

華美食品學會
CHINESE AMERICAN FOOD SOCIETY



NEWSLETTER



VOLUME 13, NUMBER 1

SEPTEMBER, 1990



1990-1991 EXECUTIVE COMMITTEE MEMBERS:

President:	Yao-wen Huang	(黃煒文)	(404) 542-2286
President-elect:	Tung C. Lee	(李東慶)	(201) 932-9611
Secretary:	Christin Chou	(周麗芬)	(206) 872-7155
Treasurer:	Shwu-pyng Chen	(曾淑萍)	(415) 373-9433
Past president:	Daniel Y. Fung	(馮昭輝)	(913) 532-5654
Members (89-91):	Grace R. Yao	(姚祥瑤)	(312) 927-6622
(89-91):	Michael Tao	(陶聖悅)	(812) 429-7653
(90-92):	Chi-tang Ho	(何其悅)	(201) 932-9672
(90-92):	Shu-chi Lee	(李秀吉)	(312) 998-7918

OPERATIONAL COMMITTEE: (*: Chairperson)

Annual Meeting:	Tung C. Lee*	(李東慶)	(201) 932-9671
	William Wang	(王中平)	
	Romeo J. Leu	(呂智平)	
Awards:	Y. Hang*	(韓煥)	(315) 787-2265
	Jimbay Loh	(樂俊傑)	
	Pei-kung Chang	(洪玉恒)	
By-Law:	Santa Lin*	(林輝正)	(314) 982-3138
	David Chou	(周鴻恩)	
	Peter Wan	(萬劍心)	
Conference Overseas:	George Chu*	(朱正中心)	(312) 461-4222
	Peter Wan*	(萬劍心)	
	Iris Lee	(李靜和)	
Employment:	J.G. Keng*	(耿基光)	(312) 563-6533
	Chi-hang Lee	(李長航)	
	Anthony Chen	(陳廣鈞)	
	Yuan K. Liu	(劉元其)	
Fund Raising:	James K. Chan*	(陳家基)	(213) 637-9556
	Ada Chen	(陳燕芬)	
Long Range Planning:	Cathy Y. Ang*	(王永康)	(404) 546-3493
	Daniel Y. Fung	(馮昭輝)	
	Wai-kit Nip	(李威志)	
Nomination/Election:	Daniel Y. Fung*	(馮昭輝)	(913) 532-5654
	Cathy Ang	(王永康)	
Membership/Public Relation:	Yen-con Hung*	(洪世康)	(404) 228-7284
	Y. Albert Hong	(洪世康)	
	Y. Diana Hao	(何麗娟)	
	Nelson Yeh	(葉利民)	
	Mike Chen	(陳錦平)	
Publication:	Emil A. Huang*	(黃榮一)	(612) 481-2688
Student Affairs:	Kow Ching Chang	(張國昌)	(808) 944-1456
	Shaw Wang	(王若亮)	
	Rose Tseng	(洪德弘)	
Historian:	B.S. Luh	(陸伯勳)	(916) 752-0151
Legal Council:	Marian S. Ming	(明錫斌)	(312) 782-8200

SPECIAL STRATEGIC ADVISORS TO THE PRESIDENT:

Cathy Ang (王永康 404-546-3493); T.S. Chen (陳同善 213-885-2841);
 Tuu-ji Chai (蔡士及 301-742-4266)

STATEMENT OF POSITION: The Chinese American Food Society (CAFS) is a non-political and nonprofit organization dedicated to the scientific and professional betterment of its members. The members of CAFS wish to interact with all scientists based on common cultural and scientific interests. CAFS takes no political stand or preference. Selection of materials for all CAFS publications is based on the scientific content and general interest. Any inadvertent connotation should not be deemed as the official position of CAFS.

CAFS NEWSLETTER is published quarterly by CAFS for its members. contributions of articles or news should be sent to the editor. Dr. Cathy Ang, Editor, Russell Research Center, USDA-ARS, P.O. Box 5677, Athens, Georgia 30613

PROFESSIONALISM AND MEMBERSHIP:
KEYS FOR EXCELLENCE



Message from the president, Yao-wen Huang, 1990-1991

The Chinese American Food society is entering its 16th year. This year, the beginning of a new decade, is a very exciting year for us. I hope you share my enthusiasm as we begin a full year striving to make excellence a tradition.

I deeply believe that professionalism and membership are the keys for excellence of a professional organization. Under the previous presidents, the CAFS is in a solid foundation. We need to expand and to broaden our programs.

Professionalism: the Image for Our Society

To be a professional organization, the CAFS will continue to provide workshops and symposia as well as to publish the Food Science and Technology Monograph Series. Last year Daniel Fung set this as one of his goals, I will work with our committees to refocus this area. At present, we are preparing the proceedings for the Special Forum entitled "Traditional Chinese with Advanced Technology". More publications will be on the way during the year. In addition to this, we need to start to think the communication between us and other professional societies especially which are interested in the Chinese culture in the North America. Public relation committee is going to work on this area.

Since Cathy Ang's presidential year (1988-1989), the CAFS has been establishing the guidelines and work plans for each office and committee. We are going to compile and publish an operations manual for our officers to make the job easier and more efficient.

Membership: the Body of Our Organization

Several areas that Daniel Fung identified during his presidential year are still a challenge for us. These are including the increasing members and the development of a pictorial directory. I asked the membership committee and secretary to search for a strategic plan to achieve these goals. As I mentioned earlier the CAFS has been 16 years, we need to do something to keep our historic documents and big events available for our members as well as for new members. Dr. Tung S. Chen, the first secretary of the CAFS, was therefore asked by me to compile and to publish a book entitled "Fifteen excellent years of CAFS".

In order to increase the student members, the student affairs committee and awards committee will join the efforts with membership committee to provide information and assistance to students and to expand the nomination for student scholarship awards.

Finally, I want to thank all of the members who volunteered to serve the committees and I look forward to working with all of you. However, it would be very appropriate for any of you who do not have the opportunity to serve the CAFS through one of its committees and who have an issue which should be addressed, to communicate it to me or directly to the chairman of a particular committee. Remember, this organization is belong to you.

Message from the Immediate Past President

Daniel Y.C. Fung



As I sit in my office looking out of my window and enjoying the tranquility of the slow moving clouds across the clear blue Kansas sky I recall with fond memories of my time as your president. The year went by too fast. Could I have done more for the society, I wonder?

I suppose one can always do more. Our society is on a very sound foundation because of the excellent work of many past presidents and especially Cathy Ang. I inherited a very simple and enjoyable job as a president.

Daniel Y.C. Fung

My achievement for the society basically is more on the academic angle. The publication of the first monograph was certainly a highlight--several papers of that monograph have appeared in the recent issue of FOOD MICROBIOLOGY Volume 7 (1990). The symposium on Chinese Food with Advanced Technology organized by Yao Wen Huang was a great success and I am encouraging Yao Wen to have it published as a monograph as well as a series of papers in a refereed journal.

The most visible activity of our group is the annual forum and banquet along with IFT meeting. We certainly did a good job on that activity in Anaheim, thanks to many people's cooperation.

I was, of course, very pleased to have gone to Taiwan to present an important workshop in Microbiology partly on behalf of CAFS.

All in all I felt good about my role as the president of CAFS last year and I will continue my strong support of the organization in years to come.

Thank you for giving me the opportunity to serve and I enjoyed my interactions with you through the Newsletter, telephone calls, letters, and meeting you in person on and off throughout the year.

Have a happy summer and a wonderful fall season.

1990 CAFS ANNUAL MEETING AND FORUM

DATE: June 18, 1990

PLACE: Laguna A/B, Fourth Floor, Anaheim Hilton & Towers

- 1:00 p.m.- Executive Meeting (for executive committee members)
Dr. Daniel Y.C. Fung
President, CAFS
- 2:00 p.m.- Business Meeting (for all members)
Dr. Daniel Y.C. Fung
President, CAFS
- 2:25 p.m.- Get Acquaintance
Dr. Yao-wen Huang, President-elect
- 2:45 p.m.- Guest Speaker: Dr. Lucy Sun, Chairperson,
Graduate Institute of Food Science and
Technology
National Taiwan University

Topic: Future Directions of Higher Education in Food
Science Programs in Taiwan

- 3:05 p.m.- Forum
Dr. Daniel Y.C. Fung (Session Chairman)
Topic: How to Raise Children in U.S. as A
Professional?

