

NUTRITION

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tomers for offering a healthy menu. Most people can't believe that the food tastes so good and is so healthy.

"There are so many choices for healthy foods that you don't have to sacrifice taste," he said.

Businesses like CJ Pepper's could be taking the place of other restaurants for some consumers.

People aren't eating at McDonald's as much as they used to, Vishney said. Their market is shrinking.

To fill the demand for his food, Vishney is opening another restaurant on Alder Street, near the University. Students who drive out to West Eugene to buy healthy items complain about the distance so the University area is the logical place for a new store, he said.

But local restaurants are not alone in the trend.

Taco Time has also attempted to make healthy food available to its customers, said Rose Huck, marketing coordinator.

The restaurant offers veggie burritos made with whole wheat flour, beans, rice, sunflower seeds and vegetables — no meat. The veggie salad is also a healthy item, Huck said.

The corporation hired a chef whose job it is to come up with products that "appeal to not only Joe Fast Food, but stay on the cutting edge of what attracts health conscious customers," she said.

However, Taco Time still offers the high-fat already existing on its menu.

"You have to please everybody," she said. "We make all of our food fresh everyday so it is

FAST FOOD FACTS

Menu items with the highest calories and fat content:

	CALORIES	FAT
Denny's: Denny burger	629	37.4
Roy Rogers: Cheeseburger	563	37
Arby's: Fish fillet	526	27
McDonald's: Quarter pounder w/cheese	510	28
Hardee's: Big deluxe	500	30
Rax: Deluxe roast beef	498	30
Wendy's: Big classic	480	23

NOTE: Fat content measured in grams
SOURCE: Fast Food Survival Guide from Wheat Foods Council

MATT GARTON/Emerald

easy to customize an order for a customer."

Olmos said to beware of misleading advertising from fast food chains who are marketing themselves as health conscious. The reality is they use sneaky little names to make people think it is a healthier item. Words like creamy and crispy are usually warning signs.

Typically, fast food restaurants have been high-fat and greasy. Consumers have to know the facts when they enter a restaurant so they can make smart choices, she said.

McDonald's restaurants introduced the McLean Delux in 1991 to give health-conscious eaters something to order. It is a 91 percent beef patty with 12 grams of fat. Compare that amount to the Big Mac, which has 26 grams of fat.

Around the same time, they introduced the McGrilled Chicken Classic with 12 grams of fat

and the Chunky Chicken salad.

"We wanted to have something that appealed to customers," Webb-Dunn said. "They were saying they wanted a choice."

A person looking for a healthy alternative to a Big Mac might go into McDonald's and order a Chef Salad, which has 11 grams of fat or a Chunky Chicken Salad, with 5 grams of fat. The dressing is the part that could be high in fat. One packet of Ranch dressing has 21 grams of fat while a packet of 1000 Island has 13 grams of fat. The healthy alternative would be the Lite Vinaigrette dressing.

"We have a lot of things to appeal to all of our customers," Webb-Dunn said.

More healthy choices are coming from most restaurants. Consumers are becoming more aware and things will continue to change, Olmos said.

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QUAKE

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tour the crushed city.

They walked through the city, despite the danger of the aftershocks and fires. Law enforcement officials hadn't cordoned off any buildings or roads.

She was struck by one site where bottles and cans of juice and pop were scattered on the ground. Even though there was no running water in the city, nobody dared pick up the bottles. Even that would be considered looting.

"There's no looting. People would leave their stuff on the sidewalk and nobody would touch it," she said.

"House after house was done, endless rubble," she said. "It was really sad. What we were

looking at were houses with unrescued bodies.

"I can't help but feel very sad," she said. "It's hard to describe the feeling. I've never been in the army, but I'm sure war feels like this."

She said the people in Kobe were not prepared because they honestly believed an earthquake would not happen there. They knew earthquakes frequently struck Japan but they always hit somewhere else.

"They believed they were safe. They were pretty ill-prepared," she said. "They were like Oregon, they were immune. It's not a seismic concept, it's a popular concept."

Palm will return to Kobe in mid-February with a research assistant to survey the city and response to the devastation.

■ CORRECTION

The Jan. 31 *Emerald* erroneously reported that electronically taught journalism classes are taped at the IMC in the Knight Library.

The classes are actually carried live to locations around Oregon.

In the same graphic it was reported that the classes are being transmitted via satellite to Southern Oregon State College where it should have read Eastern Oregon State College, and Central Oregon State College where it should have read Central Oregon Community College.

The *Emerald* regrets these errors.

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