

# Food Facts

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What your family eats has a large impact, not only on their blood cholesterol levels, but on their general health as well. All children and teenagers need to eat a nutritious diet. They need to eat a variety of foods that provide enough calories and nutrients - carbohydrates, protein, fat, vitamins, and minerals. This helps them grow and develop properly. It is also healthier as they become more physically active. A nutritious and "heart-healthy" diet is also low in saturated fat, total fat, and dietary cholesterol. As you know, this type of diet is important to lower blood cholesterol and maintain it at acceptable levels.

Believe it or not, what parents eat influences what their children eat. Do you make a habit of eating fatty fried foods or rich, high-fat desserts? Children learn these eating patterns early in life. They learn to enjoy the taste of high-fat foods. They can also learn to enjoy the taste of fruits, vegetables, and grains if you show them how. Changing established eating habits can often be difficult for you and your children, especially teenagers. It is much easier to start by making changes at home that everyone in your family over 2 years old can follow. Buy and prepare foods low in saturated fat, total fat, and dietary cholesterol for the whole family.

Telling children and teenagers to eat right and exercise is good, showing them is better. Here are some tips to help your children develop healthful habits.

Set a good example. Adults, particularly parents, are a major influence on children's behavior. Children are also influenced by television, radio, magazines, newspapers, ads, friends, brothers and sisters, and others who may not conform to your ways. So, eat a heart-healthy diet and your children will be more likely to do the same. Exercising with your child also sets a good example.

Knowing how diet, blood cholesterol and heart disease are related will help you guide your family to lower their blood cholesterol levels. Knowing the basics can choosing foods low in saturated fat, total fat, and cholesterol is important to your success.

Know the food groups and the low-saturated fat, low-cholesterol choices within each group. This will help you buy and provide such foods and snacks at home. The Cooperative Extension Service can provide a copy of this for you.

Stock the kitchen with low-saturated fat, low-cholesterol foods from each of the food groups. Prepare these foods in large quantities to be frozen for quick use later. Foods such as casseroles, soups, and breads can be frozen in individual servings for a quick meal. The whole family will then have low-saturated fat, low-cholesterol meals on hand.

Basic food preparation skills are important to all of us. Teach children how to clean vegetables, make salads, and safely use the stove, oven, microwave, and toaster. Children who have basic cooking skills appreciate food more and are more inclined to try new foods.

Let children help with or even do the grocery shopping. The super market is an ideal place to teach children about foods. Teach them how to read food labels. Involve children in meal planning and preparation. Encourage them to prepare snacks, bag lunches, and breakfast. This will help them become responsible and fulfill a need for independence.

Eating meals together as a family can really help foster heart-healthy eating habits in children. The more you create a "family setting" where everyone shares the same nutritious meals, the more children will accept healthful eating as a way of life. Try to maintain regular family meals every day - breakfast, lunch or dinner, or all three. This way, the whole family can learn about healthful eating and build good eating habits.

Make time for physical activity. Encourage children to get some exercise throughout the day and especially on the weekends. Take trips that involve activities such as hiking, swimming, and skiing. Join in the fun. Ride bikes, run, skate, or walk to places close by.

## NUTRITION NEWS

### Eat More Fruit? Yes You Can!!

(NAPS)—Most Americans don't eat enough fruit every day, states the United States Department of Agriculture.

According to former Secretary of Health Louis Sullivan, "Five (servings of fruits and vegetables) a day is a minimum. If you can eat up to nine servings a day, all the better."

Fruits and fruit juices provide vitamin A, vitamin C, potassium and fiber. They contain no fat, so go ahead and indulge in the sweet, refreshing taste.

Choose from fresh seasonal or year round canned fruit, fruit juice, dried fruit or frozen fruit. Many canned fruits, such as those from Del Monte, are packed in juice, light syrup or heavy syrup. They add the perfect refreshing twist to any meal.

Says Alice Harding, Senior Home Economist for Del Monte Foods, there are many delicious and convenient ways you can use canned fruit to fulfill the fruit requirements of a healthy diet. Try these quick and easy round-the-clock serving ideas:

- For a breakfast fruit medley to make ahead and have on hand, simmer canned pineapple slices with the reserved pineapple juice, orange juice, prunes and a cinnamon stick; serve warm or cold.

- For breakfast on the go, make a smoothie by blending a can of peaches with yogurt, wheat germ and vanilla extract.

