

Chicken to soon overtake beef in U.S. diets

DID YOU KNOW that...

- The body is very efficient at making up for lost sleep. Research has shown that even after being awake for two to three days, most adults need only one good night's sleep to recover.
- Low-density lipoprotein, or LDL, is the cholesterol form that is most harmful to the blood vessels in the heart. Measurements of total cholesterol, HDL cholesterol (the "good" form) and fasting triglycerides can be used to calculate the LDL cholesterol.
- LDL cholesterol is equal to total cholesterol minus HDL cholesterol and triglycerides, divided by five.
- The calculated LDL cholesterol can be used to categorize persons into low (under 140), moderate (130-159), and high (160 or more) risk categories.
- New studies suggest that excessive exercise, like severe dieting, may actually cause your metabolic rate to go down. One possible explanation:

A body below its natural weight perceives itself as starving and subsequently decreases its metabolic rate to conserve calories.

- Beef consumption for the average American has decreased from a high of 94.4 pounds in 1976 to 72.7 pounds last year. This year, beef consumption is predicted to slip under 70 pounds. Thus, for the first time, many adults may be eating more chicken than beef.
- Cigarette smoking increases your heart rate by 10 to 15 beats a minute. Consequently, the heart of a one to two pack-a-day smoker will beat about 10,000 times more in a 16-hour waking period than that of a non-smoker.
- By increasing your walking speed from a normal brisk pace (4 mph) to a aerobic pace (8 mph), you can almost double the caloric expenditure per minute.
- A just-published Harvard study proposes altering Medicare payments according to a revised reim-

bursement scale. The controversial scale, which has received mixed reviews from the medical community, takes into account the doctor's time for each service or procedure. In it, insurers would generally pay more for office visits and less for specific procedures or tests. Congress expects to host hearings on the proposal later this year.

- The first National Employee Health and Fitness Day, May 19, is designed to have U.S. workers participate in noncompetitive activities that promote exercise and fitness on the job.
- If you're having trouble thinking, or you're pondering a difficult question, try walking around. According to a recent study conducted at the University of Southern California, people under stress make difficult decisions about 20 percent faster if they stand instead of sit. The researchers suggest that stand-



fitness
Barry Franklin

ing increases your heart rate by about 10 beats a minute, which may stimulate certain brain areas more effectively.

Since 1967, 2,765 miles of abandoned railroad corridors have been converted into 201 recreational walking trails.

Barry A. Franklin, Ph.D., is director of Cardiac Rehabilitation and Exercise Laboratories, William Beaumont Hospital, Royal Oak, and associate professor of physiology, Wayne State University School of Medicine.

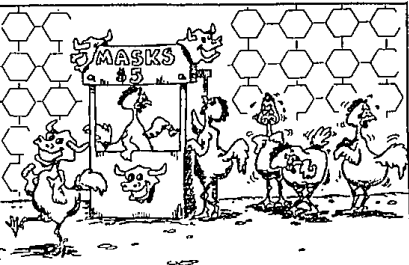


Illustration by Marvin Teopice

Being a chicken is getting more dangerous, as health-conscious Americans may this year consume more poultry than beef.

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