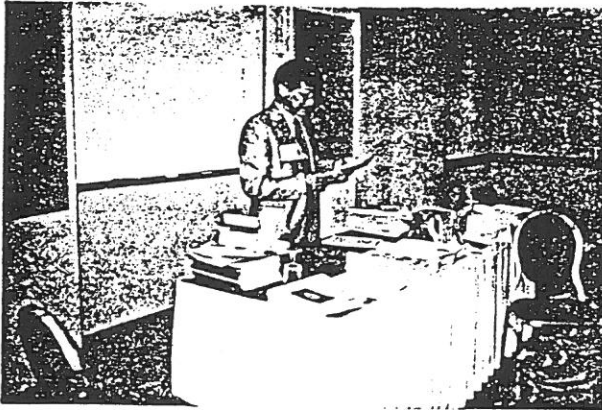
- 3:25 p.m.- Student Program (Session Chairman)
Dr. Sam K.C. Chang, Chairman
Student Affairs Committee

- 4:00 p.m.- Adjourn



Guest Speaker
Dr. Lucy Sun

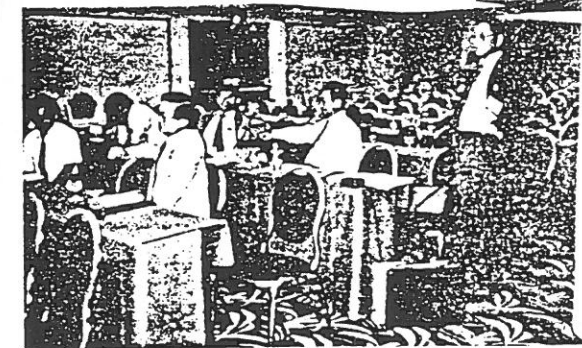
Annual Meeting



Board Meeting, June 18, 1990



Board Meeting, June 18, 1990





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TO: Daniel Y.C. Fung
FROM: Christin Chou
DATE: August 24, 1990
RE: Minutes of the Executive Meeting

Enclosed please find a copy of the minutes of the Executive Committee meeting in Anaheim. Also attached are the annual reports from various committees.

Please review them and distribute to all who attended the meeting.

If you have any questions, please call me.


Christin Chou

CC:ks

Enclosures

cc: Yao-Wen Huang



The 1990 CAFS Executive Committee Meeting was held in the Anaheim Hilton Towers on June 18, 1990. The meeting was scheduled one hour before the CAFS's Annual Forum. It was attended by Committee members and Operational Committee Chairpersons. The meeting minutes outline follows.

President: Dr. Daniel Fung

1. Dr. Fong acknowledged Cathy Ang's long contribution to the solid foundation of CAFS and for shaping up the by-laws for the society.
2. New talents and blood are needed for the organization. For long term development, we need members to get more involved. Fund Raising and the Newsletter Editor really need help right now.
3. State of the Society
 - 1) How to make it more active
 - 2) Identified the area and affiliations
 - 3) Get more people involved and to serve as officers
4. The official seal was passed to Dr. Hunag, President for 1991.
5. The cost of Certificates is \$5.00 for old members; \$10.00 for new members; free for life members.

The official Gold Seal is on the left side of the certificate.

Treasurer: Shun-Pyng Chen

1. Financial Report (See Separate Report)
2. Cathy said Award Money account should be separated from the General account. Now it is all put in one account.
3. Itemized account was not passed to Dr. Chen from the previous treasurer. Dr. Wang will send an example of the itemized account to Dr. Chen.

Secretary: Christin Chou

1. It was suggested by Dr. Fung and Tony Chen that we start a "optional" pictorial directory in 1991. It was suggested that we set up a professional photography booth at the next IFT meeting for photographs of the CAFS members.
2. Anyone who has not paid membership fees since 1987 will be cut off for overdue membership fee and will not receive any issues of the newsletter or the directory due to the expense.
3. Tony Chen will donate a Chinese computer program to CAFS for use in updating the directory.

4. Tony Chen suggested we set up a long term position (up to 5 years) to update and publish the CAFS Directory with compensatory pay.
5. We need commercial advertisements for the directory to offset the publication cost.

Employment: J. G. Keng

1. See Annual Report (attached by J.G. Keng)
2. Tony Chen suggested that we set up a program to help students overcome cultural barriers through a mentor program.
3. Dr. Fang said we should set up coordination between the university and industry for job search help. Dr. T. C. Chen's "Job Hunting" article should help.

Oversee Conference: George Chu (Absent)

1. Taiwan's two meetings - See CAFS Newsletter for details.

International Symposium in Beijing Report: Tony Chen

1. China's first International Food Symposium will be held in Beijing in 1991. This meeting will include 70% technology and 30% commercial corporate participants. This will be a good opportunity for Chinese food scientists to meet and interact. It will also establish CAFS as an international organization. (Tony)
2. CAFS is being sought as one of the sponsors for the Symposium. (Tony)
3. Tony is to submit a formal letter to the Executive Committee for approval on the sponsorship. (Committee)
4. The Executive Committee will decide if we want to be involved in an international project.

* For other committee's annual reports, see the attached.

CAFS

Summary of Financial Status

(Treasurer: Shwu-Pyng Chen, period - 6/89 - 6/12/90)

Received from last treasurer:

C.D. \$3018.27

Checking \$2097.83 + Total \$8418.00

Savings \$3301.90

Income

Membership Dues \$2876.10

Interests \$127.33 + Total \$4982.62

Miscellaneous \$1979.19


Payment

Newsletters, Directory printing, Mailing
& Miscellaneous Expenses - Total \$3670.33

Net Asset as of 6/12/90

+ \$9730.29

(see next page for detailed classification
and fund distribution)


6/14/90

FINANCIAL STATUS OF THE SOCIETY
(prepared by Shwu-Pyng Chen on 6/12/90)

I. C.D. LONG-TERM ACCOUNT (First Interstate Bank, Livermore, CA)

\$3018.27 (6 month C.D., interest payable at maturity 7/5/90)

II. CHECKING ACCOUNT (First Interstate Bank, Livermore, CA)

Beginning Balance as of 5/13/90 +\$2805.26

Income : membership dues received +\$ 192.50

subtotal +\$2997.76

Payment: miscellaneous mailing, xeroxing & stationery -\$ 6.41

advancement for Directory printing & mailing -\$1000.00

(Christin Chou)

reimbursement for plaque making (Michael Tao) -\$ 110.25

subtotal -\$1116.66

Ending Balance +\$1881.10

III. SAVINGS ACCOUNT (First Interstate Bank, Livermore, CA)

Beginning balance as of 5/13/90 +\$4330.92

Ending balance +\$4330.92

Fung

June 12, 1990

To: Daniel Fung, CAFS President
From: Nomination/Election Committee
Cathy Ang, James Shieh, Michael Tao

Subject: 1990 Annual Report

Cathy Ang

The Committee called for nominations through March, 1990 Newsletter .
Candidates vitae and ballots were distributed to eligible members via
May 1990 Newsletter.

The election results are as follows:

President-Elect: Tung-Ching Lee
Secretary: Christine C. Chou
Treasurer: Shwu-Pyng Chen
Executive Members: Chi-Tang Ho and Shu-Chi Lee

Yao-Wen Huang has contacted all newly elected officers.

All candidates on the ballot were well qualified and willing to
serve. We recommend to keep their names in file for future nomination
references.

June 12, 1990

To: Daniel Fung, CAFS President
From: Newsletter Editors
Yao-Wen Huang and Cathy Ang

Subject: 1990 Annual Report

Cathy Ang

Three issues were published during 1989-90.

The first issue was a combined publication of No 1. and No 2., Vol.
12; the other two issues were No. 3 and No. 4, respectively.

Considerable effort was made to update and print out of member
mailing labels. Better coordination with Treasurer and Secretary
next year shall alleviate the problem.

