

Diabetics Dining Out



By Suzzette Goldman
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For most Americans, eating out is now routine instead of a luxury. Today's on-the-go schedule causes many people to eat outside their homes over 30% of the time. For diabetics, choosing appropriate restaurant foods that allow you to stay on your meal plan can be a real challenge. However, it is a challenge that you can meet. Use the following tips to help you make healthy choices when eating out.

- Appetizers**
- * Order "free" foods such as clear broth, bouillon, consommé or fresh vegetables such as carrot and celery sticks.
 - * Count fresh fruit and fruit juices, soups, shrimp cocktail and crackers in your meal plan.
- Meat, Poultry and Fish**
- * Select broiled, baked, roasted, and grilled meats, fish, or poultry.
 - * Request that gravies and sauces be omitted or served on the side so you can control the amounts.
 - * Avoid casseroles.
 - * Avoid fried foods.
 - * If you select a breaded item, count the breading and fat in your meal plan or remove the breading.
- Salads**
- * Select vegetable and fresh fruit salads.
 - * Request that the salad dressing be served on the side.
 - * Use lemon juice or vinegar as a "free" salad dressing.
 - * Avoid coleslaw, canned fruit, and gelatin salads.
 - * Count starch salads such as pasta, potato salad, and three-bean salad in your meal plan.
- Breads**
- * Choose plain bread, rolls, toast, muffins, crackers, and breadsticks; be sure to watch the serving sizes.
 - * Remember that some breads, such as biscuits, cornbread, pancakes, and hash puppies, contain fat and should be counted a starch plus a fat exchange.
- Vegetables**
- * Select raw, stewed, steamed, baked and grilled vegetables.
 - * Avoid fried vegetables and vegetables in a cream or cheese sauce.
- Starchy Side Dishes**
- * Select baked, steamed, and boiled potatoes, rice and plain pasta.
 - * Check the size of baked potatoes; a potato approximately 2 inches in diameter equals 1 Starch Exchange.
 - * Request that margarine and sour cream be served on the side.
 - * Avoid fried items and those served in a cream sauce.
- Desserts**
- * Select fresh fruit or fruit juices.
 - * Choose plain ice cream, sherbet, or frozen yogurt.
 - * Choose plain cakes such as sponge or angel food.

Meeting the challenge of maintaining a healthy diet while eating out starts with the choice of restaurant. Many restaurants are now featuring healthier food choices on their menus to meet consumer demand. Be sure to ask questions about the fat or sugar content of an item if it is not clear from the menu description. Keep a copy of your fast food exchange list with you for quick reference. You may also ask the restaurant for printed information on the menu's nutritional contents. Avoid the foods that are obviously high in sugar and fat, such as milk shakes, fruit pies, sundaes, and regular soft drinks. A few choice selections allow diabetics to enjoy eating out without sacrificing their meal plan.

For additional information on this topic, contact: Suzzette Shaw Goldman, Family and Consumer Educator, Durham County Center-Cooperative Extension Service, 721 Foster Street, 560-0537. Website: <http://durham.ces.state.nc.us>.

NC State Architecture Students Tackle Projects That Help The Public

Do you need a park shelter built, but you don't have enough money to pay for the labor? How about a bridge over a stream, a workshop or a greenhouse.

Frank Harmon's students in architecture and construction at North Carolina State University may be your answer. They take on two projects each year that generally meet a public need.

A group of six School of Design students have just completed a unique outdoor pavilion for the Smithfield Rescue Mission, and another group is finishing a two-horse barn for a family in Raleigh.

Harmon says the pavilion, which can be used for enjoying the outdoors and for smoking at the homeless shelter in Smithfield, represents what he wants to achieve with the class: the students designed the pavilion, raised \$600 for the materials and built it.

"What is nice about these projects is that the students get to learn how to work with a client and experience real-life difficulties like building a structure in the rain," says Harmon, associate professor of architecture at NC State. "At the same time if we can help people that normally don't work with an architect, we feel good about it."

The students started working in October on the 12-foot-square structure, which Harmon describes as an unusual, graceful room with a sloping roof that overlaps like folded leaves in a book. They moved it from the School of Design to the Rescue Mission in January by flatbed truck, and are still putting on the roof. Completed it is worth about \$3,000.

