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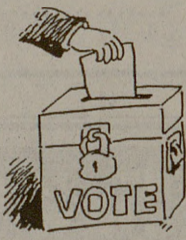
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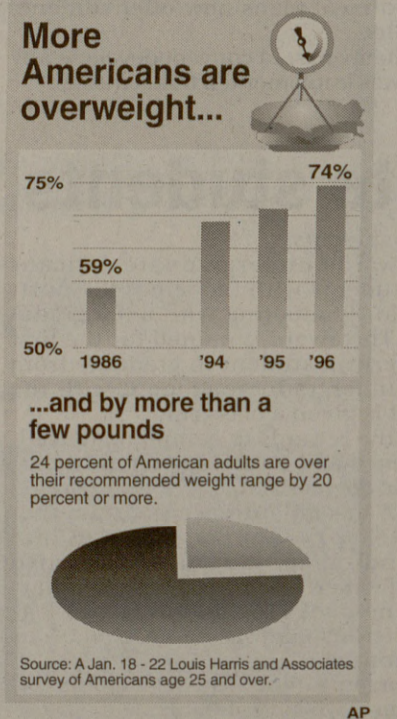
# Guidelines help to reduce fat

DALLAS (AP) — So you didn't eat your vegetables yesterday and you really overdid it with the double-chocolate cake. Don't torture yourself with guilt. Just try to do better in the next few days.

That recommendation comes from the American Heart Association, which has issued reduced-guilt guidelines aimed at getting people to eat right over several days or a week, instead of obsessing over every day or every meal.

The guidelines don't change the recommended maximum levels of calories, fat and cholesterol in people's overall diet.

But for the first time, the guidelines cut people a little slack, allowing them to be gluttonous one day, if they eat less the rest of the week.



The guidelines cut people a little slack, allowing them to be gluttonous one day, if they eat less the rest of the week.

"This fits the theme of consuming a variety of foods and reducing guilt from eating something 'bad' now and then," said Dr. Ronald Krauss, chairman of a committee that developed the revamped guidelines.

"It's fairly clear now that the changes we associate with heart disease risk do represent more of a long-term trend rather than changes that occur with any given meal."

These are the first changes since 1988 in the heart association guidelines, which were first published in 1961.

In the past, the association recommended daily levels for such things as calories and fat, without suggesting that the lev-

els could be a daily average over a week's time. The change was made to alleviate frustration among people who felt meeting the guidelines every day was unrealistic.

Bernadette Latson, a dietitian at the University of Texas Southwestern Medical Center at Dallas, said the idea of meeting nutritional goals over a week's time is already advanced by many dietitians.

"Getting an overall balance is what's really important," she said. Robert Ricci, 28, a sales engineer in Dallas, said he figured that out for himself. Ricci usually eats a low-fat, high-fiber diet heavy on foods like raisin bran and baked potatoes.

"If I go to the El Fenix restaurant and get the Wednesday special, which is very good but very bad-cheese enchiladas — it's all right once in a while," said Ricci, who was eating a fat-free brownie after a chicken sandwich for lunch Monday.

The guidelines, developed by the heart association's nutrition committee, were published in Monday's issue of the association's journal *Circulation*.

The overall goal remains reducing the risk of heart disease with a new focus on obesity whose growing incidence has led researchers.

Krauss said the public appears to have gotten the message, but not the message of maintaining healthy weight. A study taken in January by Louis Harris and Associates indicated that 71 percent a year ago and 71 percent 10 years ago. The updated guidelines recommend that people eat foods high in sugar and daily sodium intake to 6 grams, the equivalent of about a spoon of table salt. That's down from about 1 1/2 teaspoons. New on the list is the recommendation of 25 to 30 grams of fiber per day from foods, not added supplements.

**"Getting an overall balance is what's really important."**

Bernadette Latson  
Dietitian, University of Texas Medical Center

**Smed. and Headlin**



Ross Hecox  
Playball Notebook

# Military logs track Gulf War Syndrome

BIRMINGHAM, Ala. (AP) — U.S. commanders sheltered themselves behind special filters while instructing troops to disregard reports of a toxic cloud during the Persian Gulf War, according to newly declassified military logs.

In the logs, obtained by The Birmingham News, a military officer responded to incoming reports of toxic clouds: "Predictably, this has become — is going to become a problem."

After U.S. commanders later sealed their facilities with airlocks and switched to chemical warfare filters for ventilation, they told troops to ignore Czech reports of low-level nerve agents: "Told them to disregard any reports coming from Czechs," the logs say.

The release of the documents follows the Pentagon's announcement Sept. 18 that it will notify at least 5,000 Gulf War veterans that they may have been exposed to nerve agents in the days after the end of the war in March 1991.

The logs were compiled for Gen. Norman Schwarzkopf at his headquarters in Riyadh, Saudi Arabia, to assess the threat of chemical weapons in the 1991 war against Iraq.

Jim Brown, who heads the advocacy group Gulfwatch, acquired the logs last year under the Freedom of Information Act and provided copies to the News. The newspaper published excerpts Sunday.

