

Diet

(Continued from Page 7)

blood pressure and diabetes, and preventing and treating obesity, say researchers in The DeBaKey Heart Center at Baylor College of Medicine in Houston.

Eating for good health does not require large doses of supplements. The key to healthy eating is eating a well-balanced diet that includes a variety of foods, said registered dietitian Suzanne Jaax of Baylor's Diet Modification Clinic.

"Vitamins and minerals derived from foods are much more beneficial than supplements, which can cause side effects," Jaax said.

Calcium and vitamin D essential

Adding calcium and vitamin D to the diet could help prevent osteoporosis and colorectal cancer, leading causes of disability and death

in post menopausal women. Up to half of all post menopausal women will be affected by the disease, according to Mary Pat Bolton, a registered dietitian at Baylor College of Medicine in Houston.

"Calcium intake is crucial during childhood, adolescence, and early adulthood to help women build the densest bones possible to carry them through life," Bolton said.

The Recommended Daily Allowance (RDA) for calcium is 800 milligrams for women, which is provided by three eight-ounce glasses of milk.

After menopause, the need for calcium is even greater, Bolton said.

"Post menopausal women lose estrogen," she said. "This lack of estrogen seems to increase the breakdown of bone tissue, resulting in bone fractures."

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EOE M/F/D

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(PUBLIC WORKS and AVIATION)

(Exam #1996-0978)

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SALARY: Maintenance Worker I — \$21,261.76 to \$32,955.52
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