

LIFE

Healthy eating also is good for the planet

COVID TIP: Studies outlining strategies for reducing the severity of COVID-19 are appearing in the scientific literature. Ensure you are getting enough Vitamin D. Vitamin D rich foods include mushrooms; fortified yogurts, milks, juices, and cereals (read the label); egg yolks and fatty fish. Ask your doctor if you would benefit from a supplement. Please, wear your face covering, wash your hands frequently, stay 6 feet apart.



KATHY KOLASA

thrown away daily while every 1 in 6 people go hungry. Let that sink in for a second. That means

that every month the average person in the United States is throwing away 39,000+ calories worth of food a month. That is enough calories to provide 19 days' worth of food to someone who cannot afford nutritious food themselves.

If sustainable is going to happen it has to start with all of us doing our part. It means planning out meals and making shopping lists before going to the grocery stores and buying exactly what you need rather than aimlessly walking up and down aisles selecting food off the shelves. My goal here isn't to preach to the choir, but instead to make everyone aware of the impact we are all having on others and the planet. If that daily waste amount is correct, that means that 30-40 percent of food production is wasted every year. If that wasted food was turned into valuable nutrition to those in need, we would be making light-year steps toward creating a more sustainable environment.

I am hearing people talk about nutrition and sustainability, but I don't really know what that means. Can you explain? FR, Greenville

A Nutrition and sustainability are important topics being discussed by people involved in wanting to both make sure nutritionists design eating approaches that provide optimal health but also take into consideration the health of the planet and its resources. Some countries have added sustainability suggestions to their Dietary Guidelines even when their expert committee suggests them. The USDA has been reluctant to do so. Alexander Trei, a third-year student at ECU's Brody School of Medicine took on the challenge of explaining this important concept. Here is what he wants you to know.

Nutrient-rich, affordable, culturally acceptable and sparing of natural resource and the environment: these are the four key domains of providing quality nutrition to people around the world and to produce a sustainable environment. Every year, every country's government engages in the discussion of providing nutrient rich food to its citizens while creating an environment that can support the generations to come. The current world population is roughly 7.8 billion people with an expected rise to 10 billion by the year 2050, a not so distant future, as we turn into the second half of 2020. Issues of sustainability must be addressed now, not later.

In the book "Triple Bottom Line," sustainability is balanced by three forces, those being people, the planet and profits. The hardest concept of this model is that the only way it succeeds is if all the forces work together for one ultimate goal. In reading "The Balancing Act — Nutrition and Sustainability" by Marianne Edge, I was brought to the notion that food is the center of our existence and very much at the center of many of our civilization's major issues.

As a medical student on a medical team taking care of a patient, I have seen how collaboration and teamwork result in the best patient outcomes, and this mindset of teamwork will play a key role in the development of a sustainable and nutritious world for us to live in. In order for us to move forward as a civilization we need to work together in order to continue to establish healthy and nutritious food options for all and practicing sustainable techniques through all stages of food production and consumption.

Edge, who works as a registered dietitian at the USDA, tells us that nearly 30-40 percent of the food produced in the United States goes uneaten, with approximately 1,260 calories per person being

Food sources are another topic of both nutrition and sustainability. As continued research is published it is becoming more favorable that a vegetarian diet leads to fewer medical problems, increased life expectancy, and an average \$150 decrease in one's monthly grocery bill. MyPlate.gov, which is the site many practicing dietitians and physicians go to for nutritional advice for patients, states that the average meal should be made up of 50 percent vegetables, 15 percent meat, and 35 percent grains; however, this is not the average American plate.

MyPlate's current daily recommendations for diet, which are produced from the guidelines set by the USDA, are roughly 6 ounces of protein, 3 cups of vegetables, 2 cups of fruits and 3-8 ounces of grains per day. The average American plate consists of 40 percent protein, nearly double the recommended amount, which in turn leads us to the issues of different food resources and their production processes.

Many experts have noted that meat production alone accounts for nearly 15 percent of the greenhouse gas emissions every year while crop production is roughly 10 percent the emissions of meat. We have engrained into our minds that meat is necessary at every meal, yet the healthier option is not only better for your health, but your pocketbook and the planet.

A lot of changes need to be made before quality nutrition can be provided to all, and a lot of changes need to be made before a sustainable future is possible. These changes start with each of us moving toward our own individual goals and together as a unified species for a better future for all.