The editors wish to thank all contributors for their articles and
responses.

NOMINATION /ELECTION COMMITTEE JOB FUNCTION

Purpose: To urge CAFS members participation of annual nomination/election activities and to ensure the success and the smoothness of the process.

Composition: The Committee consists of the immediate past-president as the chairperson and 2-4 more members, with at least one member is not an Executive Comm. member

Timeframe and Duty Guidelines:

1. By the end of September, the Committee Chair should have contacted members for initial planning.

2. Use previous years' ballots as a reference for potential candidates, especially for those who were not elected in the previous year.

3. Make announcement in December or January issue Newsletter and call nominations from the general membership.

4. To contact nominees and obtain their approval and vitae for the ballot. Both the vitae and ballot should be ready in April for distribution via Newsletter or separately to eligible voting members (only eligible members shall receive ballots).

5. Election results should be announced in the executive meeting and in the annual general assembly in June.

(revised 6/12/90)

EMPLOYMENT ASSISTANCE

It has been my pleasure this year to serve as the chairperson of the employment assistance committee. This past year only two recent graduates had approached me for assistance. However, due to my limited connections and poor net-working, only some assistance were provided.

Clearly, this committee has not been functioned to its capacity. I like to remind everybody, especially corporate managers, to please let CAFS know your needs. There are many food scientists from mainland China who desperately need our help. For this reason I think that CAFS should initiate a mentor program to coach these students. Of course other members who are changing jobs or careers can benefit from this program as well. I hope next chairperson can give this suggestion a serious consideration. (J.G. Keng)

June 12, 1990

To: Daniel Fung, CAFS President

From: Long Range Planning Committee
Cathy Ang, Peter Wan

Subject: 1990 Annual Report



Some recommendations for future CAFS activities were reported to you in the previous two memos dated July 31, 1989 and August 2, 1989. Copies of these memos are again attached for your reference. We would like to add some comments relating to three items listed previously:

Item #1 of 7/31/89 memo: It would be advisable to develop a simple survey form requesting members' specialty information (for the cross index in Directory). Perhaps Secretary or Newsletter Editor can take the challenge.

Item #1 of 8/2/89: CAFS shall plan to achieve this specific IRS status by 1995, if not earlier.

Item #2 of 8/2/89: Peter Wan visited the Executive Director of Pacific Cultural Foundation in Taiwan, December, 1989. Positive response from the Foundation was received. However, the Foundation would not fund CAFS Seminar submitted by Yao-Wen Huang earlier this year. CAFS shall continue to pursue it.

Five new items of recommendation are added in this report:

1. 1990-92: Publish Science and Technology Series No. 2 and No. 3. (Combined issues of CAFS newsletters and 1990 IFT Forum). CAFS shall plan to publish one issue yearly.
2. 1990-92: Strengthen public relations activities: recruit more members; contact previous and current members.
3. By 1993: CAFS Award Committee to endorse qualified CAFS members for IFT awards.
4. By 1995: Establish a paid part-time position as CAFS Executive Secretary to assist elected officers. By 1995 CAFS shall obtain a new IRS status (as stated above).
5. By 2000: Shall plan to invest in a permanent headquarter office, by renting or purchasing.

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CHINESE AMERICAN FOOD SOCIETY AWARDS

CAFS highly encourages excellence in professional achievements of our professional members as well as student members. Each year, the society presents one or more Outstanding Professional Achievement Award(s) as well as an Outstanding Graduate Student Award.

CAFS will present the 1990 Professional Achievement to Dr. Shaw S. Wang. Dr. Wang is currently a professor in the Department of Chemical and Biochemical Engineering at Rutgers University. Dr. Wang's research interests are in bio-processing technology, with particular emphasis on bio-reaction engineering and down stream processing. recently, he has been working on the kinetics of physico-chemical changes that occur during extrusion cooking of food.

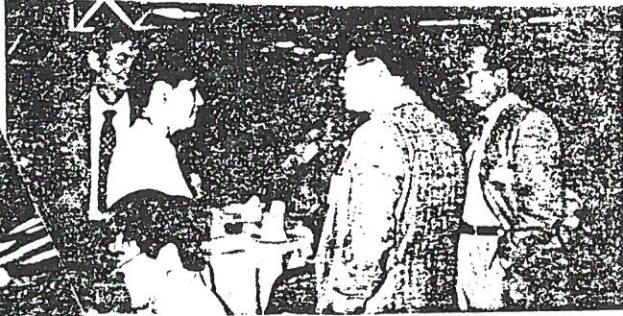
Dr. Wang is a member of AIChE, IFT and CAFS. He chaired the CAFS Award Committee during 1988-1989.

CAFS will also present the 1990 CAFS Graduate Scholarship to Ms. Shew-Ling Yu who is a graduate student in the Department of Food Science at Kansas State University. ms. Yu has published two papers in the Chinese Journal of Food Science, and presented a paper at the 1990 Annual Meeting of the American Society of Microbiology. Her Ph.D. dissertation research is the Microbiological Evaluation of Restructured Meat Products in terms of Listeria monocytogenes.



← Mike Chen & ???

ANNUAL CAFS BANQUET



← How are you?

DATE: June 18, 1990 (Monday evening)

TIME: 6:00 p.m. - 10:30 p.m.

PLACE: The Palace Restaurant
3150 W. Lincoln Ave.
Suite 134
Anaheim, CA 92801
Tel: (714) 826-0255

LOCAL COORDINATOR: Dr. Mike Chen
4214 Abner St.
Los Angeles, CA 90032
Hotline : (213) 223-6356

LOCAL ARRANGEMENT: Drs. James Chan and Tung-shan Chen

BANQUET PROGRAM:

MASTER OF CEREMONIES: MIKE CHEN

6:00 p.m. Social Hour (Cash Bar)
Registration - Shwpyng Chen, Christin Chou and
Mike Chen

7:15 p.m. Welcome and Introduction of Members and Guests
President, Daniel Fung

DINNER

8:15 p.m. Recognition of Present Officers, Committee
Chairs, Special Members and Others
President, Daniel Fung

8:30 p.m. Dinner Addresses
Wei-Chuan USA, Inc./ Din-Ho Co./ The Imperial Co.

8:50 p.m. Awards Presentation
Awards Committee, T.C. Lee

9:00 p.m. Introduction of New Officers - Daniel Fung
Incoming President Remarks - Yao-wen Huang

9:15 p.m. Guest Remarks

9:45 p.m. Door Prizes and Entertainment
Mike Chen and James Chan



↓ Dr. Y. W. Huang

Speakers ↓



↓ Dr. Paul ...



Dr. Fung

Dr. Jen & c

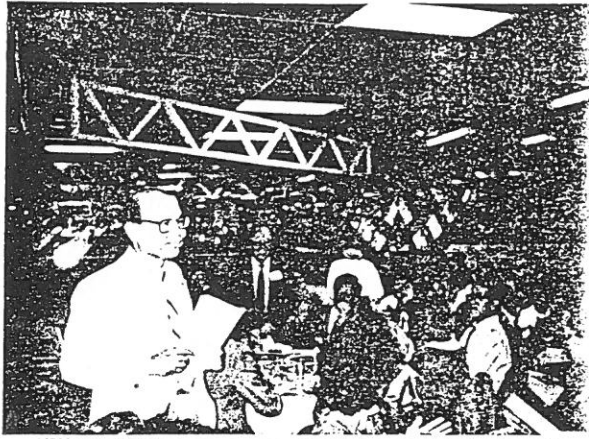


New & Old Connections



專欄

Dr. Mike Chen and his "六步曲"



(一) 各位來賓, 歡迎到加州參加 CAFS 聚餐.....



(四).....由我學生表演:.....



(二).....我有几桌要向大家報告....



(五) 我老mike也有一招.....



(三).....最後我要再加一桌.....



(六) 我的媽!!
我實在"累在
心中, 口難開".

