



# Health

## High-fiber, low-fat food habits mean better nutrition for teens

CONTRIBUTED STORY  
FOR THE PORTLAND OBSERVER

Few teens have eating habits that mirror U.S. dietary recommendation for fat and fiber. But those who do have more nutrition's diets overall, according to research in February on-line of the Journal of Pediatrics.

"Teen whose diets were rich in fiber and low in total fat consumed more vitamins and minerals and less total cholesterol and saturated fat than their peers," said Dr. Theresa Nicklas, a nutritionist with the USDA/ARS Children Nutrition Research Center at Baylor College of Medicine. The diet's nutritional advantage included more iron, zinc, calcium, folate, and vitamin C, niacin, thiamin, riboflavin, magnesium, phosphorus, and vitamins A, B, and B12.

To assess eating habits, hundreds of 15-year-old students were asked to recall what they had eaten in prior 24-hour. Reports from 319 teens fell into one of four eating patterns, high-fat/high-fiber, high-fat/low-fiber, low-fat/low-fiber and low-fat/high-fiber. These were further analyzed for nutritional content.

Food reports classified "low-fat" met the U.S. dietary recommendation that fat provide no more than 30 percent of total daily energy, while "high-fat" diets had levels of 40 percent or more. "High-fiber" diets provided at least 20 grams of fiber and met the "age plus five" recommendation. The age plus 5 recommendation is five grams of fiber plus one gram per year of life through age 20. "Low fiber" diets contained 15 grams or less.

According to Nicklas, although the low-fat/high-fiber diets provided higher levels of nutrients, the energy level was about the same as those from most other groups.

"This eases concern that low-fat, high-fiber diets might be too low in energy for growing teens, and that those who choose this eating pattern are overly calorie conscious," said Nicklas, a Baylor professor of pediatrics. A low-fat, high-fiber diet is recommended for all Americans over the age of 2 to reduce cardiovascular disease and cancer risk. Individuals who met the dietary recommendations for fat and fiber eat more whole-grain breads and ready-to-eat cereals, fruit, salads, beans vegetables, smaller portions and leaner cuts of meat, skinless poultry, low-fat dairy products, and few fried and high-fat foods.

## PCC Community Fair will be fun and good for you

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Learn about your local community college the fun way. The Portland Community Fair, sponsored by the PCC Foundation, KPTV 12 and KXL, will offer something for everyone through a staggering Variety of exciting and educational activities. Community Fair is set to go from 10 AM to 5 PM on Saturday, April 15 at the PCC Rock Creek Campus, located at 17705 NW Springville Road, just off of 185th Ave. PCC faculty will be on hand to provide information to the public about the college's career and job opportunities.

It's a chance for the community to learn of the advantages of starting a four-year degree at PCC.

"Many families and kids are struggling to pay college tuition," said Jan Coulton, director of PCC Foundation. "Community Fair advisors will also counsel older adults who wish to return to school. We offer a perfect opportunity to gain transfer credits at a much lower cost. The event will be helpful to high school senior looking to train for job opportunities in such fields as auto collision repair, diesel services, aircraft or landscape technology. These fields represent just a fraction of the dozens of training programs available on PCC campuses."

The entertainment planned promises not to disappoint. There will be two performances of "Maiden Pearl" presented by the acclaimed Chinese Puppet Theatre the "Milagros Bailadores" presentation will explore Latin culture through dance.

Also featured will be some of the best local high school choirs and dance troupes around the area combined with PCC's Cascade Campus Jazz Trio performance.

For the young at heart there will be plenty of trucks and planes to explore, and a horse-drawn wagon to ride. Hillsboro Aviation plans a ping-pong ball drop from a helicopter with prizes for all, and the PCC cafeteria will serve food throughout the day amid clowns,

## Scholarship aims to increase African-American students' interest in health care

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The Kaiser Permanente African American Association is seeking applicants for four \$500 college scholarships to be given to high school seniors to study health care. The scholarships are to support African American students in Northwest Oregon and Southwest Washington who are interested in pursuing a career in health care.

"Part of Kaiser Permanente African-American Association's mission is community out-reach,"

says Carl Washington, co-chair of the Association and a medical technologist who coordinates the safety program for Kaiser Permanente laboratories. "We'd like to help increase the number of African-Americans in health care professions, where we've been traditionally underrepresented," says Washington. "So we'd like to offer financial help to students seeking careers in health care."

