

Here's what you should know about protein

The following "Protein Primer" was excerpted from Nutrition Action to answer some frequently asked questions about one of the best known nutrients, protein:

Q. Why do people need protein?
A. Muscles, hair, antibodies, certain hormones, enzymes, the lining of intestines, skin and hemoglobin are just some of the body parts made of protein. Many of these must be replenished or replaced every day. Since the body cannot store extra protein, as it can fat or carbohydrates, a new supply is needed regularly.

Q. Don't people need more protein if they are under stress, exercise regularly, or are pregnant?
A. Exercise does not increase protein needs, with one minor exception. Weight-lifters may

use slightly more protein than usual to build new muscle. However, American weight-lifters already eat more than enough protein to cover muscle building needs.

The following conditions do call for a higher protein intake:
• Pregnant women require an additional 30 grams of protein per day. Breast-feeding women need 20 grams more than usual.

• People undergoing psychological strain (e.g., grief, fear, nervousness) or physical stress (e.g., surgery, infection, fever, burns) use more protein than usual.

• People who are unaccustomed to hot climates may lose extra protein if they sweat heavily.

• People who don't eat enough calories will



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burn protein for energy, creating a protein deficit. Dieters trying to prevent their bodies from losing lean body mass (protein), may eat a low-calorie diet with more of the calories derived from protein than usual. Such a diet prevents some of the loss of lean body mass.

However, the total protein loss is insignificant

unless one is consuming less than about 500 calories a day.

Q. Do vegetarians have to combine certain foods to get enough protein?

A. Many people believe that only meats contain "complete" proteins, forcing vegetarians to satisfy their protein needs by combining "incomplete" non-meat proteins with one another.

However, most American vegetarians consume eggs and dairy products as well as plant foods. Since egg and milk proteins are as "complete" as meat protein, lacto-ovo vegetarians have little to worry about when it comes to getting enough protein.

Q. Is there a danger of eating too much protein?

A. The body can't store excess protein, but it

can remove the nitrogen and convert the protein into fat. Furthermore, high-protein diets are often high in fat as well, increasing the risk of heart disease, stroke, and bowel, breast and prostate cancer. People tend to think of "protein foods" such as meat, milk, and eggs, as pure protein. In fact, at least half the calories in eggs, whole milk, cheese and most cuts of beef come from fat, not protein. Excess protein also inhibits the body's ability to absorb calcium, leading to osteoporosis.

"Protein Primer," Nutrition Action, October 1982

The Consumer Mailbag answers your questions. Address mail to the Consumer Mailbag, Concern Detroit, 1023 Shelby, Detroit, MI 48226.

medical briefs/helpline

• ANEURYSM SUPPORT

Dr. Andrew L. Marcus will be the guest speaker at the 7:30 p.m. Thursday, Sept. 12, meeting of the Cerebral Aneurysm Association Inc. (CAAI) — West Side Chapter in the auditorium of Garden City Osteopathic Hospital.

The hospital is at 6345 Lakeside Road, four blocks north of Ford Road.

Marcus is an Oakwood Hospital neurologist. He will speak on "Epilepsy Before and After Aneurysm Surgery."

CAAI is a support group for persons who have had aneurysm surgery and are still experiencing after-effects. Persons awaiting or contemplating sur-

gery are also welcome. Problems that may result from surgery include loss of memory, extreme depression, speech, vision and hearing loss, and personality and motor coordination changes.

• AIM MEETINGS

Agoraphobics in Motion (AIM) meets Thursday evenings in Livonia. For more information, call 547-0400. AIM is a self-help/support group for persons suffering from fears and anxiety.

• BOWEL DISEASE

The National Foundation for Ileitis and Colitis Inc. will present "Current

Concepts in Inflammatory Bowel Disease" at 8 p.m. Thursday, Sept. 19, in Room 115 of the Parks and Recreation Building at the Southfield Civic Center, 26000 Evergreen Road, Southfield.

Dr. James K. Piper, doctor in internal medicine and gastroenterology at Providence Hospital, will speak. Refreshments, free parking and a question and answer section will be included. A \$1.00 donation is requested for non-members.

For more information, call 354-9603.

• SECOND-HAND SMOKE

Do you have problems with second-

hand tobacco smoke at work? In public places and restaurants?

