

Kids' Nutrition Q & A

Q: My 14-year-old daughter says she's too fat and wants to diet. I think she looks fine. What should I do?

A: It's not uncommon for teenage girls to become body-conscious, says nutritionist Dr. Debby Demory-Luce of the USDA's Children's Nutrition Research Center. First, your daughter should have a medical professional assess whether she is actually overweight.

Unfortunately, normal weight adolescent girls can develop unrealistic ideas of how their bodies should look, which can lead to dissatisfaction. If this is the case, helping your daughter build self-confidence and a positive self-image will do the most for her happiness, health and personal development.

Even if your daughter is overweight, weight loss diets are gener-

ally not for growing children unless they are carefully supervised by a health care professional. Unsupervised dieting can jeopardize a child's intake of calories, vitamins, minerals, and other nutrients needed for proper development.

Instead of dieting, it would be better for your daughter to focus on the other half of the energy equation—physical activity. Regular exercise not only helps burn calories, but can also improve your daughter's sense of well-being.

Parents can also help teens by being good role models. Children are more likely to eat right and exercise regularly if their parents do, too.

Q: I had mastitis about 5 times when I was breastfeeding. I weaned my daughter a month ago, but I still have a lump under my arm. Should I

be concerned?

A: You should see your doctor about this. Mastitis is an inflammation of the breast tissue which, although most common in breastfeeding women, may occur in women of any age, says Dr. Judy Hopkinson, lactation physiologist at the USDA's Children's Nutrition Research Center.

Mastitis is usually caused by germs entering the breast through a crack or abrasion in the nipple. Swelling caused by mastitis generally resolves when the inflammation clears. Repeated episodes of mastitis in the same area might indicate that something is obstructing the flow of milk. This could be a cyst or possibly a tumor.

Although not common, breast cancer can and does occur in breast-

feeding women. Suspicious symptoms include repeated mastitis in the same breast coupled with resistance to antibiotic therapy.

All women are advised to continue regular monthly breast self-examination—even when breastfeeding.

Q: I am confused over the labeling terms fat-free, reduced-fat, low-fat, and lite. Do these foods have fewer calories?

A: Not necessarily, says nutritionist Dr. Debby Demory-Luce at the USDA's Children's Nutrition Research Center. While fat calories may be reduced, additional carbohydrate-based substances are often added to these foods for flavor and texture. If your goal is weight loss, experts agree that it's total calories eaten that count, not just fat grams.

This doesn't mean that controlling fat intake isn't important. Reducing fat to no more than 30 percent of total calories is an important step in preventing some serious diseases, including stroke and heart disease.

The FDA has standardizing fat content-related terms used on food labels to help consumers make informed choices.

Here's the skinny on fat terms:

Label Term	Means the food contains...
Fat-free	Less than one-half gram of fat per serving
Low-fat	Three grams of fat or less per serving
Reduced-fat	At least 25 percent less fat per serving than the original food
Lite	At least 50 percent less fat per serving than the original food

It's important to remember that while low-fat and fat-free foods contain very small amounts of fat, they might still contain a significant number of calories. Reduced-fat and lite foods, while containing less fat than the original food, are still likely to pack significant amounts of fat and calories. So, it's a good idea to also check the label for total fat grams and calories per serving.

Send your nutrition questions via U.S. mail to:

Kids' Nutrition Q & A, USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine, 1100 Bates Street, Houston, TX 77030; or via E-mail to: curec@bem.tmc.edu. Although individual responses are not possible, questions of general interest will be answered in this column.

Lou Myers

Lou Myers who has been seen in such movies as *How Stella Got Her Groove Back*, *Bulworth*, *Tin Cup*, *Cobb*, *Volcano*, *Everything's Jake*, *The Stand In*, and *Goodbye Lover* was best known as the irascible restaurant owner on the hit television series "A Different World".

Lou has come a long way from the mountains of West Virginia. Struggling all alone he managed to finish college and attend graduate school at New York University, before making it to Broadway in "The Piano Lesson," "Ma Rainey's Black Bottom," and "the first Breeze of Summer."

