

FOR THE LADIES



MAKING HISTORY—Rosemary Ripley, second from left, Vice President, Corporate Business Development, Philip Morris Management Corp. and Allene Roberts, right, Manager, Public Programs, Philip Morris Companies Inc., welcome participants recently to the Fourth Annual "Women Making History In Business Awards Program." Kay Koplovitz, third from left, President and CEO, USA Network, received the "Women Making History In Business Award" during a ceremony at Philip Morris headquarters in New York City. With them are, from left, Mary McNally, Director of Membership, N.Y. Chamber of Commerce and Industry, Francesca Burbank, President, Burack Consultants and Chair, Women's Business Council and Alair Townsend, Publisher, Crains New York Business. An arm of the Chamber, the Women's Business Council consists of women business owners and corporate representatives who disseminate information and advance programs of particular concern to women.

TEEN GIRLS NOT MEETING DIETARY NEEDS

HOUSTON — For many teenage girls, life is either feast or famine. In an era of dieting and fast foods, Dr. William Wong, a researcher at the USDA's Children Nutrition Research Center in Houston, believes that young girls may not be meeting their dietary needs.

He also suspects that the

Recommended Daily Allowances (RDAs) for some nutrients may not be appropriate for teenagers. In truth, no one knows the exact nutrient requirements for today's teenage girls, says Wong.

Wong, an associate professor at Baylor College of Medicine, hopes to solve that prob-

lem by evaluating the nutrient requirements of 200 Houston girls. "We want to establish a contemporary standard of what is normal and healthy for teenage girls," he said.

To develop new standards, Wong will study volunteers, ages 10-16, from four ethnic groups - black, Asian, Hispanic, and white. During the two-year study, he will look at diet, proportion of body fat to muscle, bone density, levels of nutrients such as iron and calcium, and number of

NANA'S SWEET POTATO DRESSING

- 1 pound sweet potatoes (about 3 medium), peeled and cut into 2-inch chunks
- 1 teaspoon salt, divided
- ¼ cup plus 2 tablespoons Butter Flavor Crisco, divided
- 1 cup chopped celery
- ¼ cup chopped onion
- ¼ teaspoon poultry seasoning
- ¼ teaspoon pepper
- ½ pound ground seasoned pork sausage
- 3 cups seasoned croutons
- 1 medium apple, cored and chopped
- ¼ cup raisins
- 1 egg, lightly beaten
- ½ teaspoon instant chicken bouillon granules
- ½ cup hot water



1. Place sweet potatoes in large saucepan. Add ½ teaspoon salt and enough water to cover. Heat to boiling. Cover. Simmer 20 to 25 minutes or until fork tender. Drain. Cool.
2. Heat oven to 350°F. Grease 2-quart casserole or baking dish with Butter Flavor Crisco.
3. Melt 2 tablespoons Butter Flavor Crisco in medium skillet on medium heat. Add celery and onion. Cook and stir until tender. Stir in remaining ½ teaspoon salt, poultry seasoning and pepper. Transfer to large mixing bowl.
4. Brown sausage in large skillet, stirring to break apart. Drain if necessary. Add to celery and onion. Stir in croutons, apple and raisins. Mix in egg.
5. Melt remaining ¼ cup Butter Flavor Crisco. Dissolve bouillon granules in hot water. Add melted Butter Flavor Crisco and bouillon to sausage mixture. Cut sweet potatoes into ½-inch cubes. Add to mixing bowl. Mix well. Transfer to casserole. Bake, uncovered, at 350°F for 35 to 40 minutes, or until golden brown.

8 to 10 servings

Unforgettable Memories

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calories the body burns in relationship to age, stage of puberty and race.

"We want to know what teenage girls are eating, how much they are eating, and what is happening to their bodies during this stage of their physical development," he said.

Currently dietary guidelines for teenage girls are based on evaluations of nutrition research,

usually conducted on young males. The evaluations are then "adjusted" for women and children, Wong said.

The Food and Nutrition Board of the National Research Council revises the RDAs every 10 years, the last time in 1987. Wong believes findings from the CNRC study could help fine-tune future dietary recommendations for teenage girls.

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