According to the People Against Tobacco Smoke, a Troy-based organization, 500 to 5,000 non-smokers die each year as a direct result of second-hand smoke.

The group will hold an informational meeting at 7:30 p.m. Monday, Sept. 9, in Lecture Hall E in the Providence Hospital Medical Building, 18001 W. Nine Mile Road, Southfield.

Discount parking passes can be picked up at the reception desk in the Fisher Center located on Providence Drive.

Additional information for those who can't attend can be obtained by writing: People Against Tobacco Smoke, P.O. Box 1083, Troy, MI 48069.

• SAVE BABY FOOD LABELS

For every label from Heinz baby foods, juices and cereals that is turned into Children's Hospital of Michigan by Dec. 31, the H.J. Heinz Co. and the Heinz Foundation will donate 6 cents to the Hospital.

Pre-printed mailing labels are available for the convenience of mailing the labels to Children's Hospital.

For more information on the Heinz label program or to obtain printed mailing labels, contact Carrota, 494-5376. The clipped labels should be mailed or delivered to Children's Hospital of Michigan, Development Department, 3901 Beaubien Boulevard, Detroit 48201. There is no limit to how many labels can be collected.

class reunions

As a public service and when space permits, the Observer and Eccentric Newspapers will print announcements of class reunions. Send the information to Marie McGee, Observer and Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150. Please include and first and last name with telephone numbers.

• BENEDICTINE

Benedictine High School classes of 1959-61 will hold a joint class reunion Saturday, Oct. 12 at Madonna College. Contact Vince Rotolo, 35414 Skye Drive, Farmington Hills 48018 or Carol Bagdasarian, 36528 Tarpon Drive, Sterling Heights 48077.

• ST. MARY

St. Mary of Redford High School class of 1940 will hold a reunion Sunday, Oct. 20, at Hamilton Place, Southfield. Whereabouts of class members is needed. Call Joan Spring, 474-4124.

• NORTH FARMINGTON

North Farmington High School class of 1981 will hold a five-year reunion. Call Lisa Salisbury, 661-1383.

• CODY

Cody High School class of 1970 will hold a 15-year reunion on Sunday, Sept. 22. Call John Holod, 271-3991.

• CASS TECH

Cass Technical High School class of 1945 will hold a 40-year reunion on Saturday, Nov. 16, at the River Crest, Rochester. Call Maxine Davis Holland, 548-0577.

• LAKE ORION

Lake Orion High School class of 1975 will hold a reunion Saturday, Sept. 28 at the River Crest, Ro-

chester. Call Darrel Nelson, 673-3065 or Mary Dutz, 693-0207.

• ST. BRIGID

St. Brigid grade school class of 1943-44 will hold a joint class reunion on Friday, Nov. 1, at Roma's of Bloomfield. Call 268-6937.

• BLOOMFIELD ANDOVER

Bloomfield Hills Andover High School class of 1975 will hold a 10-year reunion Saturday, Nov. 30. Call Amy Abbott Packard, 474-7058.

• SS. CYRIL & METHODIUS

Ss. Cyril and Methodius High School class of 1980 will hold a 25-year reunion. Call Jeannette Susick Dhallwal, 378-1409.

• IMMACULATE

Immaculate High School class of 1966 will hold a 20-year reunion. Help is needed in locating classmates. Call Joann Milazzo, 851-5384, or Eva Gies Swilard, 592-0014.

• REDFORD ST. MARY

St. Mary of Redford High School class of 1965 will hold a 20-year reunion at the St. Mary of Red-

ford Junior High School gymnasium on Saturday, Sept. 21. Call 644-1829 or 477-3420.

• ST. ANDREWS

St. Andrew's High School class of 1945 will hold a 40-year reunion Saturday, Oct. 5, at the Fairlane Club. Call Adele Tabaka, 425-0177 or Helen Kubik, 274-0833.

• WAYNE STATE

Wayne State University alumni of the classes of 1935-36 are planning a special weekend on campus to commemorate the 50th anniversary of their graduation. For further information and/or reservations, call the Alumni Office at WSU, 577-2154.

• FARMINGTON

Farmington High School class of 1939 is planning a reunion and a search for members has been started. Contact Theresa Smith at 474-4782.

• SOUTHFIELD

The Southfield High School class of 1975 plans a reunion Saturday, Sept. 14, at the Troy Hilton Inn. For information, call 352-4938 or 651-2628.

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