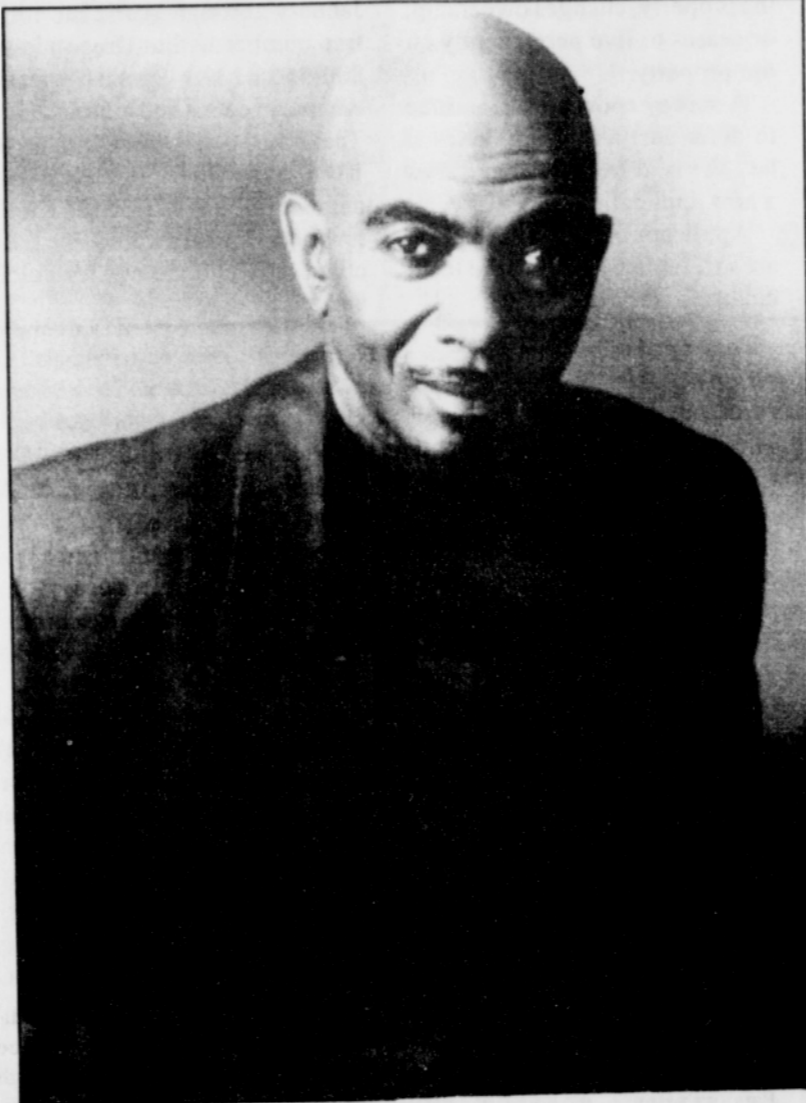
He was founder and director of the "Tshaka Ensemble Players," which toured in the acclaimed play, "Shakespeare's Julius Caesar," set in Africa.

He served as the griot

and dancer for several dance companies such as the Dinizula Dancers, Drummers and Singers. He began singing Jazz and Blues with the touring company of "Negro Music in Vogue."

His Cabaret show has been acclaimed in Berlin, Paris, Hong Kong, Tokyo, and New York, as well as Los Angeles at the Roosevelt Hotel. He has toured Colleges, Universities, Hospitals, Jails, Schools, and Senior Citizen's Centers before performing such shows as "Do Lord Remember Me", Off Broadway.

His Other Television credits include: *The Cosby Show*, *Touched By An Angel*, *Jag*, *The Sentinel*, *Bag Dad Café*, *The Sinbad Show*, *Living Single*, *Thea*, *The Jamie Fox Show*, *Mama Flores Family*, and *Riot*.



