

Aim is avoid heart trouble

Doctors test protein diet

United Press International
TUCSON, Ariz. — Doctors seeking a safe diet for obese people have developed a 472-calorie, high-protein preparation that appears to avoid the sometimes fatal heart problems associated with liquid-protein diets widely used a few years ago.

The new diet, developed at the University of Rochester Medical Center, is a supplemented version of a preparation called Optifast available only to doctors.

Dr. Dean H. Lockwood told

an American Heart Association conference Monday that the final product contains all essential minerals, trace elements, vitamins and essential fatty acids. Carbohydrate is added along with selenium, molybdenum, fluoride and cadmium.

The preparation is not available commercially, but details will be revealed soon in the American Journal of Medicine, Lockwood said.

Safe high-protein, very low-calorie diets are considered an effective way to cut weight, he said. These diets minimize loss of muscle and maximize loss of fat.

Liquid-protein diets gained popularity in 1977 and Lockwood said an estimated 100,000 people were using the diets exclusively for at least a month. It soon became apparent, however, that some people using the

diets were dying. Government researchers counted at least 60 such deaths in 1977. Lockwood said detailed

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medical reports were available on 17 people and 11 had episodes of life-threatening heart rhythm irregularities.

In addition, Lockwood said autopsies revealed significant

deterioration of the heart muscle, indicating the cardiac muscle was not spared during the liquid-protein diet.

The Rochester researchers tested six people on the initial liquid-protein diet for 40 days and found three developed similar heart problems.

The new diet was put through a similar test involving six people for 40 days and none developed heart irregularities.

"The data does suggest a hypocaloric (very low-calorie) diet vigorously supplemented with essential elements, micro-nutrients and vitamins appears to be safer than the once-popular, incomplete liquid-protein preparations," he said.

However, he said additional testing with large numbers of people is necessary to substantiate the findings.

People in the news

One for the Gip

United Press International
President Reagan, who played football for Pat O'Brien's Knute Rockne in the 1941 movie "Knute Rockne — All American," will be honored this week along with two top football coaches of the year. Reagan, once a radio sports announcer, will receive the 1983 "Tuss" McLaughry Award from the American Football Coaches Association at the Eastman Kodak Company coach of the year banquet Thursday in New York City. Also to be honored are the Kodak Coaches of the Year, one from the university division and one from the college division, not yet announced. Steve Allen will provide entertainment. Past McLaughry Award winners include astronauts Bob Crip-

pen and John Young, Jimmy Doolittle, James Stewart, Billy Graham, Dwight D. Eisenhower and John Wayne.

an Academy Award. A spokesman for Newman said the actor is not seeking Oscar votes.

Newman everywhere

Time was when Paul Newman kept a low profile, but now he suddenly springs up in newspaper and magazine interviews and on television talk shows. One time he's selling his new film, "The Verdict," another time it's his salad dressing. He even appeared on a public service ad for seat belts. Newman is wooing Oscar, according to Newsweek magazine.

"He's a willing participant in this campaign, no matter what he says about hating awards," a studio executive said. Newman has never won

Quote of the day

Wayne Newton told David Hartman on Monday's "Good Morning America" how bad publicity dragging his name into a Mafia investigation has hurt him and his family: "From a negative standpoint, it has been awfully hard — not only on myself but particularly for my family. My daughter goes to school. She's 6 years old. We've had situations where women in school take votes whether or not their children should play with mine. I've had people walk up to me and say, 'You're this or you're that.' That's difficult, very, very difficult."

Briefs

United Press International
ITHACA, N.Y. — Barring major crop disasters, consumers can expect no more than an average increase in food costs this year, says consumer educator Josephine Swanson.

"Food prices in 1982 showed the smallest annual gain since 1976," Swanson told a recent economic training school for agents of Cornell Cooperative Extension. Prices may increase even less in 1983, she said.

She said the USDA has predicted retail food price gains of 3 percent to 6 percent, with an average of 4 percent, but above average increases for pork, prepared foods, nonalcoholic beverages, sugar and sweets.

Swanson said the main reasons for price stability are depressed farm prices, abundant harvests and supplies, a low inflation rate and a slow increase in labor costs.

United Press International
COLUMBIA, S.C. — Chicken was ranked among the five top taste trends among foodservice customers and operators in a recent survey.

The second annual study by Restaurants and Institutions magazine found 22 percent of the respondents ate more chicken in 1982 than in the previous year, according to an article in a National Broiler Council newsletter.

More than 63 percent of foodservice operators ranked chicken as one of their top good sellers for 1982.

About 20 percent of the broiler-fryer production in the United States goes to fast food restaurants. That added up to about 12 million pounds last year on a ready-to-cook basis.

United Press International
CHICAGO — Croquet and windmills were among Americans' top concerns in 1982.

Virginia Stenberg, head of Encyclopaedia Britannica's Library Research Center, bases her comments on 140,000 questions received during the year.

The queries often indicate new trends just starting, Stenberg says.

She credits nostalgia and growing popularity among college students for reviving interest in the lawn game that was a national craze 50 years ago. They are often the first to start trends, she adds.

She thinks the windmill questions have a more practical basis — a search for cheaper energy sources.

United Press International
NEW YORK — Babies reared by their fathers while the mothers work develop faster than the norm.

Yale University child psychiatrist Kyle Pruett, who tested 17 such infants, found they scored way above norms on standardized development tests. His findings are reported in the January issue of Psychology Today.

Pruett says the babies were distinguished by the amount of love and attention they got from both parents. Unlike many working fathers, working mothers developed close attachments to their babies.

Most breast-fed the infants, often at great inconvenience to themselves, Pruett says.

United Press International
NEW YORK — American readers apparently are fascinated by the lives of exceptional women.

Six of 10 titles on a recent list of best-selling paperback biographies and autobiographies concerned unique women who display strength and independence, triumphing over problems that range from incest to child abuse and drug addiction.

Women whose life stories made the list of the Association of American Publishers and the American Booksellers Association are Joan Crawford, Gloria Vanderbilt, television producer Barbara Gordon, Ingrid Bergman, artist Georgia O'Keeffe and Katherine Brady. Brady's "Father's Days" is her account of a 10-year incestuous relationship with her father.

United Press International
PUEBLO, Colo. — Are you confused by all you hear about the dangers of too much sodium consumption?

A free pamphlet from the federal government's Consumer Information Center can help.

"Sodium" describes sources of the chemical, gives the sodium content of a wide variety of foods, and tells what you can do to keep your sodium intake at a healthful level. The pamphlet unfolds to a 12 by 18½ inch poster that would make an attractive wall decoration for the kitchen.

United Press International
MOSCOW — To the list of pressing issues in the Soviet Union such as nuclear disarmament and trade sanctions add a crusty problem — bread.

The Communist Party newspaper Pravda devoted a full page Monday to the issue of the thrifty use of bread, including discussion of why loaves are sold without protective packing.

Fedor Kolomiets, first deputy minister for the food industry, said the Soviet chemical, timber and paper industries could not supply adequate packing materials.

Besides, he said, bread wrapped in plastic loses its flavor more quickly than bare loaves.

United Press International
A Soviet satellite high above Earth zeroes in on an American space vehicle. It comes within 50 yards, hovers momentarily, and suddenly explodes, sending hundreds of pieces of shrapnel through the U.S. vehicle.

The chances of such a disaster are increasing, some say, because of the U.S. and Soviet emphasis on military space technology. Advocates of increased spending claim that our falling behind the Soviets heightens our vulnerability.

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