The scholarship program is open to African American high school seniors who have a grade point average at or above 3.0.

For information or an application, please call (503) 571-8446 or send an e-mail to carlton.washington2kp.org. Deadline for applying is 5 p.m. on Friday, April 21, 2000. The Kaiser Permanente African American Association provides a forum to encourage professional and personal growth, career development, opportunity, and enhancements in the work environment for African-Americans within Kaiser Permanente and to facilitate diversity initiatives within the organization.



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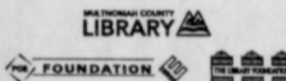
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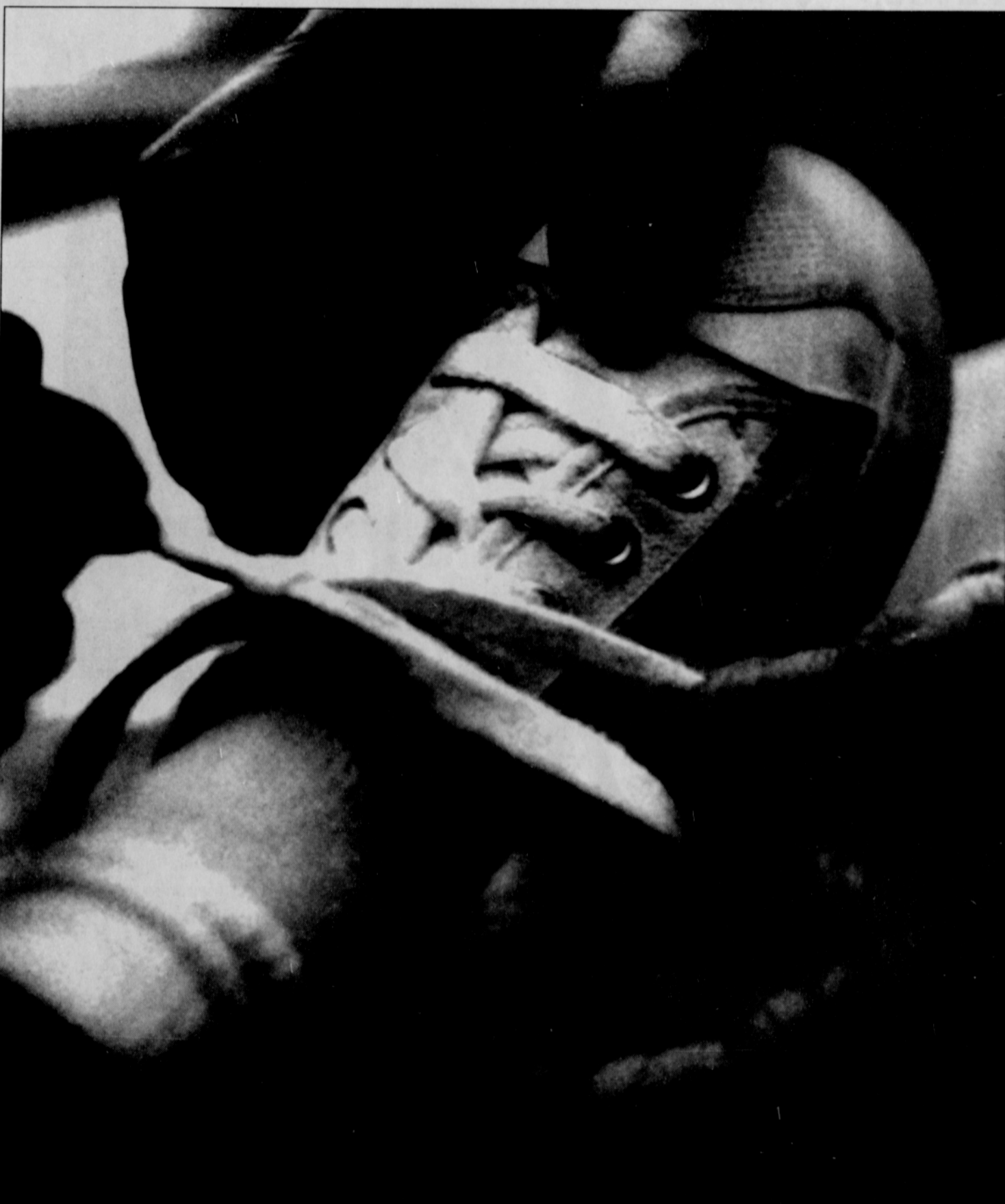
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