

Heart Association reports kids should eat less salt

United Press International
DALLAS — The American Heart Association recommends children begin a lifelong pattern of healthy eating by sharply reducing their consumption of salt and cholesterol, especially from high fat-foods like meats and dairy products.

The guidelines, released Monday in a document called "Diet In The Healthy Child," note that most children do have good dietary habits, but these degenerate as they reach adulthood and make them more prone to heart attacks and vascular disease.

"The goal is to try to prevent the rise in cholesterol levels in children by developing an eating pattern in childhood which will make it possible to keep levels down later in life," the booklet said.

The guidelines also contained a "strong recommendation that children limit their intake of salt by cutting down on

highly salted processed foods and sodium-containing condiments and not adding salt to foods."

On cholesterol, the statement recommended no more than 300 milligrams of cholesterol per day, with a fat ratio of approximately 10:10:10 — that is, 10 percent saturated fats, about 10 percent monounsaturated and less than 10 percent polyunsaturated.

Although cholesterol consumption levels vary by race and culture, recent federal studies reveal a rapid change as white boys grow into adults — from 391 milligrams at age 10 to 505 milligrams at age 19.

Existing evidence indicates that atherosclerosis (a degenerative disease of the arteries that can lead to hardened or blocked blood passages) begins in the childhood years, the Heart Association said. Artery disease is a major cause of heart attack.

"Cholesterol is transported in

the bloodstream in fat-rich molecules called lipoproteins. (It) appears to be harmful to the body," the report said.

A healthy diet should emphasize fresh fruits and vegetables, complex carbohydrates and high quality protein such as dairy products and lean cuts of meat, fish and chicken. The Heart Association noted that many low-fat dairy products are available.

The group said egg yolks "contain a concentrated amount of cholesterol and should be limited."

Daily caloric intake should be based on growth rate, activity level and amount and content of fat on the child's body, the Heart Association said.

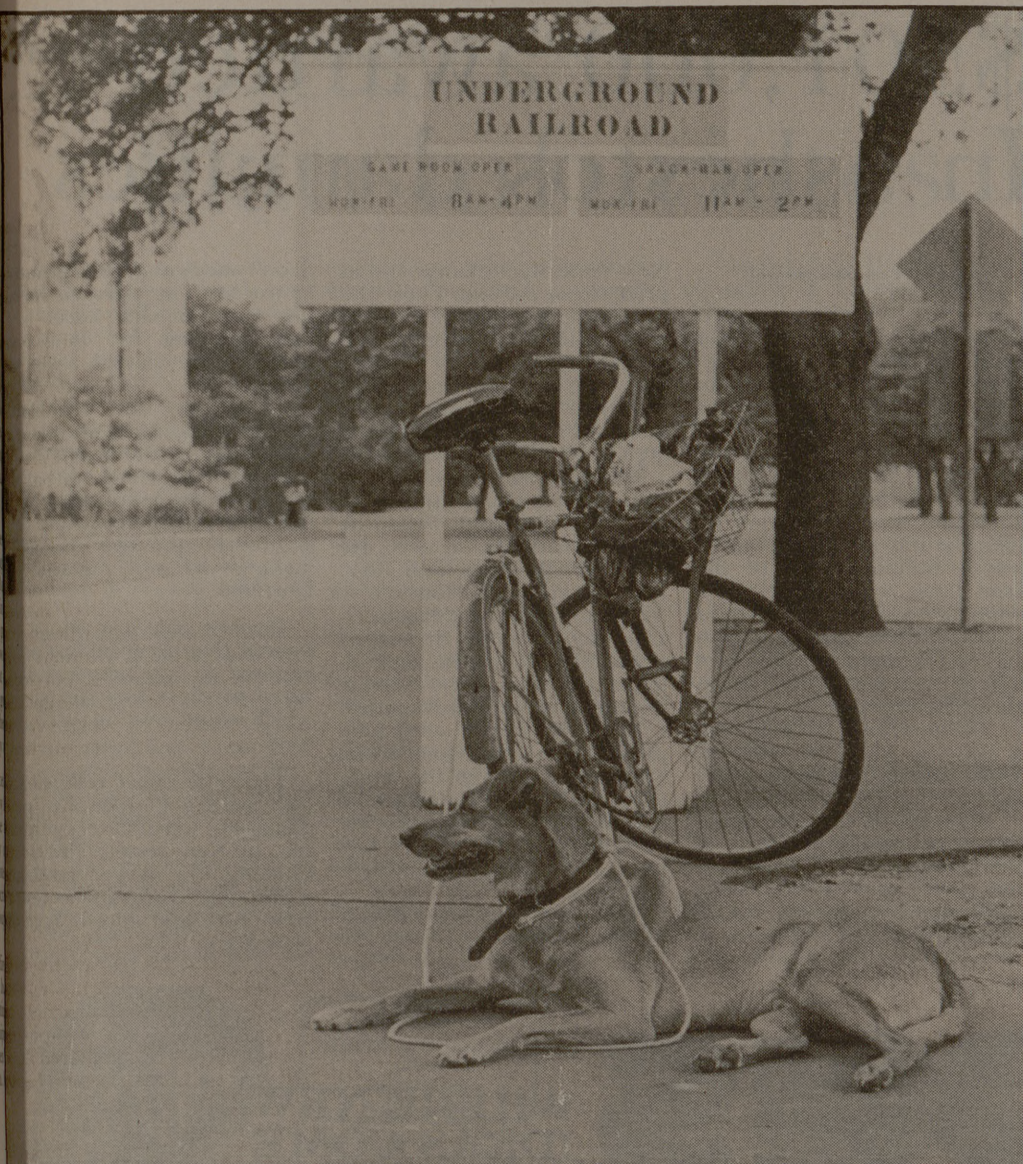
Generally, however, a child's daily intake of calories should be divided in this manner: 15 percent from protein, 55 percent from complex carbohydrates such as beans, cereals and grains, and 30 percent from fat.

