

State and Local

A&M nutritionist criticizes calcium substitutes

By Ross Elkins
Reporter

Calcium supplements may not be the answer to the calcium deficiencies of many Americans, an A&M nutritionist says.

"It would be more helpful to the public if it got its calcium through its diet," Dymple Cooksey, a nutritionist with the Texas Agriculture Extension Service, says.

A myth exists that pills can give the proper calcium needed in one's diet, Cooksey says. Although some supplements such as calcium carbonate, calcium lactate and calcium gluconate can assist in the proper calcium intake, some supplements can be harmful, she says.

The calcium supplement bone meal dolomite may be contaminated with toxic metals such as arsenic, mercury, lead and cadmium, which could lead to serious consequences ranging from illness to death.

A further drawback is that these supplements are not better absorbed, as claimed, than other forms of calcium, she says.

The best sources of calcium are milk and other dairy products.

Expert: Children lose on calcium intake by drinking juices

By Susan Miller
Reporter

Remember when mom sent you to school with a sack lunch and milk money? "You need your calcium," she said. Now, however, calcium-rich milk is being replaced in traditional school lunches.

The introduction of fruit juices packaged in individual servings means children no longer have to buy milk with their lunches, but the juice lacks needed calcium.

"Even if mothers are sending money for milk to school with their children, the kids usually find something else to spend it on," says Carol B. Suter, an extension nutrition specialist with

the Texas A&M Expanded Nutrition Program.

The reduction of calcium in the diets of children and teen-agers mirrors society as a whole, Suter says.

The United States Department of Agriculture's Nationwide Food Consumption Survey (1980) shows that 42 percent of females over 11 and 35 percent of males consume less than 70 percent of the recommended dietary allowance of calcium.

According to the Food and Nutrition Board, calcium is essential in pre-teen and teen-age years.

During this time, 45 percent of the adult skeletal mass is formed.

Suter says young females have the greatest amount of risk for

calcium deficiency. HANES data shows that after the age of 15, more than half of the females in the United States have calcium intakes below the RDA requirements.

Although females have a higher risk of calcium deficiency, about 50 percent between 11 and 18 are consuming the RDA requirements.

This compares with the 25 percent of males who are receiving the RDA requirements in the same age group.

The RDA of calcium for children from ages one to 10 is 800 milligrams. Adolescents from ages 14 to 18 require 1200 milligrams a day.

If children and teen-agers are

not getting enough calcium at school, parents can make up for this loss at other meals, Suter says.

Ice cream, powdered milk, cheese, milk shakes, yogurt, broccoli and mustard greens are some foods that contain good sources of calcium, she says.

"It is a good idea to check with your physician before giving your child calcium supplements, but they are better than having no calcium at all," Suter says.

According to a study by the National Institute of Health in 1984, the daily intake of calcium in the United States is 400 to 500 milligrams per day, far short of the 800 milligrams required.

However, the most alarming statistic involves the lack of calcium teens are receiving. The recommended daily amount for a person 11 to 18 years old is 1200 mg. The average intake is about 450 mg to 550 mg, well below NIH panel recommendations.

"Osteoporosis — literally 'porous bone' — is a disease that is affecting six million older people in the United States alone," an osteoporosis article in "Forecast For Home Economics" says. Leslie Weiner, the author of the article, says osteoporosis is the twelfth leading cause of death in the nation.

Osteoporosis occurs when the calcium level in the blood is depleted and withdraws calcium from bones to renew the level, the article says.

"Over time, if more calcium is removed, the bones will become more porous, thin and fragile," Weiner says.

The best treatment of osteoporosis is prevention — a process which should start early in life, Cooksey says. Cooksey adds that a proper diet can help a person to avoid the need for supplements at an older age.

Because adolescence is a time of rapid bone growth, a poor diet at this point might increase one's chances of developing the disease later in life, Weiner says.

Opponents launch campaign against racing proposal

AUSTIN (AP) — Opponents of legalizing horse- and dog-race gambling Tuesday launched their campaign against the racing proposal on the Nov. 3 Texas ballot by saying the sports bring sharp increases in animal cruelty.

"For every multimillion-dollar racehorse like Secretariat, who makes an enormous amount of money for his owner and is often royally treated for the rest of his life, there are thousands of cheaper horses that endure a miserable existence and even die on the race track," Ann Koros said.

Koros, of the Texas Humane Information Network, charged that racing dogs also suffer abuses.

"Very few greyhounds live to the age of four, since even dogs that race successfully

are destroyed to save feed costs when they stop earning money," she said.

Koros spoke at a news conference sponsored by Texans Who Care, a coalition leading opposition to the ballot referendum that would legalize parimutuel wagering in Texas for the first time in half a century.

Sue Cox, campaign director for the group, said opponents this autumn will attack the proposal on many fronts, including the increase in crime she said accompanies legalized gambling and the additions to betting that some gamblers develop. She said the group hopes to raise \$500,000 for its campaign.

"Business people, law enforcement officials, animal rights advocates, those who care about regressive policies and religious leaders have all come together to urge Tex-

ans to reject legalized parimutuel gambling on dog and horse races," Cox said.

"We feel confident that when Texas voters compare these facts with the myths of parimutuel gambling, they will reject legalized racetrack gambling on dog and horse racing," she added.

Nick Kralj, president of the Greyhound Racing Association of Texas, said charges of animal cruelty are unfounded.

"It's a rather desperate tactic by some people," Kralj said. "That (animal abuse) is not going to happen in Texas and it's not happening in Texas" where large numbers of greyhounds currently are bred.

Koros said a survey of racehorse veterinarians by the American Association of Equine Practitioners found that 60 percent

to 90 percent of horses on racetracks are "significantly lame."

Some horses are forced to race at too young an age and many track surfaces are so hard that horses suffer injuries, she said.

"The use of super painkilling drugs means that many horses, forced to run with injuries, simply collapse during the race with broken or shattered legs," she said. "Over 2,000 horses each year are maimed and killed in these on-track breakdowns."

Dog racing, too, is dangerous for animals, Koros said.

"Greyhound racing requires that dogs be bred in large quantities in the hopes of producing a few good runners," she said. "Therefore, 30,000 to 50,000 greyhounds are killed every year by their owners because they can't run fast enough to win."

"Over 90 percent of greyhound trainers believe the live lure is necessary in order for the dogs to develop a lust for blood and become successful racers. So, most trainers use live lure — usually rabbits, sometimes kittens — teaching the dogs to catch living bait and rip it to shreds."

Kralj disputed that, saying both the state and national greyhound associations had outlawed the use of live lures.

"They train with mechanical lures," he said. "It's a phony issue."

Backers of pari-mutuel wagering say it will be a substantial source of non-tax revenue for state government as well as provide a form of entertainment that polls indicate Texans want.

"Our polls show 69 percent to 70 percent of people want it," Kralj said.

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2.02	15,000	1275	695	.60	2300
2.01	12,000	1300	650	.55	1600
1.83	5800	1300	650	.55	1700
1.55	4500	1300	650	.55	1700
1.26	6100	1350	670	.52	1300
1.17	4900	985	470	.45	1400
1.16	2700	850	540	.37	675
1.10	2600	750	375	.31	350
1.08	4400	850	540		245
1.08	3600	750	375		
1.06	3800	750	375		
1.02	4500	325	165		
1.02	5100	220	110		
1.00	6900	140	63		
1.00	3800	75	38		
1.00	2700	70	35		
.96	3500	30	14.95	1.52	\$980
.87	1750	22	10.95	.71	2700
.84	2600			.46	2800
.80	1950				675
.80	2300				
.78	1875				
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.75	2500				
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