ACKNOWLEDGMENTS

Door Prizes Donors:

ABC Tea House
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Long Beach, CA 90810
Tel: (213) 637-9566

Felbro Food Products, Inc.
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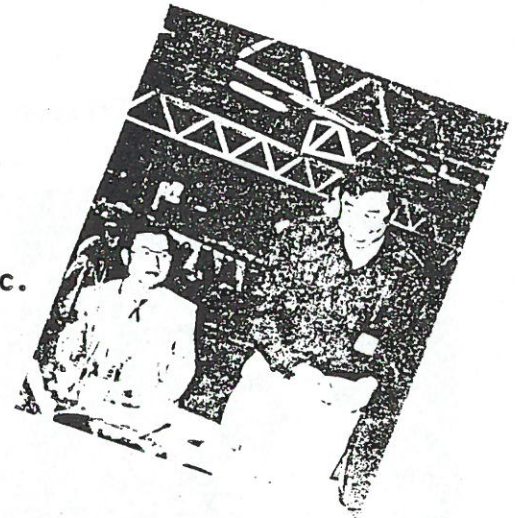
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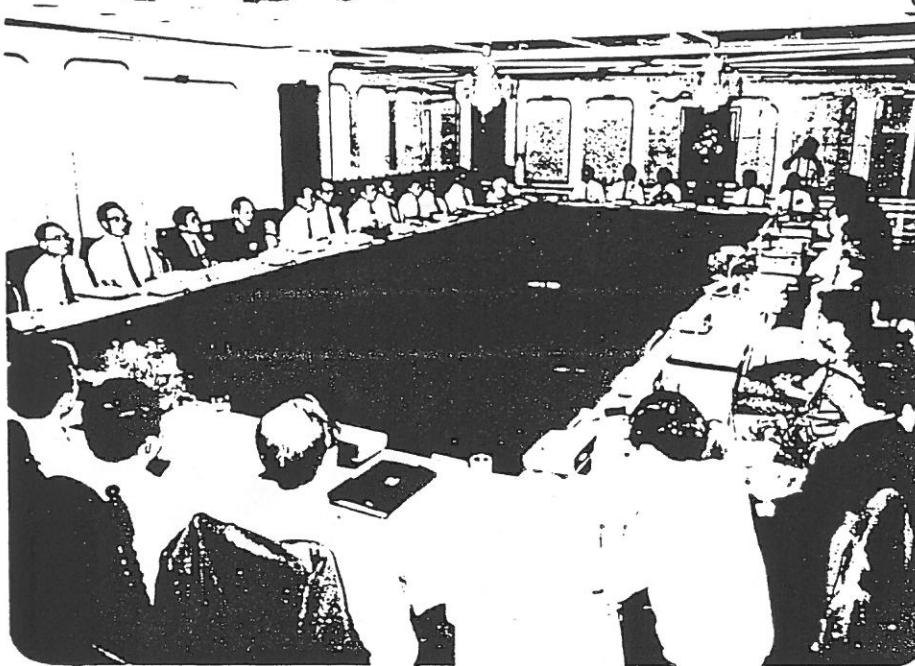
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你想知道國內食品科技教育的
情況嗎？下列三個表仍是台大
食品科技研究所系長在
今年年會發表的資料中的
一部份，在此特別列出以
供各位會友參考。

表一：中華民國食品科技之大學教育

校	專任教師人數		學生人數		學生/教師	
	數	佔總數%	總數	佔總數%		
農大食品科技所	0	3	0	11	15	5.1
中興食品科學系/所	9	5	4	18	9	15.5
海洋水產食品科學系/所	9	7	1	17	15	14.4
輔仁食品營養系/所	4	4	1	9	0	54.8
東海食品科學系	3	6	0	9	0	30.9
文化食品營養系	0	4	1	5	0	2.9
文化政策研究所	4	3	0	7	0	2.0
好宜食品營養系/所	2	4	5	11	0	36.5

表二：中華民國食品科技教育機構之研究情形

校	研究計畫數目	研究經費及來源	研究內容
農大食品科技研究所	39	\$ 23,530,000 NT (\$ 895,000 US) 國科會, 農委會, 財生部, 原委會, 中興	食品防腐技術 食品肥料 國科會, 農委會, 財生部, 原委會, 中興
中興食品科學系/所	41	\$ 19,000,000 NT (\$ 690,000 US) 國科會, 農委會, 財生部	中式冷凍調理食品 中式香料及調味基 致果加工 食品微生物 免疫時常及快速測定 食品衛生安全
海洋水產食品科學系/所	43	\$ 23,200,000 NT (\$ 840,000 US) 國科會, 農委會, 財生部, 漁業局, 環保署	各種水產品之營養與保 水產廢棄物之利用 水產加工 水產廢棄物 水產品貯藏
輔仁食品營養系/所	19	\$ 10,500,000 NT (\$ 380,000 US) 國科會, 農委會, 食品管理 食品衛生	價格, 質, 防腐之營養研究 經濟食品 食品肥料 食品加工
東海食品科學系	6	\$ 2,400,000 NT (\$ 97,000 US) 國科會, 農委會	食品衛生 食品貯藏 經濟食品 食品管理 致果及加工
好宜食品營養系/所	10	\$ 4,000,000 NT (\$ 145,000 US) 國科會, 農委會, 財生部	製成加工 食品分析 營養生理 應用法學 貯藏化學及加工 標化營養
文化食品營養系	1	\$ 300,000 NT (\$ 10,900 US)	食品香料
文化政策研究所	4		食品貯藏

表三、中華民國之食品科技教育機構

校名	地點	系所	學位	校名	地點	系所	學位	校名	地點	系所	修業時間
一、國立大學											
臺灣大學	臺北市	食品科技研究所 食品化學系及研究所 園藝學系及研究所 畜牧學系及研究所	博士/碩士 博士/碩士/學士 博士/碩士/學士	國立食品工業	臺北市	食品工業	博士/碩士	臺南縣永康鄉	臺南縣永康鄉	食品加工科	三年
中興大學	臺中市	食品科學系及研究所 園藝學系及研究所 畜牧學系及研究所	博士/碩士/學士 碩士/學士 碩士/學士	省立臺南高級農校	臺南縣佳冬鄉	食品加工科	碩士/學士	省立臺南高級農校	臺南縣佳冬鄉	食品加工科	三年
海洋大學	基隆市	水產食品科學系及研究所	博士/碩士/學士	省立花蓮高級農校	花蓮市	食品加工科	碩士/學士	省立花蓮高級農校	花蓮市	食品加工科	三年
二、私立大學及學院											
輔仁大學	臺北市	食品營養學系及研究所	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
東海大學	臺中市	食品科學系	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
文化大學	臺北市	食品營養系 食研研究所	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
好童女子大學	臺中市	食品營養學系及研究所	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
大葉工業學院	彰化縣	食品工程系	碩士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
三、國立專科學校											
國立專科學校	臺北市	食品加工科	三年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
國立專科學校	嘉義市	食品加工科	五年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
國立專科學校	屏東市	食品工業科	三年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
國立專科學校	高雄市	水產製成科	五年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
國立宜蘭農工專	宜蘭市	食品加工科	五年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
四、私立專科學校											
實踐農專	臺北市	食品營養科	五年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
中國海專	臺北市	水產製成科	五年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
中華醫專	臺南縣	食品營養科	五年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
5-光技專	臺中縣	食品營養科	五年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
長南藥專	臺南縣	食品衛生科	五年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
火仁藥專	屏東縣	食品衛生科	五年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
東方工專	高雄縣	食品工程科	五年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
遠東技專	基隆市	食品衛生科	五年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年
東南專	臺南縣	食品衛生科	五年	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	碩士/學士	省立桃園高級農校	桃園縣仁愛鄉	食品加工科	三年

Workshop

Kansas State University Celebrates 10th Anniversary of the Workshop on Rapid Methods and Automation in Microbiology

Every year in July in Manhattan, KS for the past 10 years an international Workshop on Rapid Methods and Automation in Microbiology was held. This July the Workshop celebrated its 10th Anniversary with a special Symposium along with the Workshop. The Symposium attracted more than 130 people and the Workshop had about 55 participants this year. In all, more than 400 people from over 45 states and 25 countries participated in this event in the past 10 years. The Symposium banquet speaker was Dr. Richard Forsythe of the University of Arkansas on the topic "Food Safety and Rapid Methods". The Director of the Workshop is Daniel Y.C. Fung, Professor of Food Science at KSU and a professional member of IFT.