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CORRECTION

The July 28 crossword puzzle, cryptoquip and bridge column were omitted from Tuesday's paper. They are published here along with the July 29 content.

CROSSWORD & CRYPTOQUIP

ACROSS

- 1 Harvest
- 5 Punk rock offshoot
- 8 Olympian queen
- 12 Bistro handout
- 13 Lair
- 14 Alamo rival
- 15 Ceiling window
- 17 Saturates
- 18 Hog haven
- 19 Noah's landfall
- 21 Hood-winks
- 24 Zwei follower
- 25 Mellowed
- 26 Aerial battle
- 30 Unwell
- 31 Eats in style
- 32 Reaction to fireworks
- 33 "Don't move!"
- 35 Swiss artist
- 36 Layered cookie

DOWN

- 2 Comics cry
- 3 Whatever
- 4 Throbbled
- 5 Jittery
- 6 "Not impressed"
- 7 Precise
- 8 Aloha
- 9 Always
- 10 Oscar-winning actress
- 11 Admin. aide
- 16 "— My Turn" (Diana Ross hit song)
- 20 Boxing arbiters
- 21 Banquet platform

22 Wrinkled fruit

23 Hide

24 "Tiny Bubbles" singer

26 Computer-savvy elite

27 First-place medal

28 Farmer, at times

29 Biblical pronoun

31 Tragic

34 Get in shape

35 Comedian

37 Brooch

38 Polio vaccine discoverer

39 "Would — to you?"

40 Yuletide tune

41 Grad

44 Science room

45 Stickum

46 Med. plan option

47 Danson of "Cheers"

Solution time: 22 mins.



Yesterday's answer 7-28

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
			18			19	20			
21	22	23			24					
25				26				27	28	29
30			31					32		
33			34					35		
			36					37		
38	39	40				41				
42				43	44			45	46	47
48				49				50		
51				52				53		

7-28 CRYPTOQUIP

Y B B V N S F T T Z H B T K N Y Z
 C Z H B V H E D F I Z H N F Y W S F D Y I
 R V Q F C V D Z , Y N E F R S Z F
 O V X W X F H O - B F I Y W Q O V K Q .
Yesterday's Cryptoquip: BLOCKBUSTER MOVIE ABOUT PEOPLE WHO MAKE VIOLET-HUED TWISTED DONUTS: "THE CRULLER PURPLE."
 Today's Cryptoquip Clue: B equals F

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

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JULY 28 BRIDGE

BY PHILLIP ALDER
United Feature Syndicate

Lewis Carroll wrote, "If you don't know where you are going, any road will take you there."

Some bridge players are like that. They don't know how they are going to make or break a contract, so they just pull cards and hope that they get home. But more often than not, they will run out of fuel first.

On other deals, partner suddenly steers down a road that looks closed. But if you trust him, follow him — with luck, he knows something that hasn't crossed your mind.

This deal occurred during the 1975 European Championships, in the open match between Belgium and Greece. How did East-West defeat four hearts?

North's hand looks good for a single raise, and advocates of the Losing Trick Count will note that the hand has only seven losers, which is the normal number for a game-forcing raise! North should have invited game. But when South, with a six-loser hand, made a help-suit game in diamonds, North happily jumped to game.

West, George Roussos,

North 07-28-20
 ♠ K Q 10 9 5
 ♥ 5 3 2
 ♦ K 7 6 5
 ♣ 9

West
 ♠ A 7 6 4 3
 ♥ A 10 6
 ♦ Q J 5
 ♣ 3 2

East
 ♠ J 8
 ♥ 9 4
 ♦ A K 6 4 3 2
 ♣ 10 9 4

South
 ♠ 2
 ♥ K Q J 8 7
 ♦ 10 8 7
 ♣ A Q J 8

Dealer: South
 Vulnerable: Both

South West North East
 1♥ Pass 2♥ Pass
 3♦ Pass 4♥ All Pass

Opening lead: ♦ Q

led the diamond queen; East, Hercules Matrangas, overtook with his king and returned the spade jack. Thinking his partner had switched to a singleton, West won with the ace and played back a spade.

When East didn't ruff, declarer probably felt happy, but that joy didn't last. When he played a trump to his jack, West won with the ace and led another spade. East's ruff with the heart nine effected an uppercut, promoting West's heart 10 as the setting trick.

West could have also defeated the game with an unlikely opening club lead. The curious may work it out.

