

A spoonful less sugar, tad more fat: US diets still lacking

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AP MEDICAL WRITER

CHICAGO (AP) — Americans' diets are a little less sweet and a little crunchier but there's still too much sugar, white bread and artery-clogging fat, a study suggests.

Overall, the authors estimated there was a modest improvement over 16 years on the government's healthy eating index, from estimated scores of 56 to 58. That's hardly cause for celebration — 100 is the top score.

Diets are still too heavy on foods that can contribute to heart disease, diabetes, obesity and other prevalent U.S. health prob-

lems, said co-author Fang Fang Zhang, a nutrition researcher at Tufts University near Boston.

The study was published Tuesday in the Journal of the American Medical Association. The results are from an analysis of U.S. government health surveys from 1999 to 2016 involving nearly 44,000 adults.

"Despite observed improvements," the authors wrote, "important dietary challenges" remain.

Among them: Getting Americans to cut down on snack foods, hot dogs, fatty beef, butter and other foods containing saturated fats. The study found these unhealthy fats increased from 11.5% to almost 12% of

daily calories, above the recommended 10% limit.

And while the biggest change was a small drop in added sugars, from about 16% to roughly 14%, that's still too high. The government says less than 10% of daily calories should come from added sugars. Researchers think fewer sweetened sodas contributed to the decline, but Zhang noted added sugars are often found in foods that don't even seem sweet, including some yogurts and tomato sauce.

Fruits, nuts, oatmeal and other whole grains are among the types of foods adults ate slightly more of.

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APOLLO FROM PG. 1

p.m., 131 N. Guadalupe St.

Dr. Abbey's talk on "Fifty Year Reflections on Apollo" will focus on how the United States achieved the first moon landing in history, 50 years ago on July 16, 1969.

The former Director of the Johnson Space Center, Dr. Abbey was a key figure in the first flight to the Moon. The event, with a reception and distinguished

lecture, is free and open to the public. Sponsors include the LBJ Museum and Texas State University's Political Science Department and the College of Science and Engineering.

During the Apollo 11 mission, astronauts Neil Armstrong and Buzz Aldrin landed their lunar module and walked on the lunar surface, while Michael Col-

lins remained in lunar orbit in the command and service module.

All three landed safely on Earth on July 24, 1969. Five subsequent Apollo missions also landed astronauts on the Moon, the last in December 1972. In these six spaceflights, twelve men walked on the Moon.

TISSUE FROM PG. 1

the hip.

Turnini said she didn't know where the donated ligaments came from but was given a letter where she could write, and make comments showing her gratitude for the wonderful gift.

"I thanked them. My quality of life is so much better. When I tell people, I've had hip surgery they can't believe it...they can't even tell," she said.

"Organ donation, tissue donation, blood donation...it's something major. It can help so many people. Even if you don't end up being a candidate for certain things, just to know, a little piece of tissue can change somebody's life as it has mine. It's huge."

Lemuel Bradshaw with United Tissue Resources agrees.

"Tissue donation increases the potential of just one person, who declares their wish to be a donor on the Donate Life Texas Registry, to positively impact the lives of hundreds of recipients. Just think of all the lives that the recipients touch in turn," Bradshaw said. "Tissue donation may not always be performed to save a life, but it does give back parts of life that recipients may have thought were lost to them forever, due to pain or immobility. It lets them get back to being the people that they truly are."

Bradshaw said recipients of all kinds know, that the gift that they received doesn't just benefit them personally, it benefits everyone their lives touch after receiving it.

"Tissue donation can both save and enhance lives. Bone, skin and tendon grafts are used every day, to treat pain that recipients may have suffered with for years. Heart valves save the lives of children and adults alike, who may have been born with heart defects that would otherwise shorten their lives," he said.

"Often, people are familiar with tissue donation, because they know it is

used to treat burns. While that certainly is an extremely important end-result, it is just one of the incredible uses of tissue. From dental procedures to the treatment of wounds to heart valve repair, just one tissue donor might save or enhance the lives of hundreds of recipients."

Allograft Tissue Donation
What is allograft (transplantable human) tissue donation?

1. The surgical recovery of human tissue, which can later be transplanted to heal or save lives.

2. Over 1 million allograft tissue transplants are performed annually in the U.S.

3. Tissue recovered includes bone, skin, veins, ligaments and tendons, nerves and heart valves.

4. From just one allograft tissue donor, it may be possible to surgically recover over 100 grafts.

5. Recipients of allograft tissue, need no anti-rejection drugs, unlike recipients of whole organs (e.g., heart, lungs, kidneys, etc.). The grafts provide a base on which their bodies own cells can grow. In time, the graft becomes part of the recipient's body.

6. Once processed, some tissue grafts can be stored for use, for up to 5 years (bone and skin grafts).

7. Tissue donors may come from hospitals, medical examiner's cases, hospice organizations, or even home deaths, with exceptions based on the time the heart stops, and a thorough review of co-morbidities and factors such as lifestyle, travel history, etc.

8. Allograft tissue donors may come from individuals who have registered their wish to donate, on the Donate Life Texas Registry, or whose next-of-kin has given permission to surgically recover tissue, at the time of their passing.

9. The Donate Life Texas Registry allows all Texans to declare their desire to be organ, eye and tissue donors. It is the same

registry that your name is added to, if you say yes at DPS, to the question, "Would you like to register as an organ donor?"

10. Allograft tissue may be used in procedures such as dental procedures, burn treatment and wound repair, orthopedic procedures, heart valve replacement and many more.

11. United Tissue Resources distributed more than 10,000 life-enhancing grafts throughout their service area in 2018 and will distribute more than 11,000 in 2019.

What allograft tissue donation IS NOT.

1. Whole or willed-body donation
2. "Donating my body to science."

Allograft Tissue Donation in Hays County

1. United Tissue Resources (UTR / est. 1985) provides allograft tissue recovery and distribution services to Hays County residents.

2. UTR surgically recovers, stores and distributes tissue grafts, for use in surgery centers and hospitals.

3. 69 percent of Hays County residents are registered organ, eye and tissue donors, with the Donate Life Texas Registry.

Allograft Tissue Data for 2018 & 2019 (Hays County)

- Recovered allograft tissue donors - 15
- Grafts distributed - 73 (thorough Aug. 22)
- Donors - 8
- Tissue grafts distributed - 163

United Tissue Resources encourages all residents of Hays County, to consider registering as an organ, eye and tissue donor, on the Donate Life Texas Registry. Over 11 million Texans have already made their wishes known, to be donors.

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with special guest artists

Will Taylor and Strings Attached

Proceeds benefit the Starlight Symphony Orchestra

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Tickets at the door \$35



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Lance Kruse, Sr. Vice President, Commercial Lender, NMLS #594952

PERSONAL Service

Lance Kruse has been in the banking industry for 15 years. Most of this time has been in Commercial Lending. Starting out as an analyst, Lance knows the industry inside and out. For the last 4 years, he has been with Ozona Bank as a Senior Vice President. Lance specializes in Commercial Real Estate. Providing personalized service for every lending customer is the hallmark that makes Lance love his job. Looking at more than just numbers, Lance embodies the pillars of Ozona Bank—trustworthy, dependable, and community focused. Ready to learn more? Lance welcomes you to experience the difference Ozona Bank can make!

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