

# Just think of all those clogged arteries

by Dee Fleming

Most people who assume they consume a healthy diet are surprised to discover that their intake of fat is between 40 and 50 per cent of their total calories — extremely above healthy levels.

Fat in the diet is a major dietary problem for Canadians. Diet is believed to be responsible for a large percentage of cancer and heart disease. There is strong evidence to suggest that fat consumed, especially saturated fat, has a strong causal link to coronary heart disease and cancer.

Atherosclerosis (causing coronary heart disease) and cancer are the major causes of death between the ages of 40 and 65. The problem does not begin at 40. As early as the age of two, there is evidence for the formation of atherosclerosis. The Canadian Cancer Society and the Canadian Heart Foundation are urging Canadians to cut back on their intake of fat in the diet.

Western foods are filled with fat, from dairy products, cream in coffee, butter on bread or popcorn, to canned food packed in oil, fried foods and meat. A recent study commissioned by *Science Digest* found that McDonald's Chicken McNuggets and Filet of Fish and Burger King's Chicken Sandwich and Whaler had fatty acid profiles that were more like beef than chicken or fish. This is due to cooking in tallow, a saturated fat from beef. Most fast-food outlets, including Jumbo's in SUB, use this for cooking.

At least one half of all deaths per year are related to coronary heart disease.

Today's health conscious western society is dieting, exercising, and worried about vitamins more than ever; and yet the potential danger their large consumption of fat has does not seem to rate in this health awareness. People don't worry about or change their fat consumption until they are faced with a serious health problem.

The effect that fat has on the body is easily ignored because the devastating results are not readily apparent. But the cumulative effects will manifest themselves eventually.

The Canadian Cancer Society strongly recommends a decrease in fat content to 30 per cent of total diet calories. There should be a corresponding increase in the consumption of fish, poultry, skim milk, and fibre (fruits and vegetables).

## More credit

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we can and can not do," he said.

Kubacki said it's "unfortunate" when a collector harasses a debtor, but "it's not a common problem. It happens from time to time (and when it does) we conduct ourselves in the proper manner."

According to Belgrave, collection agencies are working to everyone's benefit. "Things have improved, certainly because the government has put this in the hands of private industry, which in the long run benefits everybody."

He said even debtors are helped. "The graduating student today has a much bigger loan than five years ago, and has a much greater debt to pay. The cost of everything has risen... but things are happening very well right now," he said.

Donaldson said student leaders don't like to talk about defaulters "because it makes students look bad. But it can be connected to other things — unemployment, low income jobs, and enormous debt loads."

|   |                    |   |                                       |                    |  |
|---|--------------------|---|---------------------------------------|--------------------|--|
| <b>FAT</b>  | Occasionally/never | 0   | <b>FIBRE</b>                          | Once or twice      | 2  |
| <b>Which type of milk do you drink?</b>                     |                    |   | <b>What kind of bread do you eat?</b> | Occasionally/never | 0  |
| High/full fat   | 3                  | <b>Do you eat high/medium fat cheese?</b>                           | Wholemeal                             | 3                  |  |
| Medium fat  | 2                  | Five or more times a week   | Brown                                 | 2                  | <b>How many times a week do you eat rice or pasta?</b>                 |
| Semi-skimmed  | 1                  | Three to five times a week  | White                                 | 1                  | Six or more  |
| Skimmed/none  | 0                  | Once or twice a week  | Mixture                               | 2                  | Three to five  |
|   |                    | Occasionally/never  |                                       | 1                  | Once or twice  |
| <b>Do you eat cream or evaporated milk?</b>                 |                    |   | 0                                     | 0                  | Occasionally/never   |
| Every day   | 3                  | <b>How much meat fat do you eat?</b>                                | 6                                     | 6                  | <b>How many times a week do you eat boiled/mashed/jacket potatoes?</b> |
| Several times a week  | 2                  | All   | 4                                     | 4                  | Six or more  |
| About once a week   | 1                  | Some  | 3                                     | 2                  | Three to five  |
| Less than once a week/never                                 | 0                  | None  | 1                                     | 1                  | Once or twice  |
|   |                    | Vegetarian  | 0                                     | 0                  | Occasionally/never   |
| <b>Which do you usually eat?</b>                            |                    |   |                                       |                    | 0  |
| Butter or hard margarine                                    | 3                  | <b>How many times a week do you eat sausages/meat pies/burgers?</b> | 6                                     | 4                  |  |
| Soft or polyunsaturated margarine                           | 2                  | Six or more   | 3                                     | 3                  | <b>TOTAL</b>   |
| Low fat spread  | 1                  | Three to five   | 2                                     | 3                  |  |
| Nothing   | 0                  | Once or twice   | 1                                     |                    |  |
|   |                    | Occasionally/never  | 0                                     |                    |  |
| <b>Do you spread it:</b>                                    |                    |   |                                       |                    |  |
| Thickly   | 3                  | <b>When cooking bacon or burgers, do you:</b>                       | 0                                     |                    |  |
| Medium  | 2                  | Fry   | 3                                     |                    |  |
| Thinly  | 1                  | Grill with added oil or fat   | 2                                     |                    |  |
|   |                    | Grill without adding fat  | 1                                     |                    |  |
| <b>Which do you usually use for cooking?</b>                |                    | Eat occasionally or never   | 0                                     |                    |  |
| Lard, meat fat, butter, margarine                           | 3                  |   |                                       |                    |  |
| Mixed/blended vegetable oil                                 | 2                  | <b>How many times a week do you eat a whole packet of nuts?</b>     |                                       |                    |  |
| Corn, sunflower or olive oil                                | 1                  | Six or more   | 3                                     |                    |  |
|   |                    | Three to five   | 2                                     |                    |  |
| <b>How many times a week do you eat chips/french fries?</b> |                    | Once or twice   | 1                                     |                    |  |
| Five or more  | 3                  | Occasionally/never  | 0                                     |                    |  |
| Two to four   | 2                  |   |                                       |                    |  |
| Once  | 1                  | <b>How many times a week do you eat crisps/potato chips?</b>        |                                       |                    |  |
| Occasionally/never  | 0                  | Six or more   | 3                                     |                    |  |
|   |                    | Three to five   | 2                                     |                    |  |
| <b>What type of cheese do you eat most of?</b>              |                    | Once or twice   | 1                                     |                    |  |
| High-fat — Cheddar/cream/Stilton                            | 4                  | Occasionally/never  | 0                                     |                    |  |
| Medium-fat — Camembert/-                                    | 3                  |   |                                       |                    |  |
| spreads/Edam  | 2                  | <b>How many times a week do you eat cream cakes?</b>                |                                       |                    |  |
| Low-fat — cottage/curd                                      | 1                  | Six or more   | 3                                     |                    |  |
| Variety   | 3                  | Three to five   | 2                                     |                    |  |
|   |                    | Once or twice   | 1                                     |                    |  |
| <b>How many times a week do you eat chocolate bars?</b>     |                    | Occasionally/never  | 0                                     |                    |  |
| Six or more   | 3                  |   |                                       |                    |  |
| Three to five   | 2                  | <b>TOTAL</b>  |                                       |                    |  |
| Once or twice   | 1                  |   |                                       |                    |  |

If your fat total was less than your fibre total, well done.  
If your fat total was about the same as your fibre total (within one or two points), try to cut down on fat.  
If your fat total was greater than your fibre total, you need to make changes in your diet.

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