- Combine canned tropical fruit salad with diced ham or chicken and serve on a bed of lettuce with a sesame-ginger dressing.
- Create a rainbow of color



PHOTO COURTESY OF DEL MONTE

For a refreshing salad, toss together a can of sliced yellow cling peaches, green onions, halved cherry tomatoes, enoki or other sliced fresh mushrooms, and assorted salad greens. Serve with your favorite dressing.

with kebabs: alternate canned Del Monte pineapple chunks, cooked shrimp and snow peas on mini-skewers or cocktail picks.

- Add color and flavor to stir-fry chicken and vegetables with canned sliced peaches or apricot halves; add during the last few minutes of cooking.

- Make a pineapple salsa with canned crushed pineapple, minced onion, jalapeno chiles, lime juice and cilantro; serve with grilled chicken, pork or shrimp.

- For a refreshing sorbet, try pureeing a cup of undrained pears and minced fresh gingerroot and freeze overnight.

- Simple state of the art dessert: top drained pears or peach halves with raspberry sauce and a sprig of fresh mint.

## Remarkable Recipes

Quick, Healthy and Delicious Cooking Ideas

### New Cookbook Makes Great Gift For Newlyweds

(NAPS)—Whether the way to a man's heart really is through his stomach, many new brides enjoy treating their husbands to a delicious home cooked meal as often as they can—and many husbands are happy to reciprocate!

That's why many newlyweds are likely to love a new cookbook that offers a wide range of distinctive recipes—from appetizers through entrees to desserts and everything in between. They look great, taste wonderful and best of all, they're quick and easy to prepare—healthful, too.

Called *Designed for Living*, this Corning cookbook has a variety of traditional, regional and international dishes. There are Scandinavian, Chinese, Moroccan and Italian dishes as well as Tex-Mex, New England and Southern delights from around the U.S. Ingredient substitution lists help cooks adapt nearly any recipe to individual dietary requirements. Also featured are complete holiday menus as well as parties and meals that can be done in 30 minutes or less.

A great gift for the new bride and groom, the cookbook can be ordered by calling 1-800-999-3436. Here's a taste of what the book has to offer:

#### PASTA WITH GARLIC, CAPERS AND HERBS

- INGREDIENTS:  
1 1/2 pounds pasta (orrettietti, fusilli, or radiatore)  
1/2 cup olive oil  
8 garlic cloves, minced  
1/3 cup capers, drained and rinsed, reserve 2 teaspoons liquid  
2/3 cup minced fresh basil leaves  
2 tablespoons minced fresh thyme or rosemary leaves  
1 teaspoon dried red pepper flakes  
1/4 cup grated Parmesan cheese  
Fresh basil leaves for garnish
- EQUIPMENT:  
8- quart stockpot  
12-inch sauté pan

Cook the pasta al dente in stockpot according to package directions; drain. In sauté pan, heat oil over medium-low heat. Add garlic and cook 2 minutes. Add capers and caper liquid and cook another minute. To the sauté pan, add pasta, herbs, and red pepper flakes, tossing well, and cook over medium heat for a few



A new cookbook that may make a great wedding gift has been called a cookbook for the '90s couple.

minutes. Remove pasta to a serving dish, toss with Parmesan, and garnish with basil leaves. Serve hot or at room temperature.

Serves 6.  
TIP: Be sure to use a pasta with plenty of nooks and crannies so that the herbs, garlic, and capers can hide inside.

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Most of the change we think we see in life is due to truths being in and out of favor.  
—Robert Frost

## THE HOME GAME

By Virginia Truax

**SPIDER-TREAT**—Make trick-or-treat "spiders" by melting 1 1/2 cups chocolate chips in double boiler. Add 5-ounce can of chew mein noodles and one cup salted peanuts. Drop by teaspoonfuls onto wax paper and refrigerate overnight.

**SWEATER KNOW-HOW**—If you have a clean extra window screen it will come in handy for drying and blocking sweaters. Outline the sweater in chalk before washing and place screen over the color on bricks.

**BANISH THE FAT**—Did you know lettuce leaves are good at absorbing fats that gather when cooking soups and stews? Drop a few in the pot as it simmers. During its finishing stage and watch fat cling.

**DRAIN CLEANER**—Make up your own drain-cleaning compound and save money. Mix one cup salt, one cup baking soda and 1 1/2 ounces cream of tartar. Pour four tablespoons of this down the drain, followed by one cup cold water. After 30 minutes, flush it out with hot water.

**HOT SUBSTITUTE**—If you forget to heat milk for the mashed potatoes, use some of the water you've cooked the potatoes in and add dry milk.

**PENNY PINCHER**—There are expensive mildew removers for sale, but you can make one for pennies that will clean your shower curtain. Just mix baking soda and water and scrub away.

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