



**How stress conditions may influence... even alter nutritional requirements**

Because of the relationships of one nutrient to another, the investigator must be constantly alert for stress conditions which arise during or are created by experiments.

For stress conditions can change the requirements for certain nutrients... shading, over-shadowing or even distorting the effects of the variable or factor to be studied. Thus, a "chain of events" which adversely influence findings may result.

For example, one effect of an excess amount of fat added to an otherwise balanced diet is to reduce feed intake. This in turn may reduce the intake of one or more critical nutrients. In such a case, it would be difficult to attach the proper significance of poor performance per se to the fat without first correcting the deficiency.

What other stresses should we consider that may be related directly or indirectly to nutrition? The list seems almost endless. But generally, these stresses can be traced, broken down and classified into four major categories: genetic variation; environmental; disease; and post-operative conditions.

Various diseases may affect nutritional requirements. And of course, the results of specific operative procedures often require special changes in the dietary regime.

Often however, the source or cause of a specific stress is more difficult to identify. All factors which could contribute to it, should be considered. To illustrate, an individual's hormonal system undoubtedly reflects genetic and environmental influences. These in turn may contribute to variations in dietary requirements. The problem can be further complicated by the fact that there are numerous ways that changes in the hormonal system may alter dietary requirements. Each possibility should be considered and explored.

Many stresses must be controlled by the investigator. A big responsibility indeed. But his job is made much easier with the use of Rockland Diets. For Rockland Diets are formulated to provide a standard source of available nutrients and a balanced intake of these nutrients. Thus, the investigator who uses these diets will find it easier to recognize and control the other factors that may affect the experimental work.

For further information on ROCKLAND standard reference stock diets, see your ROCKLAND Dealer or write: A. E. Staley Mfg. Co., Decatur, Illinois—manufacturers and distributors of:

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