Margie Olsen, co-director of the rescue mission, says the pavilion is a tremendous blessing for the women and children who stay at the shelter. "We have rather small quarters at the mission and it gets very crowded. The pavilion provides a place of refuge for the women who can get outside and watch their children."

Funding has been low this year for the busy five-bed shelter, she says, and they could not have afforded to build the pavilion on their own. "The students did a tremendous job," she says.

Students involved in the shelter project include: Karen L. Currier, Ole Farm, Chunyu Fu, Ian Gordon, Leslie Linsmier and Hatem Zaki, all of Raleigh.

Harmon says his class will start two more projects in the fall. They are looking for small projects valued at \$500 to \$15,000 that can be built at the school. They prefer to serve a public need for groups who work with homeless shelters, parks or low-income housing who can't afford more than the materials for their projects. He specifically would like to do something for migrant workers, he says.

Anyone interested in proposing a project can contact Harmon at 515-8359 or 829-3464.

NC State Astronomer Offers Tips for Viewing Feb. 26 Eclipse

Frequent rain has made the sun a rare sight in North Carolina skies this winter, but on Feb. 26, the sun—or at least part of it—will be missing from view for a different reason: The last solar eclipse visible from North Carolina this millennium will occur that day shortly after noon.

"As eclipses go, this may not be one of the most dramatic, since only a quarter of the sun will be blocked from view," says Robert A. Egler, a positional astronomer at North Carolina State University. "Still, it's a sight you won't want to miss." He offers these tips to aid eclipse viewing:

- * Weather permitting, the eclipse should begin to be visible at 12:12 p.m. for sky watchers in the Raleigh area, and will end at 2:07 p.m. Starting and ending times from other spots around the state will vary slightly. The eclipse will reach its fullest point at about 1:10 p.m., when about 27 percent of the sun will be covered.

- * Solar eclipses are caused when the sun and moon line up directly, in relation to the Earth. When this alignment occurs, the moon blocks our view of the sun and casts a small shadow that moves in a curved path along the Earth's surface. People near the center of the shadow see a total eclipse; people near the shadow's edges see a partial eclipse; people outside the shadow see nothing. On Feb. 26, for instance, people in the south Caribbean will see a total eclipse.

"If you're looking for a good excuse for a tropical vacation, this is it," Egler says.

- * Solar eclipses occur only when the moon is in its new phase.
- * Viewing a solar eclipse directly with bare eyes or through unfiltered binoculars or telescopes can cause permanent damage to your eyes. Instead, take two pieces of cardboard, poke a small hole through one piece and hold the other below it, allowing the sun's image to be projected through the hole onto the lower piece. Or, if you prefer, many science-supply stores now sell protective filters that let you view the eclipse directly.

- * The next partial solar eclipse visible from North Carolina will take place on Dec. 25, 2000. "Having a solar eclipse occur on the first Christ-

mas of a new millennium is a delightful coincidence," Egler says. "It's the perfect gift for astronomy buffs."

NC State Professor Given Tuskegee University's Highest Honor

Dr. Ronald C. Wimberley of Raleigh, William Neal Reynolds Professor of Sociology at North Carolina State University, received Tuskegee University's highest honor, the George Washington Carver Award for Public Service, and was inducted into the Carver Hall of Fame.

The honor is reserved for individuals "performing the greatest good for the greatest number of people." The announcement came during the 1998 Annual Professional Agricultural Workers Conference at Tuskegee.

Wimberley was recognized for his extensive research and writing on rural poverty issues in the South. He recently co-authored with Libby V. Morris of the University of Georgia, *The Southern Black: A National Perspective* (TVA Rural Studies Press, 1998). The book underscores the need for sweeping policy changes involving human economic development.

Wimberley has received numerous honors, including the 1998 Award of Excellence for Research from the Southern Rural Sociological Association.

A native of Louisiana, Wimberley holds a bachelor's degree from Louisiana College, a master's from Florida State University, and a doctoral degree from the University of Tennessee. He has been a member of the NC State faculty since 1971.

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