

Low-Sugar Class Offered

One of the problems with the American diet is that most of us eat too much. Another problem with food is that what we eat contains too much sugar.

Making that analysis is Laurie J. Brown, nutrition educator at Porter Memorial Hospital, while discussing Cooking Without Sugar, a class to be offered for the first time at 7 p.m. March 8-10 at the hospital, 2525 S. Downing St.

Mrs. Brown, a registered dietitian, cites reports showing that the average American consumes more than 33 teaspoons of sugar a day.

"We don't need anywhere near that amount of sugar," she explains, agreeing with many health authorities who blame the overuse of sugar for greater tooth decay and obesity and claim too much sugar may be a contributor to early heart disease.

The class will discuss the sugar content of most foods and ways to cut down sugar intake through a diet of more unrefined and high-fiber foods. There will be demonstrations of recipes, food samples and discussion

about desserts, drinks and toppings made without sugar, using fruits, juices and natural sweeteners.

Participants should register by calling the hospital, 778-1955, ext. 1780. The registration fee is \$10.

2 GREELEY (Colo.) TRIBUNE Thurs., Feb. 24, 1977

Weld asks help on GW closings

Weld County Commissioners Wednesday called for President Jimmy Carter and Gov. Richard Lamm to "take appropriate action toward retaining production of sugar beets" in Colorado and the county.

Commissioner Norman Carlson, who wrote the resolution approved Wednesday, said he isn't recommending any specific action to either Carter or Lamm.

Instead, Carlson said, he's hoping the President and governor will give careful study to problems surrounding the announced temporary closing of 11 Great Western Sugar factories.

Five of those plants — including those at Greeley, Loveland and Sterling — are in Colorado.

Great Western said the temporary

closings are partly the result of an uncertain supply situation, especially as negotiations between the company and beet growers have broken down.

In his resolution, Carlson said the announced closings will represent "a great economic loss."

Later, he explained closing of the plants will result in weakening of the county's property tax base.

More important, Carlson said, will be economic effects on farmers who have grown sugar beets. He said those effects are difficult to gauge.

"This action may eliminate sugar beets as a vital agricultural crop in these areas, forcing farmers to turn to other crops which are also in a surplus situation," Carlson said in his resolution.

In an interview later, Carlson said corn supplies presently aren't in surplus in the county, but would quickly become too large if beet growers switched to corn.

A major problem faced by beet growers is lack of adequate import quotas, Carlson said.

He said lack of import quotas has been a contributing factor in surpluses cited by Great Western as a reason for the factory closings.

"I think they (the Carter administration) should protect American farmers first," Carlson said later.

Along with Carter and Lamm, the commissioners called for Agriculture Secretary Bob Bergland and Colorado Agriculture Commissioner J. Evan Goulding to study the issue.