

Lifestyles

Strawberries supply nutrients with only a few sweet calories

By Ellen Willis
Home Extension Agent
An excellent source of Vitamin C, one cup of strawberries supplies about 150% of the U.S. RDA for the average adult. And they're a good source of iron, too.
One cup of fresh, whole strawberries supplies about 8% of the U.S. RDA for iron.
Especially nice to know -- a whole cup of sweet juicy strawberries has only 55 calories.

Selecting and Storing
...Shop for fully ripened, bright red strawberries. They do not ripen after being picked.
...Choose berries that are plump and well-rounded. Look for natural shine, rich red color, bright green, fresh looking caps.
...Use strawberries as soon as possible. For highest nutritional value, most delectable flavor and loveliest appearance plan to use your berries right away.
...Remove berries from container. Arranging the berries on a flat tray or shallow container will help preserve them for refrigeration where cool temperatures keep them fresh and bright until you use them.
...Don't wash or hull berries until just before using. Washing removes a natural protective layer, cap protects the berry's flavor and texture.

Weights and Measures
Puzzled about how many strawberries you'll get? Here are

Front Burner

some guidelines to most popular packaging. (Remember 1 cup of whole strawberries equals 1 fruit serving).
1 Basket = 1 pint strawberries
1 Pint = about 3 1/2 cups whole berries
1 Pint = about 2 1/2 cups sliced berries
1 Pint = about 1 2/3 cups pureed berries
1 Pint = from about 12 very large berries to about 36 small berries.
For year-round use, whole frozen berries, no sugar added are available to 20 oz. bags in the freezer case of your supermarket; this will give you about 4 cups of whole berries.

PIMENTO CHEESE SPREAD
1/2 lb. sharp cheddar cheese
12 oz. container low-fat cottage cheese
4 oz. jar pimento pieces
2-3 drops hot sauce
1/4 cup mayonnaise (optional)
Shred cheddar cheese. Mix all ingredients until thoroughly mixed. (this recipe works very well in food processor.) Makes 4 cups.

Per 2 tablespoon serving:
Calories Total 46
Protein Calories 16
Fat Calories 26
CHO Calories 4
Sodium mg 80
Good source of: Calcium, Vitamin A

CRUSTLESS CARROT QUICHE

2 cups finely shredded carrots
1 1/4 cups skim milk
1/2 teaspoon salt
1/8 teaspoon pepper
6 eggs
1 tablespoon instant minced onion
1/4 teaspoon ground ginger
1 cup (4 oz.) shredded cheddar cheese
Steam carrots with 1 tablespoon water in covered 1 quart casserole at high power in microwave, about 2-4 minutes or until tender. Or heat in medium sauce pan in 1/2 inch boiling water about 5 minutes. Drain well. Meanwhile beat together eggs, milk, onion, salt, ginger, and pepper until blended. Stir in carrots and cheese. Pour into buttered 9-inch quiche dish or plate in large baking pan on oven rack. Pour very hot water into baking pan to within 1/2 inch of top crust. Bake in preheated 350° F oven until knife inserted near center comes out clean, 30 to 35 minutes.

Microwave: Microwave in glass pie pan at 50% for approximately 15 to 16 minutes or until knife inserted comes out clean. Let stand 1 minute before serving.
Per Serving:
Calories Total 185
Protein Calories 52
Fat Calories 99
CHO Calories 28
Sodium mg 377
Good source of: Iron, calcium, Vitamin A

(Continued on page 4B)



"One Giant Step"

This young man seems to be watching his steps carefully as he climbs down from this playground equipment. The photo was entered in the people category of the Picture North Carolina black and

white photo contest by Hoke County Recreation Director Denise Melton. The show will be on display at the Hoke County Library through May.

Elderly's drug use a concern

By Ron Ferrell
Duke Medical Center
People over 65 use nearly three times the number of prescription drugs as those under that age, and officials at the Duke Poison Con-

trol Center say there is a growing concern over accidental misuse of drugs by the elderly.

While children remain the number one victims of accidental drug misuse and poisoning in the United States, the elderly are increasingly at risk.

"We are receiving an increasing number of calls at the center about elderly people who have taken the wrong drug," said Dr. Shirley Osterhout, director of the center.

Many older people do not remember the names of the drugs they are given, Drew said. They may also be seeing several doctors at one time, and if a patient cannot tell the doctor or pharmacist what drugs he is taking, then complications can develop when additional drugs are prescribed.

People who take a number of drugs at one time need to be sure what they are taking and when, Drew said.

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