CROSSWORD & CRYPTOQUIP

ACROSS

- 1 Red planet
- 5 Body art, for short
- 8 Urban haze
- 12 Actor Guinness
- 13 Blackbird
- 14 Quasi-modo's creator
- 15 Detroit's location
- 17 Jazzy Fitzgerald
- 18 Venomous viper
- 19 Ascended, as a mountain
- 21 Viral video, e.g.
- 24 "— Had a Hammer"
- 25 Nota —
- 28 Sicilian spouter
- 30 Festive
- 33 "Hail!"
- 34 Google competitor
- 35 Mimic
- 36 NJ neighbor
- 37 —

DOWN

- 1 Crib cry
- 2 "Put — on it!"
- 3 Shipping dept.
- 4 Plot
- 5 Price point?
- 6 Santa —
- 7 Metal boxes
- 8 Wheat bundle
- 9 Golfer's do-over
- 10 Leer at
- 11 Incite
- 16 Rage
- 20 Pisa farewell
- 22 Potatoes partner
- 23 Allen or Frome
- 25 Misbehaving lady?
- 26 First lady?
- 27 Kate of "The Prince of Tides"
- 29 Forbidden act
- 31 GI's address
- 32 Evergreen tree
- 34 Harvard rival
- 38 Lampoon
- 40 Pre-diploma hurdles
- 42 "Acid"
- 43 Pack cargo
- 44 Arizona tribe
- 45 Con job
- 47 Awestruck
- 48 "Toodle-oo!"
- 49 Wife of Geraint
- 52 French pal
- 53 Actor Harrison

Solution time: 23 mins.



Yesterday's answer 7-29

1	2	3	4	5	6	7	8	9	10	11
12				13				14		
15				16				17		
			18			19	20			
21	22	23			24					
25	26	27			28			29	30	31
32					33			34		
35					36			37		
			38					39	40	
41								42		
43	44				45			46	47	48
49					50	51	52	53		
54					55			56		
57					58			59		

7-29 CRYPTOQUIP

G V R N W X Q M Q Z S K O I E X - T W V
 G W K R G V R P E P R E A G Z S K Q W
 E P G Z H Z A Z E I I X H P Z R S T I X .
 G V R X ` P R E I I O M G G X - N M T T X .
Yesterday's Cryptoquip: IF FOOTBALLER FLUTIE PERFORMS A CERTAIN BASIC YOGA POSE, IT MAY BE A DOWNWARD-FACING DOG.
 Today's Cryptoquip Clue: N equals B

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

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JULY 29 BRIDGE

BY PHILLIP ALDER
United Feature Syndicate

George Bernard Shaw wrote, "I never resist temptation, because I have found that things that are bad for me do not tempt me."

At the bridge table, though, many players are tempted by overtricks, even when trying to win one puts their contract at risk. Yes, if you are playing in a matchpointed duplicate, those overtricks can be lucrative, making the risk worthwhile. But if you are playing for money or in a teams match, concentrate on making your contract.

In today's deal, how should South play in three no-trump after West leads a fourth-highest diamond five: four, 10, jack?

Stayman is a good convention when it uncovers a desirable 4-4 major-suit fit. The rest of the time, it gives free information to the defenders.

South starts with eight top tricks: four hearts, three diamonds (given trick one) and one club. If he wishes just to make his contract, he has a guaranteed line of play. At trick two, he leads a spade from his hand.

Suppose West wins with

North 07-29-20
 ♠ 10 8 3
 ♥ K 10 8 3
 ♦ K 4
 ♣ A Q 10 7

West
 ♠ A Q 2
 ♥ 9 7 6 2
 ♦ Q 9 8 5 3
 ♣ 4

East
 ♠ 9 7 6 5
 ♥ 5 4
 ♦ 10 6 2
 ♣ K J 9 2

South
 ♠ K J 4
 ♥ A Q J
 ♦ A J 7
 ♣ 8 6 5 3

Dealer: South
 Vulnerable: Neither

South West North East
 1NT Pass 2♣ Pass
 2♦ Pass 3NT All Pass

Opening lead: ♦ 5

his queen and plays another diamond to dummy's king. Declarer leads a second spade and establishes his ninth trick.

But what if overtricks are important? Then, probably, South will take a club finesse. Here, it loses, and East exits with a diamond. Declarer cashes dummy's club ace, but West discards a heart. Then, when South turns to spades, both of those honors are offside, and he goes down. Yes, it was very unlucky that all four black-suit honors were offside, but if you had no need of an over-trick, you should be happy to see that, ready to snare the greedy.