The logs turned over to Gulfwatch have omissions, including eight days in March 1991 when troops destroyed a cache of Iraqi chemical weapons. The Pentagon acknowledged earlier this month that U.S. troops were involved in destruction of that depot.

Gulfwatch has said the log omissions bolster its claim of a military cover-up of Gulf War Syndrome, an unexplained ailment many veterans claim they contracted during the war.

More than 20,000 veterans returned home suffering from ailments such as aching joints, fatigue and memory loss, according to Brown. Many believe their illnesses are linked to low-level exposure to chemical warfare agents released by destruction of Iraq's stockpiles of chemical weapons.

The logs include entries following the coalition bombing of Iraqi ammunition dumps.

The first sign of trouble came Jan. 19, 1991, two days after the air war began. An afternoon entry noted smoke billowing from bombed-out targets; a 10:46 p.m. entry said Czechoslovakian chemical warfare specialists detected non-lethal levels of poison mustard gas.

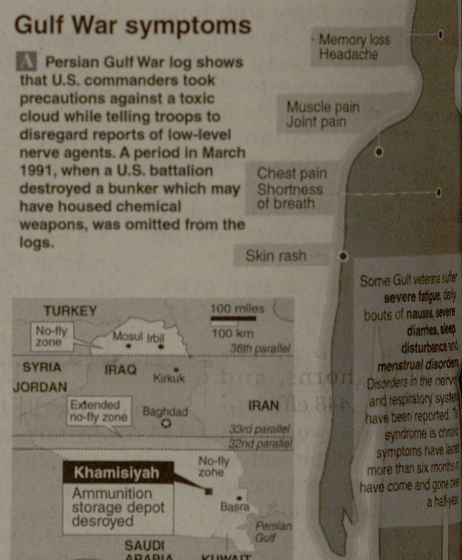
Both times, the log officer responded with disbelief. "Explained this was impossible," the evening entry reads.

The next day, the officer noted that Czech and French troops detected two types of nerve gas, the logs say.

After Iraqi troops launched a Scud missile attack, Central Command switched its ventilation over to chemical warfare filters and sealed its facilities with airlocks, the logs state. Later that day, French troops reported they again had detected chemical warfare agents.

The next day, Jan. 22, U.S. troops told commanders the Czech chemical warfare experts had made another detection, but Central Command decided U.S. troops should ignore the Czech detections.

**Gulf War symptoms**



- Memory loss
- Headache
- Muscle pain
- Joint pain
- Chest pain
- Shortness of breath
- Skin rash

Some Gulf veterans who served in the Persian Gulf War have reported symptoms such as chronic fatigue, depression, and menstrual disorders. Doctors in the military and respiratory system have been reported to have symptoms that have come and gone.

**Chemical protection gear of the Gulf**

- FIELD MASK (RESPIRATOR) — Protects face, eyes and respiratory tract. Air passes through various filter elements, removing chemical and biological agents.
- HOOD FOR MASK — Protects the head. Built-in rubber seal on the hood fabric repels vapors and droplets of chemical or biological agents.
- GLOVES — Protects hands and provides a seal for the suit.
- SUIT — Protects the body but restricts movement.
- CARRIER — Stores mask and accessories.
- BOOTS — Complete the total covering of the body.

Source: Jane's NBC Protection Equipment, Armed Forces Epidemiological Board, AP research.

# Contraceptive hormones might increase chance of getting AIDS

NEW YORK (AP) — Hormones used in injected and implanted contraceptives might make women more susceptible to getting infected with the AIDS virus during sex, a study of monkeys suggests.

Monkeys were given implants of progesterone, which resembles synthetic hormones used in the injected contraceptive Depo-Provera and the implanted contraceptive Norplant. Those monkeys became far more vulnerable to vaginal infection with the monkey AIDS virus than untreated monkeys were.

The Associated Press reported the results in May when they were present-

ed at a meeting of researchers. The study is now being published in the October issue of the journal *Nature Medicine*.

Robert Spirtas, chief of the contraceptive and reproductive evaluation branch of the National Institute of Child Health and Human Development, said last week that it's not clear whether the monkey results apply to women. Scientists are investigating that now, he said.

"We don't recommend that women change their contraceptive practices," he said.

Spirtas noted that hormone-based contraceptives don't offer protection against the AIDS virus as condoms

do. "If a woman knows or thinks she's in a situation ... she should protect herself," he said.

For the study, Dr. Preston Marx of the Diamond AIDS Research Center in New York and colleagues implanted progesterone in 18 female macaques. Then a low dose of the monkey version of the AIDS virus was placed in the animals' vaginas.

Fourteen of the 18 monkeys with the implants became infected, vs. only one of the monkeys without implants. The reason appeared to be that progesterone made vaginal walls thinner, making it easier for the virus to infect the body, researchers said.

Pharmacia & Upjohn Inc., which makes Depo-Provera, said more study will be needed to see what the findings mean for people. Wyeth-Ayerst Laboratories, maker of Norplant, said it would review the research.

Right side of the page contains text from other articles, including "Force in Senior middle" and "White has".

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