FOOD TRANSPORTATION SUMMIT

SNOWMASS, COLORADO

SCHEDULE FOR FRIDAY, SEPTEMBER 21, 1990

8:00 - 9:00 AM

Buffet Breakfast

Snowmass Conference Center

9:00 AM

Meeting

Snowmass Conference Center
Kearns Room

Keynote Speaker

- William D. Smithburg
Chairman and CEO
The Quaker Oats Co. - Chicago, IL
"Business Ethics for the Nineties"
- Video Tape Replay - 20/20 Segment
"Garbage in the Food Chain"
- Larry Hobbs
Director of Technical Services
Cargill, Inc. - Dayton, OH
"Historical Perspectives on Safe Food Transportation"

Beverage Break

- Kyd Brenner
Director of Public Affairs
Corn Refiners Association - Washington, DC
"Washington Update on Pending Food
Transportation Legislation"
- George Chu
Director of Quality Assurance
American Maize Products Co. - Chicago, IL
"Quality is the Key to Success for Industry"

Lunch

Afternoon Free

7:00 PM

Haywagon Ride/Dinner

Snowmass Stables

If you have any questions or problems, please don't hesitate to call Susan Banner or Margaret Sackley at 923-2245 or the Chamonix Front Desk at 923-3232.

QUALITY IS THE KEY TO SUCESS FOR YOUR INDUSTRY

GEORGE CHU, 朱正冲

If your business wants to be successful in today's business environment, the "Quality" is the key to open the door of success.

First, let's define "Quality".

Boeing Co. "Quality means providing a product that satisfies the needs of the customer.

3M - "Consistent Conformance to the customer's expectation."

Xerox Corp. - "Quality means meeting customer requirements."

These simple definitions remind us that, it makes the customer is the focal point of all quality requirements and standards. When used in this content "Customer" refers not just to the public at large but both internal and external individuals, inter-departments or organizations. A customer is any person or unit receiving the output produced by other persons or units. Whether that output is a product, a service or the result of a business process.

As you can see, the priority of the customer is the theme of any industry.

But, the world is changing, business is changing. Today's standard, will unlikely be good for tomorrow. Today's philosophy will be out of date for tomorrow. Today's technology may well become tomorrow's stumbling block.

Today's employee skills may will be tomorrow's handicap.

Use the trucking industry as a example: 20 years ago, as long as you had a truck with a cover on the top of manway, with 10 or 18 wheels you could start to move food product from one city to a another city. After you unloaded your product, you could stop at MaPa truck stop, washing, and rinsing with garden

hose. Then you were ready for the next round of business. You hardly ever thought about sanitizing the trailer between loads; putting seals all over the trailer to show evidence of tampering; maintaining the product temperature in the trailer within 5 degree range; backhauling the pre-approval material, educating your driver not only to drive safely but also be a diplomat and so forth. Furthermore, if you operate a facility transferring product from car to truck, you just about have to comply FDA's GMP guidelines as a Food Manufacture, What a Change!

Therefore, in order to meet customer requirements or expectation. We must constantly change our thinking, our action and our system to be ahead of this game. In other words, the traditional way to react no longer enables us to keep up the pace of change being pro active is the only approach.

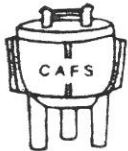
To be pro active, the industry has to first make customer satisfaction a top priority -" as important as the return of investment in Corp's philosophy. Then, systematically monitoring the trends and needs of customers. Then develop action plans to implement, and last constantly changing your plan base up internal and external feed back. As I said monitoring the trends means anticipating future possible needs, so you can be ahead of the game. A couple of weeks ago, Mr. Dean Duxbury, Assist. Editor of Food Processing asked me about the future trend of the Corn Refining Industry beyond 1990. I gave him three areas from my personal perception: one of them is that the company's customer oriented philosophy will be strengthened to be a main part of each company's culture. This trend will be largely based on technical and customer services, as well as the quality and services of transportation and distribution and delivery.

I firmly believe that business in the nineties will show even stronger challenge to the corn refinery and its carrier, transportation industry.

In order to meet the challenge, the partnership concept between supplier and customer is crucial. First, we have to learn to communicate and be willing to share information, then we can understand our customer's expectation and requirements. Not too long ago, I was invited by a carrier to a tanker manufacturing company to review their design of new tankers. I advised them of the issues of product safety, sanitation, and drainage after washing and eventually made six modifications to their original design. When they delivered the first modified prototype tank, we were almost 99.9% assured that this is a better tanker.

Ladies & Gentlemen, in summary, Quality is no longer an activity to measure product or monitor process with a set of specifications. It is a dynamic process of continuous improvement to satisfy customer's requirement and predicate the trend so we can be ahead of it.

後語：自從 20/20 Barbara Walters 的專欄報導有關貨運卡車、運送食品及垃圾的報導後，美國貨運卡車聯會在九月舉行一個討論會，以上是筆者的 presentation。



華 美 食 品 學 會
CHINESE AMERICAN FOOD SOCIETY

September 6, 1990

Dear Member:

WE NEED YOUR HELP!

The Committee on Membership and Public Relations has a big task to perform in 1990-91. The annual objectives we have are:

1. To increase new members by 10% or more.
2. To retain at least 80% of our current paid members.

Since the "disappearing" or "not responding to dues payment notice" rate of our members are high, the committee will work with the treasurer and newsletter editor to retain our current paid members.

You can personally help us to achieve these goals by paying your dues on time and by contacting your colleagues, friends, or associates who you think may be interested in joining our organization. At the end of current issue of newsletter there is a brief description of CAFS and a membership application form; please help us to distribute them to other nonmember colleagues. If you need more copies, you may either make copies at your convenience or supply us with names and addresses of prospective members and we will send them invitation letters. We hope each one of you can help us at least nominate or contact one prospective member.

We sincerely appreciate your efforts in helping us to reach our goals and for your continued support.

Sincerely,

Yen-Con Hung, Yeong-Ching Albert Hong and Yun-Yun Diana Hao
Membership and Public Relations Committee

富豐目項演表

特技團成立於一九五一年，曾在國家演出，並在國家大賽中多次獲獎。一九八八年，在美國有極成功的演出，此次表演節目則全部換新。北京平劇團則演出四場精彩片段，包括「三岔口」與「孫悟空笑鬧天庭」等好戲。

△中美聯姻是否會遭遇到異類猜忌無門，生活調適及文化衝擊問題？何定下回再真回憶當初結婚時的處境，她的夫婿，何理時，她確信這項時務及成是正確的。

「結婚後到兒子出生前，我媽的話都不跟我講，幾乎有一年我倆沒話說。」徐慧美嫁給一位美軍副營長蓋瑞·威爾遜(Gary Wilson)後，竟引起如此的家庭風波。來自台灣的徐慧美，現年卅三歲，她的夫婿讓她感到「與他生活得愈久，愈能認識人生的可愛處」，這就是徐慧美嫁給到中美聯姻的苦樂。

一位來自台灣不願透露姓名的，可能曾後嫁給美人兩次，卻以離婚終場此間的愛前單身，這位婦女說：「我的女婿形容他有七、八年不與我聯絡」，當我光。

華美食品學會舉行年會

華人食品公司均將參加

【本報亞特蘭大訊】一九九〇年華美食品學會年會定於十八日在加州舉行，國府青輔會主任秘書施俊文及味全、頂好及統一等華人主持的食品公司，均將參加此一盛會。

台大食料所所長孫聯西將於年會中主講「台灣高等教育食物科學的未來方向」，屆時將舉行盛大晚宴，並由亞城地區天主教友組成的亞特蘭大天主教教友聯會，已於五月份正式成立，歡迎