Any family's diet should be nutritionally adequate in vitamins and minerals and consist of a variety of foods, the group said. In New York, the American Council on Science and

Health, a consumer-education group, said it saw no harm in reducing the calorie and sodium content of the diets of some children. But a statement added, "We have serious reservations about the recommendations of the American Heart Association task force."

It said the recommendations "are based on speculative and controversial results in the area of diet and prevention of heart disease. The recommendations

may lead parents to eliminate highly nutritious foods (particularly eggs, whole milk and meat products) from the diets of children."



Anticipation

staff photo by Eric Evan Lee

It's a dog's life having to wait around on people all this time, and this dog is no exception. Expecting her owner Tues-

day, she checked out everyone leaving the Underground Railroad snack bar.

2 killed, 7 injured in Juarez wrecks

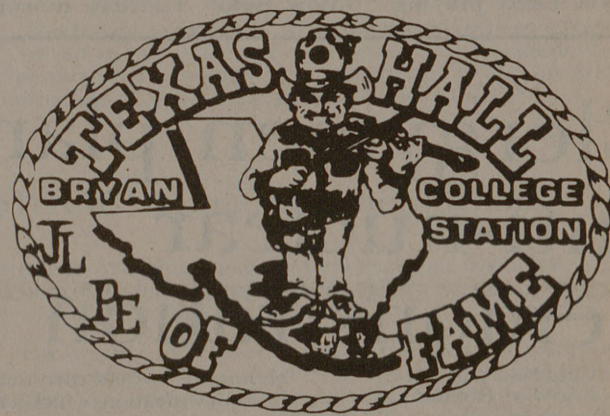
United Press International
JUAREZ, Mexico — Two accidents killed three people and injured seven others Sunday night, Juarez state judicial police said Monday.

Police said Cesar Falcon Aranda, 10, Joaquin Bernal Rodarte, 11, and an unidentified woman in her late 30s were killed instantly when a drunken driver lost control of his vehicle and ran into the taco stand where they were eating. In cri-

tical condition from that accident was Ramiro Falcon, 35. Also injured were Imelda Falcon Aranda, 11, and Jose Atila Bernal Rodarte, 14.

The driver, Pablo Salas Olvera, was charged with driving while intoxicated and negligent homicide, police said.

In the early morning hours Monday, a hit-and-run driver drove a car into the bedroom of a home, injuring Teresa Aragon, 24, and her children, aged 8, 6, and 4.



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Boy, 3, shot to death

United Press International
CONROE — Montgomery county authorities say an 8-year-old boy, 8, accidentally shot and killed his brother, 3, last weekend.

Sheriff's spokesman Ed DeForest says the boys and their mother, Paula Hernandez, were visiting the home of a friend.

DeForest says Vincent Reyes, 8, was playing with his brother, Juan Hernandez, when Vincent somehow got a pistol.

After the gun discharged and Juan was wounded in the head, he was taken to a Houston hospital where he died.

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