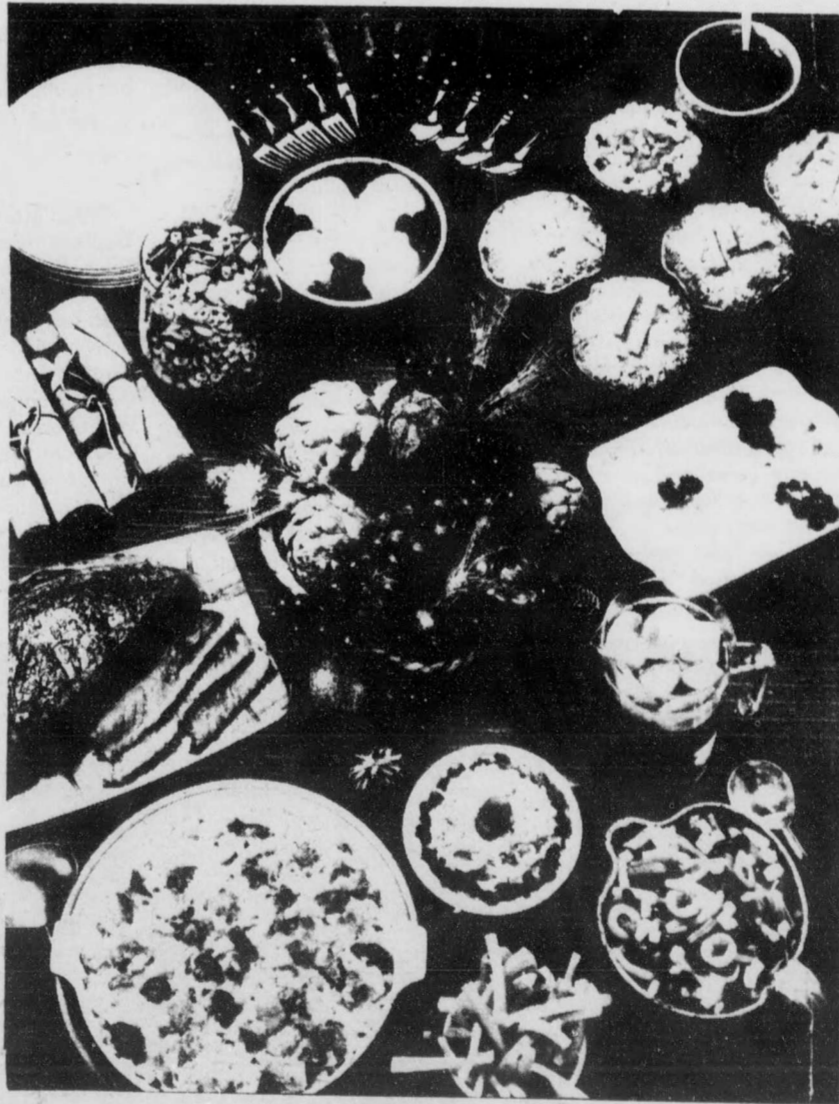
### fruits and vegetables

4-5 servings

In both of these groups 1/2 cup is 1 serving.

#### Examples of one serving

125 ml (1/2 cup) vegetable or fruit  
 125 ml (1/2 cup) juice  
 1 medium potato, carrot, banana, peach, apple, orange or banana



How can you do your best to balance minerals and trace minerals in your body? Eat a well-balanced diet—including fruits, vegetables, nuts, grains, eggs, dairy products, meat, fish.