科學的未來方向」，屆時將舉行盛大晚宴，並由亞城地區天主教友組成的亞特蘭大天主教教友聯會，已於五月份正式成立，歡迎

天主教教友聯會每週活動

卅日舉行信仰生活講座

【本報亞特蘭大訊】大亞特蘭大區天主教友參加。教友聯會每週活動訂為每月一次，活動地點在Ogdenwood的St. Ann's Catholic Church，活動內容為彌撒(下午五點)及會談(七點開始)。開會的主題為聖經研讀，教義探討，以及在美生活經驗分享，以及教友聯誼等等。六月份的活動日期為三十日(星期六)，開會的主題為「信仰生活講座」。

此團體請教友們積極參與，有興趣者，請與楊世弘、傅國城連絡，連絡電話為本報8-6606——傅國城，29-0499——楊世弘。(曾思中)

美華協會同樂晚會

歡迎非會員攜眷參加

【本報亞特蘭大訊】美華協會喬州分會為加強新舊會員聯誼及交誼，定廿三日星期六，舉辦一年一度的同樂晚會，歡迎非會員也踴躍參加。

同樂晚會將於廿三日晚六時非分至午夜，地點選在亞特蘭大華人活動中心，美華協會喬州分會表示，希望該會會員各攜帶一道菜餚，踴躍參加，當晚的同樂會還將有精彩的歌唱表演節目及抽獎活動，大獎包括赴洛杉磯來回機票及各觀光大飯店住宿禮券等禮品。

有關詳情，請電：楊世弘(404)633-8823或謝國雅(404)634-1178。

中人生一大試煉

正相愛才能持久

何許淑貞的女兒何心蘭現年十五歲，兒子何雁君現年十一歲，他們對父母親的婚姻都能接受，他們認為結婚的對象不應考慮到種族因素。

米勒太太的大兒子Tom現年廿一歲，他認為東方婦女沒有美國婦女的嬌生慣養，他是在中美聯姻的環境下長大，他傾向於喜歡東方婦女。米勒太太的女兒Tom現年十九歲，她深受中美聯姻下父母親遇到文化上的衝擊，她不贊成這類婚姻。

中美聯姻的婚姻在目前的社會中越來越普遍，如何維繫這種婚姻呢？米勒太太認為中美婚姻的男女雙方應秉持愛、諒解及互敬才能長久以往。何許淑貞的夫婿湯米·哈里斯(Tommie Harris)是亞特蘭大公立中學教師，他指出這種婚姻需要許多耐心去消除彼此在文化上的差異，何許淑貞也強調學習欣賞對方文化的重要性。

威爾遜率直地表示：「如果兩人相愛，一切事都好辦」，他認為中美聯姻的婚姻要建立在彼此間的真正相愛上才能持久。

(本報記者葉國超)

統一併購溫德漢

企業海外增據點

黃崇仁

中華民國統一企業公司
與美國第三大餅乾公司溫
德漢 (Wynndham

Foods Inc.) 已於日前擁有 Mother's, 正式簽定協約，由統一企業收購溫德漢食品公司一等八家區域性餅乾公司，0.0% 的全部股份及債券，其佔有全美平價餅乾四五，該項收購案總值達美金 % 的市場，為僅次於三億三千五百萬元，不僅 Nabisco 及 Keebler 的是中華民國民間企業併購全美第三大餅乾公司。海外企業的最大案件，同溫德漢食品公司總資產時也是國內民間企業以本額為美金三億零二百多萬身力量併購一個完全美商公司，平均每年毛利三三 % 左右，該公司係採用 D S

統一企業收購溫德漢公司，將因為各種有利的因素，使統一企業成功的進軍美國餅乾市場，同時統一企業更可透過溫德漢在美國建立一個全國性大食品企業。

溫德漢食品公司總部設於美國喬治亞州，以生產餅乾為主，公司成立於一九八五年，目前除擁有美國傳統女童軍餅乾最大供應廠 Murray 外，更

力。

該公司除了總部設於喬治亞州外，另在伊利諾州、肯德基州、北卡羅萊納州、田納西州、奧克拉荷馬州、阿肯色州及阿拉巴馬州均有生產工廠，員工合計二七〇〇位，董事長 Mr. Ian Wilson 為前可口可樂副董事長及前 Castle & Cooke 食品公司的總經理。

由於以上各項有利因素，溫德漢將成為統一企業進入美國餅乾市場的最佳管道，更因為溫德漢在美國餅乾及食品業已有的基礎，更是統一企業透過溫德漢在美建立一全國性大

食品企業的最有利立基。

統一企業為國內排名第十二大企業，且食品業排名第一的企業，以這種優勢，配合溫德漢美國第三大食品公司，占有四五 % 平價餅乾市場的地位，兩相結合，預估將產生極大的合作效果。

最重要的效果包括如下

- (一) 溫德漢擁有七〇〇條 DSD 系統，其市場行銷網路及 Know-how，將可發揮到極致。
- (二) 仍有很大的空間可以降低成本，達到成本控制的目的。
- (三) 統一可以取得更低成

本的融資，利息支出大幅減少，財務情況可以增強。溫德漢管理人員，平均有二〇年以上食品業經驗，經營管理及人才可互相配合。

(四) 溫德漢是美國傳統女童軍餅乾市場最大供應廠，有助統一提昇企業形象。

(五) 互相配合推動國際化發展。

國內食品市場有限，統一企業此舉，不啻為該企業國際化打下良好基礎，並且藉由收購行動，打開了市場國際行銷通路及市場占有率，在策略上十分成功。

統一企業此次收購溫德

漢公司，參予競購者包含了著名的加拿大 Beatrice 食品公司、美國的 Michael Foods 食品公司、比利時的某大食品公司以及美國最大證券投資公司 Merrill Lynch (美林證券公司) 亦參予其中。

統一企業此次在競購中脫穎而出，不僅令美國華爾街十分注目，更大大提升了中華民國企業在國際上的形象與魄力。因此，此次收購案，不僅為統一企業走向國際化的一個開端，更將成功的帶動國內企業向外發展的趨勢。

夏日健康消暑飲料 - 精力湯

精力湯一：(此乃癌症權威雷久南博士提供)

材料：小麥(wheat)或大麥(Barley), 葵瓜子仁, 芝麻(白或黑)扁豆(Lentil), 粗末苜蓿(Alfalfa) 绿豆, 芹菜(切碎) 海藻(海帶), 綠色生菜, 哈密瓜, 西瓜, 蘋果, 香蕉, 葡萄, 蒲公英, 胡蘿蔔, 蜂蜜。(以上材料除有加上 * 記号是主要材料之外, 水果任選一至三種, 要加入酸的水果, 其它材料不必全部加入。以上材料, 最好都是 organically grown 有机方式生长的, 特别是主要材料。)

- 作法 1. 先将主要材料, 泡水 10 小時左右, 將水倒掉用溼的沙布蓋上, 再過 12 小時, 各種種子仁的尖端, 均有小白點, 即表示已發芽了。因氣候冷暖气同, 也可延長發芽時間。
2. 如果以西瓜做主要水份, 將西瓜打成汁, 太濃可加水, 再放入其它水果。如果没有水果, 或嫌麻煩, 可用蘋果汁代替。
3. 較硬的如芹菜, 紅蘿蔔先打, 最後再加入已發芽的主要材料, 只要打半分鐘即可, 以免破壞子芽的養份。每天早上喝上一大杯, 主要養份都有了, 中午吃差一點也無妨。此乃最佳天然養料, 也是防癌聖品。

精力湯二：

材料：麥草粉(Barley Green) - 小茶匙, 蘋果汁或是蜂蜜水一杯。

作法：將上項材料混合, 即可飲用。這種簡便的精力湯, 是將麥草粉代替前面主要材料, 蘋果汁代替前面的水果。

註：如果時間許可, 雷博士提供的精力湯一, 是筆者大力推薦的。若是沒時間去發麥芽及發其它種芽, 可以使用精力湯二。麥草粉是一種活性有机食品, 是將大麥嫩葉榨汁, 真空急速乾燥, 內含維他命, 礦物質, 活性素, 葉綠素, 蛋白質, 再加少許粗末及海藻而成。(HINA MARKET 可以買得到)