As he reports on South Africa's remarkable Efforts

Efforts to overcome the bitter legacy of apartheid, journalist Bill Moyers discusses the goal of the Truth and Reconciliation Commission with its chairman, Archbishop Desmond Tutu, in **FACING THE TRUTH WITH BILL MOYERS**, premiering **March 30, 1999 at 9 p.m. (ET)** on PBS (check local listings). In this two hour documentary, presented by Thirteen/WNET in New York, Moyers speaks with apartheid victims and looks at how South Africans are trying to heal the wounds of the recent past as they look to a more hopeful future for their society. (Photo credit: Karina Turok.)



Alberta Streetscape Workshop

Recitalizing a Streey *
Rebuilding a Community *
Realizing a Dream

STREETSCAPE WORKSHOP
What Should Alberta Street Look Like?

Come to the next Alberta Streetscape Project workshop and tell us what you think Alberta Street should look like in the future.

We'll be reviewing design options for the street that will show proposed elements, such as crosswalks, curb extensions, street trees, lighting and transit stop improvements for the Tri-Met line #72 conversion to low-floor buses.

The design options are based on the comments and concerns from the first workshop, the project advisory committee, focus groups and interviews with community members.

Tell Us What You Think

All of the proposed improvements have benefits for the street as well as some impacts or trade-offs.

We need your opinion to make decisions about the type and location of improvements that will be included in the draft streetscape plan.

Streetscape Workshop

Saturday, February 20, 1999
4:00 am - 12:00 noon
St. Andrew Community Center Gym
4940 NE 8th Avenue
Take Tri-Met Line #72, #6 or #8 to the meeting

For more information, call Lynn Weigand, Project Manager, at 823-4325 or e-mail your request to pedprogram@trans.ci.portland.or.us

If you have a disability and would like accommodations at the meeting, please call 823-7211/TDD 823-6868 at least two business days before the workshop.

Classes OFFERED IN Graphic Design @ University Park

Classes consist of

- newspaper layout
- magazine composition
- image manipulation
- ad design
- illustration

Classes begin February 25th @ 6:30 p.m.
University Park Community Center
9009 N Foss, Portland OR 97203 or call 503-823-3631
for more information. Class fee will be \$15.



AFRICAN AMERICAN MEN'S CLUB, INC.

(A Non-Profit Organization)

It's Just A Dance, Dance

Saturday, February 27, 1999
Billy Webb Lodge
6 North Tillamook St.

9PM - Until
Donation: \$7 (pay at the door)

Music: Disc Jockey
Food and Fun will be provided
Raffle: 4 prizes: Ticket: \$1



1999

TRI-MET NEWS

Help plan Tri-Met's future

■ Public comment welcomed on how to expand it

Tri-Met is hosting a series of open houses around the region so the community can help the agency make choices on how best to expand the transit system. The public is invited to comment on the proposed three-year plan, as well as on ways to pay for the new service. Tri-Met will incorporate public suggestions into the service expansion package expected to be presented to the Board of Directors in late March. If the Board approves the plan, service improvements could begin in September, 1999.

Open house schedule:

Tigard
Feb. 22, 7-9 PM
Tigard Senior High School Lecture Hall
9000 SW Durham Road

Milwaukie
Feb. 23, 7-9 PM
St. John's Episcopal Church Parish Hall
2036 SE Jefferson

NE Portland
Feb. 25, 7-9 PM
Northeast Workforce Training Center
5600 NE 42nd, Building 2, Room 112

Downtown Portland
March 1, 5-7 PM
Portland Building, Room C
1120 SW Fifth Avenue

SW Portland
March 2, 7-9 PM
Garden Home Recreation Center, Room B
7475 SW Oleson Road

Gresham
March 3, 7-9 PM
Gresham City Hall Council Chambers
1333 NW Eastman Parkway

Comments are also welcomed by contacting 238-5806, 238-5811 TTY, 238-6469 fax, www.tri-met.org or mail to Tri-Met Service Planning, 4012 SE 17th Ave., Portland, OR 97202.



How we get there matters.

TTY 238-5811 • www.tri-met.org