

How's your nutrition know-how?

I sort of enjoy quizzes; see if I know as much as I think I do.

We hear and read so much nutrition information that often contradicts itself it is hard to know what to believe. All the information I share is based on research by reliable sources so you can believe it. Have you been reading and hearing the right information?

Answer the questions in this and next week's articles to find out how nutrition savvy you really are. The answers will be at the end of each article. Some questions have more than one correct answer. Let's see how many you answer correctly.

1. Fish is a good source of (a) vitamin C, (b) protein, (c) beta carotene, (d) omega-3 fats.
2. Nuts are high in (a) calories, (b) fat, (c) cholesterol, (d) all.
3. True or false: "Multigrain" breads are always "whole-grain."
4. True or false: Free-range chicken is more healthful and guaranteed to be produced more humanely than other chicken.
5. True or false: Sweet potatoes are no higher in calories than white ones.
6. A label that lists trans fats as "0" means (a) the food contains no trans fat, (b) it contains no partially hydrogenated oil, (c) it has less than 0.5 grams of trans fats per serving, (d) it contains no saturated fat, (e) it is healthy for you.
7. True or false: Butter has fewer calories than olive oil.
8. True or false: Fresh pasta is better for you than dried pasta, and spinach pasta is more nutritious than plain.
9. True or false: Honey and brown sugar are more nutritious than table sugar.
10. To lower blood pressure, you should (a) eat more fruits and vegetables, (b) eat low-fat or nonfat dairy foods, (c) use less salt, (d) take a potassium supplement.
11. True or false: Shrimp are off limits if you have high cholesterol.
12. True or false: Trimming the visible fat



Diann Gerstner

• Knowledge for Life

from meats and poultry eliminates most cholesterol from the foods.

Answers

1. B and D. Fish has about 20 grams of protein in three ounces, cooked, as much as meat; fatty fish also provides omega-3 fats, which may reduce the risk of cardiovascular disease and other disorders.
2. A and B. Nuts supply 160 (cashews, pistachios) to 200 calories (macadamia) per ounce. While they are high in fat (14 to 20 grams per ounce), most of it is healthy monounsaturated fat. Only animal foods contain cholesterol.
3. False. "Multigrain" means only that more than one grain is present. The primary ingredient is often refined wheat flour. Refining wheat removes the bran and the germ and thus nutrients and fiber; even when it's "enriched," only some are added back. A true whole-grain bread lists only whole grains, not "wheat" or "enriched wheat."
4. False and false. Free-range chicken is neither more nutritious nor safer from salmonella or other bacteria than conventional chicken. "Free range" means only that the birds have access to an outdoor pen, not that they necessarily go outside.
5. They have 110 calories per 4-ounce serving, the same as white potatoes. They're rich in beta carotene, vitamin C, and folate.
6. C. Because of a labeling loophole, a "trans fat free" food can contain up to 0.5 grams of trans fat per serving. Since standard servings are small, this can add up.
7. True. But the difference is small. Olive oil has 120 calories and 13.5 grams of fat per ta-

blespoon; butter, 100 calories and 11.5 grams of fat. While butter fat is highly saturated, olive oil is rich in monounsaturated fat and is thus a healthier choice.

8. False and false. Fresh pasta offers no nutritional advantage. Flavored pasta, including spinach, has minuscule nutritional extras. Whole-wheat pasta (fresh or dried) is the most healthful, which about 6 grams of fiber per cooked cup, three times as much as regular pasta.

9. False. Sugar is sugar, and no form offers significant nutritional advantages. Brown sugar is white sugar with a little molasses for coloring. Any additional nutrients in honey are insignificant.

10. A, B and C. An eating plan that emphasizes fruits, vegetables, and low-fat or nonfat dairy foods (the Dash diet) has been proven to lower blood pressure – even more so when sodium is also reduced. Don't take a potassium supplement unless advised to by a doctor.

11. False. Shrimp have 170 milligrams of cholesterol per three ounces, cooked, which is within the 200-milligram daily limit for people with heart disease or coronary risk factors (and well within the 500 milligram limit suggested for people without risk factors). Though eating lots of shrimp may raise LDL ("bad") cholesterol, some research suggests that it also raises HDL ("good") cholesterol and thus doesn't worsen the cholesterol ratio. And it's low in saturated fat, which affects blood cholesterol most.

12. False. All animal products contain cholesterol, which is found equally in the lean meat and the fat; about 20 to 30 milligrams per ounce. It's still important to trim the fat, since it is highly saturated.

Did you learn something new? See how you do next week.

Diann Gerstner is the family and consumer sciences agent for the Thomas County Extension office.

Deaths

Charles H. Cloe

Charles H. Cloe, 78, Mooresville, Ind., brother of Marvin Cloe of Colby, died Thursday, July 25, 2013, at Franciscan St. Francis Health in Mooresville.

He was born June 24, 1935, in Atwood, the son of Claude and Veta (Graham) Cloe. He graduated from the Atwood Community High School in 1953.

On Feb. 23, 1957, he married Beverly Dabney. They had lived in Mooresville since 1984.

Following his retirement from the Marine Corps after 30 years' service, he was a civil service employee at the Crane Naval Weapons Depot in Martin County, Ind., for 15 years. He was a member of the America Legion and the Ma-

sonic Lodge, and enjoyed hunting and fishing.

Survivors also include his wife, of the home; two children, Charles H. Cloe II and Deanna Jaynes; and three grandchildren.

A graveside inurnment service will be held at 11 a.m. Friday, Aug. 30, 2013, at the Fairview Cemetery in Atwood, with the Rev. James Mardock officiating.