雷久南博士, 湖南人, 出生於台南市, 幼年即隨家長遷居美國, 夏威夷大學畢業後, 獲麻省理工學院化學博士學位。因她全家信佛素食, 而且部份生食, 深知其對健康的重要, 故畢業後參加德州大學安德森醫院腫瘤研究所工作, 從事自然療法治癌的研究。1985年, 十月, 有美國自然療法醫師安成格摩爾女士訪問台灣十天, 環島公開演講, 介紹食物療法, 掀起台灣食用小麥草汁及芽菜的熱潮。

明卅佛學社与其它團體將於近期內, 邀請雷博士至明城, 講演有皮膚癌症的預防与治疗。敬請密切注意与期待。如有任何疑問, 請電 (612) 688-2889。

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東海大學

一、教師若干名，獲博士學位，主修食品科學、食品工程、食品機械，具食品工廠經驗者佳，應聘後職位依教育部聘任標準，待遇比照國立大學，免費提供學人宿舍，具有公保退休制度，校內並辦有幼稚園、附屬小學及中國。

二、起聘時間：民國七十九年八月一日。

三、聯絡地址：臺中市私立東海大學食品科學系主任王慶富教授，電話：(04)三五九〇二九四。

屏東農專

一、教授或副教授三名，獲博士學位，具景觀規劃、自然資源管理、戶外遊憩等專長。

二、聯絡地址：屏東縣內埔鄉學府路一號國立屏東農專森林科主任郭耀倫教授，電話：(08)七七〇三七二九轉二六〇三。

統一企業公司

一、研究員十名，獲食品科學、遺傳工程、生物技術等相關科系碩士以上學位，具相關專長。

二、需要時間：民國七十九年六月底前。

三、聯絡地址：請檢附履歷(含照片)，畢業證書及成績單逕寄臺北市忠孝東路四段五六〇號十二樓統一企業公司黃子誠先生，電話：(02)七〇〇二八六六轉二二四。

臺灣省農業試驗所

一、副研究員一名，獲博士學位，具分子生物、遺傳工程等專長，留英、美、日、德優先考慮。

二、聯絡地址：臺中縣霧峰鄉中正路一八九號臺灣省農業試驗所農藝系盧煌勝主任，電話：(04)三三〇二八〇六。

CAFS 徵求講員壹名

對象：對 Frozen Foods 產品發展及開發有經驗及專材

時間：中華民國八十年二月~三月間

聯絡處：請直接同本會會長黃耀文博士接洽

電話：(404)-542-2286



The American Oil Chemists' Society Announces the Stephen S. Chang Award

CALL FOR NOMINATIONS

PURPOSE OF THE AWARD

The Stephen S. Chang award is established to annually recognize a scientist or technologist who has made decisive accomplishments in the utilization of basic research to solve significant and important practical problems leading to improvement or development of food products related to lipids.

SPONSORS

Endowment from AOCS Past President Stephen S. Chang and his wife, Lucy D. Chang.

AWARD DESCRIPTION

Recognition shall consist of plaque or similar object symbolizing the award and an honorarium estimated at approximately \$6000.

ELIGIBILITY REQUIREMENTS

A nominee must have made significant accomplishments in utilization of basic research to solve problems which lead to the development or improvement of food products related to lipids. Eligibility shall be demonstrated through high quality scientific papers, patents, or the marketing of commercial products developed through the nominee's scientific or technological efforts.

The award shall be made without regard for national origin, place of residence, race, color, creed or sex.

A prospective recipient must agree to be present for acceptance of the award and to deliver an award address at an AOCS Annual Meeting.

NOMINATION FORMS

Forms can be obtained by contacting the Executive Director, American Oil Chemists' Society, P.O. Box 3489, Champaign, IL 61826-3489

Completed nomination forms for the 1991 award must be submitted before
October 15, 1990.



FOOD FACTS

UNDERSTANDING FATS AND CHOLESTEROL

Fats and cholesterol are frequently mentioned in discussions about diet and health. Although consumers hear a great deal about fats and cholesterol, the information is sometimes conflicting or difficult to understand. This leaflet will answer some of the commonly asked questions about fats and cholesterol.

WHAT IS FAT?

Fats, proteins and carbohydrates are the three major nutrients that provide energy for the body. Fat is the most concentrated source of energy in the diet, providing nine calories per gram compared to four calories per gram from carbohydrates or protein. Whether fat is from an animal or plant source, it provides the same number of calories per gram.

Fat can be liquid (as in vegetable oils) or solid (as in butter, margarine or meat). Fat is less noticeable in foods like avocados and nuts or when eaten as an ingredient in foods, such as in cakes or cookies. Fats add to the appeal of many foods and helps us feel satisfied and full after we eat.

HOW MUCH FAT DO WE NEED?

Dietary fat is necessary for proper growth, maintenance of healthy skin, and transmission of brain and nerve signals. Some fat is found in blood and other body cells, but most of it is stored in the body's fat cells. These fat deposits store energy, insulate the body, and support and cushion organs.

Some fat in the diet is absolutely essential to provide the fatty acids needed by the body and to transport the fat-soluble vitamins A, D, E, and K. Although scientists are not in complete agreement on the optimal level of fat in the diet, most health organizations recommend that calories derived from fat should be 30% of the total calories consumed.

WHAT IS SATURATED FAT?

Fatty acids are the basic building blocks of fat. Fatty acids may be either saturated, monounsaturated or polyunsaturated. All dietary fats are made up of mixtures of these three types of fatty acids. Saturated fatty acids contain the most hydrogen, and polyunsaturated the least. Saturated fatty acids seem to raise blood cholesterol in some people. Therefore, some health advisors recommend limiting intake of saturated fatty acids to about a third of the total fat intake (or no more than 10% of total calories). The chart on page 3 shows the proportions of fatty acids in commonly used dietary fats.

WHAT IS HYDROGENATED FAT?

A manufacturing process called hydrogenation is often used to make a mainly unsaturated fat more stable and also to convert liquid oils to a semi-solid form for use in foods such as margarine or shortening. Because of their chemical structure, saturated fatty acids are more stable than unsaturated fatty acids. Stability is important in preventing rancidity and off-flavors in oils and margarine.

CHOLESTEROL: WE CAN'T LIVE WITHOUT IT

Do you realize that you could not live without cholesterol? It's true! Despite all the bad publicity, cholesterol is a necessary body substance. It is so important that the body makes it, usually in larger amounts than people consume in their diets. Cholesterol is in every body tissue and is essential to life. It is used to form all cell membranes, certain hormones and is an important part of the nervous system and brain.

WHAT IS CHOLESTEROL?

Cholesterol is a white, waxy, fat-like substance found in every animal cell. The body manufactures cholesterol primarily in the liver and distributes it through the bloodstream. Cholesterol in our diet comes only from animal products, such as meat, butter and eggs. Cholesterol is *not* found in plants or in any products made solely from plants.

To understand how cholesterol works in the body, it is important to distinguish between *dietary* cholesterol and *blood* (serum) cholesterol.

Dietary cholesterol is the amount of cholesterol found in foods. For example, a teaspoon of butter contains 10 milligrams of cholesterol. Blood (serum) cholesterol is the amount of cholesterol present in a person's blood. Blood cholesterol level is controlled by both the amount of cholesterol the body makes and the amount of cholesterol the body absorbs from the foods consumed.

The amount of cholesterol in a person's blood remains relatively stable day-to-day because the body has a mechanism for regulating blood cholesterol level. In general, if a substantial amount of cholesterol has been absorbed from food sources, the body produces less. If the diet contains low levels of cholesterol, the body produces more. The average person's body produces about 2-4 times more cholesterol each day than what it absorbs from food sources.

WHEN IS CHOLESTEROL A PROBLEM?

