

# Why your diet requires fiber

Dear Joe:  
My husband and I (both retirees) have become very diet conscious now that we eat all three meals together. Would you please give us some practical suggestions on how to increase the fiber in our diet?  
Mrs. E.G., Michigan

Dear Mrs. G.:  
Becoming diet conscious at any age is a very good idea. Also, at your next medical checkup, you may want to consider asking your doctor for a referral to a nutritionist who will evaluate your diet professionally.  
The first step to increasing the fiber in your diet is to make sure you have fiber-containing foods on hand. Fiber, the component in food that is not broken down by the digestive tract, is abundant in bran, whole-grain breads, legumes, fruits and vegetables. Fiber has a laxative effect because it adds bulk and holds onto the water present in the intestinal tract, making the passage of waste products easier.  
For a listing of foods that are high in fiber, you can ask your local librarian for a book on the subject or simply purchase one from any bookstore. One that I recommend is "The Fiber Counter" by Corinne Netzer (Dell).

SOME PRACTICAL ways to increase the fiber in your daily diet are:

gerontology  
**A. Jolayne Farrell**

- Eat the skins of your potatoes, apples, plums and other fruits.
- Buy breads, muffins, bagels and pasta made of whole-grain, instead of refined white, flour.
- Bake bran, whole-wheat and oatmeal muffins in large batches. Freeze them in packages of two so they can be easily served (warmed in the microwave) for a high-fiber breakfast.
- Add bran (when cooking) to stews, poultry dressing, meat loaf and chili.
- Buy a shaker, like the ones used in pizza parlors for cheese, and fill it with bran. It can be kept on the table to shake on cereal, cottage cheese, etc.

Mrs. G., please keep in mind that when on a diet that is high in fiber, it is essential that at least six glasses of water are consumed in addition to any other fluids.

Readers can write to Jolayne Farrell at 11 Cynthia Crescent, Richmond Hill, Ontario L4E 1J3.

# GM employees top Torch goal

General Motors and its employees announced a contribution of more than \$9 million to the 1987 United Foundation Torch Drive.

Detroit-area GM employees contributed \$8,018,971 — more than \$1 million over GM's 1987 campaign goal of \$7 million.

This total included pledges of \$6.3 million from salaried employees and \$1.7 million from hourly employees.

These contributions will help support the 153 health and social service agencies serving the residents of 112 communities in the tri-county area.

The total Torch Drive goal this year was \$59 million.

This year's gift was announced at the United Foundation report meeting at the Westin Hotel by Roy S. Roberts, GM vice president in charge of the personnel administration and development staff and chairman of GM's metropolitan area Torch Drive, and Robert L. Walker, administrative assistant to Donald F. Ephlin, vice president of the UAW and director of the Union's GM Department.

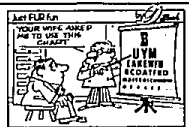
Congratulating GM employees for once again exceeding their goal, Roberts said, "I am particularly proud of this year's campaign results. Your commitment and gener-

osity allowed us not only to meet our goal but to exceed it by over \$1 million.

"It's people like you who make the words 'community support and involvement' a reality rather than just a phrase."

Roberts and Walker expressed appreciation for the campaign work of the unions and their Detroit-area locals.

In addition to the UAW, these unions include the Carpenters, Display Decorators and Painters Union; the International Die Sinkers Conference; the Pattern League of North America; the United Catering Restaurant, Bar and Hotel Workers; and the United Plant Guard Workers of America.



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