No visitation.

The family suggests memorials in his name in care of the Kersenbrock Funeral Chapel, 745 S. Country Club Dr., Colby, Kan., 67701.

Condolences for the family may be left at www.kersenbrockfuneralchapel.com.

Colby Rotary Club

Colby Rotary Club met on Aug. 20 at Colby Community College. Members enjoyed a barbecue lunch and participated in the college's block party, designed to welcome students for the school year.

The club met again Tuesday with 31 members, visiting Rotarian Hope Swartz and guests Bruce and Carol Boehme and Mandy McGreer.

Membership awards were presented to Gene Rothfuss for 10 years and Melany Wilks for five years.

Wilks had the program. Her guest was Swartz who shared about her recent Rotary Group Study Exchange trip to Australia.

Swartz, a former Colby Rotary Club Student of the Month, completed an essay and interview to be selected for the exchange. She traveled with a group of four other young professionals and a team leader, all from Kansas.

The group spent 30 days in Australia, traveling to Sydney, Parkes, Bathurst, Canberra and Orange, spending three or four days in

each. They stayed in the homes of Rotarians during the trip and gave 15 presentations about Kansas to the Rotary clubs they visited.

For Swartz, the trip's highlights included touring the U.S. Embassy in Canberra and seeing the Parkes Observatory, the radio telescope observatory that was used to receive live, televised images of the Apollo 11 moon landing in 1969. Swartz also met an Aborigine man who made boomerangs and musical instruments.

Swartz said Australia's agriculture was diverse, and she saw apples, oranges, wheat, rice, cotton, canola and vineyards all within a 20 mile radius.

Swartz said every member of the team she traveled with became a Rotarian. She said she would encourage any young professional to participate in a group study exchange program if given the opportunity.

Rotary meets at noon each Tuesday in Room 106 of the Student Union.

— Relda Gallie

Money lost in monkey scam

BATTLE CREEK, Mich. (AP) — Police in the Michigan city of Battle Creek have advised a woman that she shouldn't expect to see a monkey, or her money.

The *Battle Creek Enquirer* reports (bcene.ws/182UzkB) a 25-year-old woman contacted police to report she lost \$350 trying to buy a monkey from the African country of Cameroon.

The woman says she and her roommate found what they thought was a reputable website

and received pictures and information about monkeys.

The so-called seller offered the monkey for \$50. She sent it but received no simian.

After more back and forth, the woman shelled out \$300 in two more payments but her contact wanted more money for a cage, license and shots.

Authorities smell a scam and say they are trying to gather her contact information.

Markets

Quotes as of close of previous business day Hi-Plains Co-op	
Wheat (bushel)	\$6.97
Corn (bushel)	\$6.39
Milo (hundredweight)	\$10.13
Soybeans (bushel)	\$13.75

The Colby Free Press

Please recycle this newspaper

Colby native goes to senator's party

Clarissa Unger, formerly of Colby, recently attended retired Sen. Bob Dole's 90th birthday party at the U.S. Capitol building.

Unger works as the development coordinator for the Dole Institute, a bi-partisan policy institute at Kansas University that celebrated its tenth anniversary on Dole's 90th birthday.

Unger was one of five members of the institute who went to Washington for the party. She said there were six or seven hundred people there from both sides of the political aisle to help Dole celebrate.

The institute held a party at the

university in addition to the one in Washington and will celebrate its anniversary year with events all year long.

Unger began her involvement with the Dole Institute as a freshman at the university in 2005. She has since worked for the institute in Washington and earned a masters degree in Ireland.

She has been the development coordinator for about a year, managing the Dole Alumni program and Friends of the Institute. The alumni program is for anyone who ever worked for Dole.

"We're focused on bi-partisanship and working together," said Unger.



Clarissa Unger and Sen. Bob Dole

Painter's brushes in auction

LONDON (AP) — Art lovers who can't afford a painting by Francis Bacon can bid on the late artist's paintbrushes at an auction of unusual items.

The eight brushes — given by Bacon to fellow artist Clive Barker in 1978 — are in a paint-splattered butter bean tin inside a clear box. They have an estimated price of 20,000 pounds to 25,000 pounds (\$31,000 to \$46,000).

Bacon's paintings have sold for

as much as \$86 million at auction.

Also among the 150 lots in Christie's Out of the Ordinary sale: a rocking horse as tall as a house; a flying machine from Steven Spielberg's "Young Sherlock Holmes"; a stuffed ostrich; and a Triceratops skull valued at between 150,000 pounds and 250,000 pounds.

The sale will be held Sept. 5 in London.

Corrections

In the article "Farm in study raising yields" on Page 1 of the Monday, Aug. 26, *Colby Free Press*, the names of Aidan and Keyna Baalman were misspelled. This was a reporting error.

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In the article "Accused man held for trial" on Page 1 of the Monday, Aug. 26, *Colby Free Press*, the name of Teri Morris was misspelled. This was an editing error.

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The Colby Free Press wants to

maintain an accurate record of our town. Please report any error or lack of clarity in a news story to us at 462-3963.

LAST 3 DAYS

Thursday • Friday • Saturday
August 29th, 30th, & 31st

Summer Clearance Sale

Take an additional
50% OFF
all red sticker items

PALACE DRUG STORE
460 N. Franklin • Colby • 785-460-7507

The Colby Free Press will be

Closed
LABOR
DAY

September 2nd, 2013

(there will be no paper Monday, September 2)

We will reopen for normal business hours Tuesday, September 3rd



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