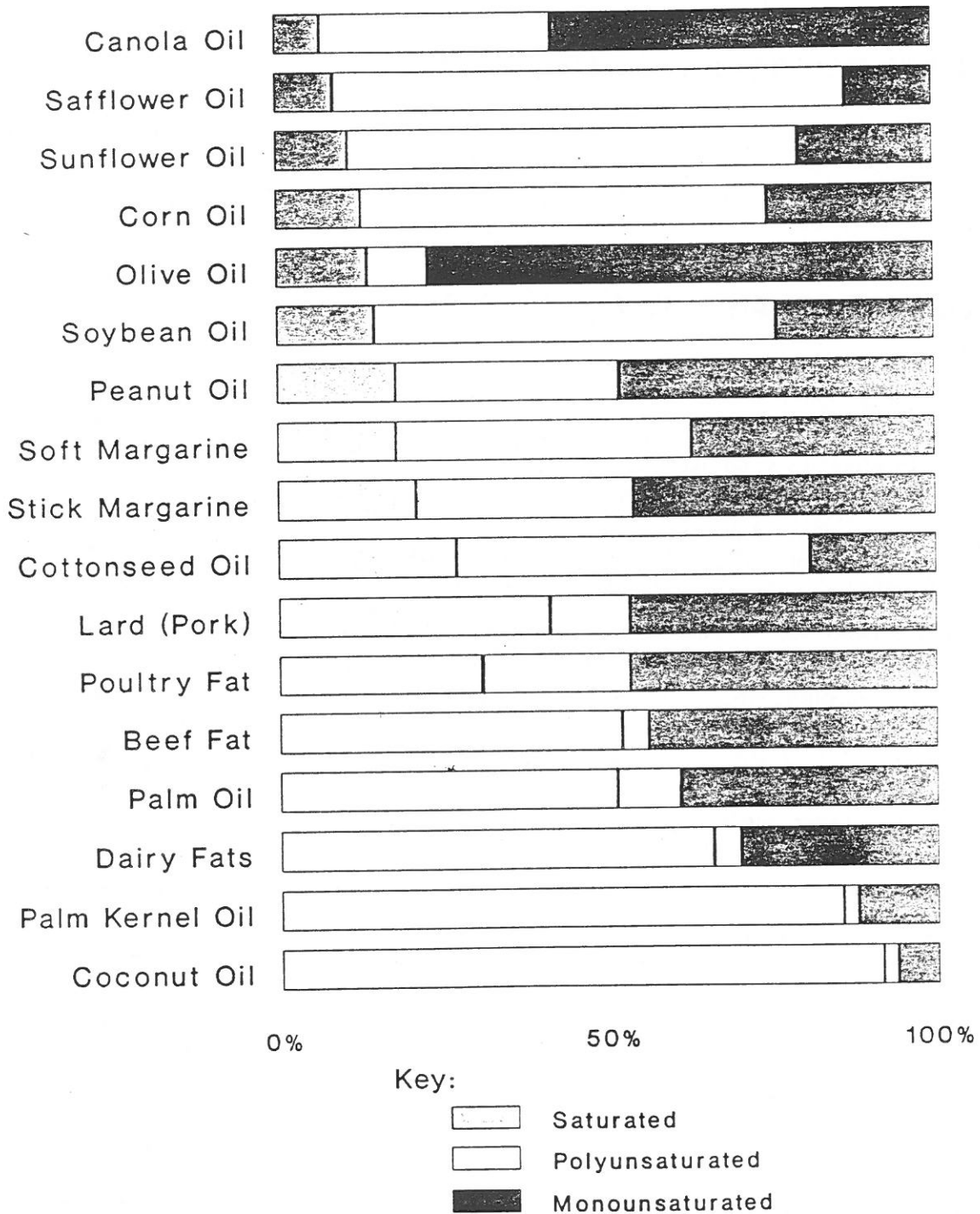
Cholesterol becomes a problem when the body cannot regulate it well. The blood cholesterol gets too high, and, for some reasons that aren't totally understood, cholesterol-filled plaque develops on the artery walls. The cholesterol content of food, however, appears to have less effect on blood cholesterol than heredity, gender, exercise, stress and cigarette smoking. It is also important to know that the saturated fat content of a food has been shown to affect blood cholesterol more than the actual cholesterol content of the food.

ARE LOW CHOLESTEROL DIETS FOR EVERYONE?

The Dietary Guidelines state that for the U.S. population as a whole, reduction in our current intake of total fat, saturated fat and cholesterol is sensible. This suggestion is especially appropriate for people who are overweight, have high blood pressure, smoke, or have a family history of heart disease or high blood cholesterol. However, some experts worry that a nationwide push to reduce cholesterol levels might cause

(continued on page 4)

Comparison of Dietary Fats



Reference: Agriculture Handbook No. 8-4

more harm than good to some people, especially young children who need fats, cholesterol and other essential nutrients for growth and development.

People at high risk of developing heart disease should be encouraged to reduce their intake of saturated fat, decrease their blood pressure, quit smoking, reduce stress, increase endurance exercise and maintain an ideal body weight. For people at low risk of developing heart disease, women and children without a family history of heart disease, less emphasis should be placed on low cholesterol diets and more emphasis placed on an overall healthy diet which attempts to reduce total fat.

USE BALANCE AND MODERATION IN SELECTING FATS

The key to a healthful diet is to choose a variety of foods in moderate amounts, including a balance of fats. If your menu contains products high in saturated fats, for example, fried products, pastries, higher fat meat, whole milk, or cheese, select spreads and dressings made from unsaturated vegetable oils. Butter, sour cream or cream cheese can be included if other menu choices are low in saturated fat.

CONSUMER GUIDE TO FAT AND CHOLESTEROL TERMS

Blood Cholesterol — The cholesterol which flows in the blood stream. It is a combination of the cholesterol the body makes and the cholesterol consumed from the foods eaten. It is recorded as milligrams (mg) of cholesterol per deciliter (dl) of blood.

Cholesterol — Odorless, white, waxy, fat-like substance found in every cell in the body. The body manufactures cholesterol in the liver. We also consume cholesterol in some of the foods we eat.

Dietary Cholesterol — The cholesterol content of food. For example, one egg contains 213 milligrams (mg) of cholesterol. Cholesterol is only found in foods of animal origin (e.g. meat, seafood, butter). It is not found in foods from plant sources.

Fatty Acids — Fatty acids are the basic chemical units of fat. Fatty acids may be either saturated, polyunsaturated or monounsaturated. All dietary fats are made up of mixtures of these three types.

Hydrogenation — A manufacturing process making liquid vegetable oil more saturated (contain more hydrogen). Hydrogenation makes oil firmer at room temperature and also extends product shelf life.

Lipoproteins — Lipoproteins carry cholesterol in the bloodstream. There are high density lipoproteins (HDL) and low density lipoproteins (LDL). LDL's are considered "bad" carriers as they appear to contribute to plaque formation in the blood vessels. HDL's are considered "good" carriers as they return the cholesterol to the liver for excretion from the body.

Monounsaturated Fatty Acids — Fatty acids which have room for two hydrogen atoms to be added. Monounsaturated fatty acids tend to be liquid at room temperature.

Polyunsaturated Fatty Acids — Fatty acids which have room for four or more hydrogen atoms to be added. Polyunsaturated fatty acids tend to be soft or liquid at room temperature.

P/S Ratio — Ratio of polyunsaturated fat to saturated fat. For example, a fat with a ratio of 2:1 has 2 grams (g) of polyunsaturated fat for every 1 gram (g) of saturated fat.

Saturated Fatty Acids — Fatty acids which are full of hydrogen. Saturated fatty acids tend to be solid at room temperature.

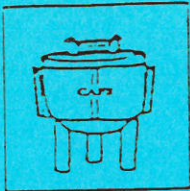
Saturation — Refers to the number of hydrogen atoms attached to the fatty acids.

Triglyceride — Most common form of fat found in foods and in the body. Triglycerides are made up of fatty acids.

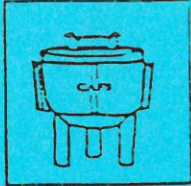
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Residence Address: _____
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Preferred mailing address: _____ Business, or _____ Residence

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 Ph.D.: _____

Present Position and Areas of Interest and Specialization:

Professional Experience: _____

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- _____ Life (\$200) (one time only for life)

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 (signature and title of university faculty member)

Membership I.D. Code No.: _____ (to be filled by Treasurer).

Please return this form and payment to:
 Dr. Shwu-pyng T. Chen, CAFS Treasurer
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 4555 Las Positas Rd.
 Livermore, CA 94550
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