

Better Living

Eat right dining out

By JOANNE FALLS
Home Economics Extension Agent

It is very easy to overeat while dining away from home in restaurants. When you come face to face with a wide variety of delicious, well-prepared foods, it is hard to resist temptation and consistently select foods that promote healthy living.

During 1984, medical and nutrition authorities and the Agricultural Extension Service are emphasizing exercise and good nutrition for healthy living.

Persons interested in managing their menu effectively and efficiently should always make sure that they are eating the basic foods in amounts recommended by the U.S. Department of Agriculture's Daily Food Guide.



Falls

This Daily Food Guide can be obtained from the Forsyth County Home Economics Extension Office. The Daily Food Guide recommends that you eat the following foods every day to promote healthy living:

- dairy foods -- Some for everyone;
- meat, fish and poultry -- Two or more servings;
- fruits and vegetables -- Four or more servings.
- breads and cereals -- Four or more servings;

consomme are also recommended;

•meat, fish and poultry -- Choose lean beef, veal, turkey or chicken, lean broiled steak or fish without added butter;

vegetables -- Just make a good choice, but be sure that they are not seasoned with butter, cooked in egg-yolk batter or served with cheese or cream sauce;

•salads -- Fruit or vegetable salads with a dressing of vinegar or lemon juice and acceptable vegetable oil, such as corn oil or a limited amount of commercial mayonnaise served on the side so that you can control the amount you eat;

•sandwiches -- Good choices are those made with chicken or turkey, fish, lean meat, tomato, lettuce, dried fruit, honey, jam and jelly. Avoid butter and cheese. Use mayonnaise sparingly. Mustard, catsup, horseradish, pickles and onion may be included;

•breads -- Most commercial loaf bread is acceptable. Choose enriched white, whole wheat, rye, French. Also hard rolls, English muffins, rye crisps, matzos and plain tortillas;

•cereals and legumes -- Rice, whole-grain cereals, beans and lentils are fine, if prepared without adding animal fats;

•desserts -- Gelatin, fruit ices, angel food cake, fresh fruit;

•beverages -- Fruit or vegetable juices, skim milk, fat-free buttermilk, tea, coffee and soft drinks.

The American Heart Association recommends that you follow a fat-controlled, low-cholesterol meal plan to reduce the risk of a heart attack. If your doctor has given you a diet, follow it.

Nutrition authorities recommend that you select the following foods when eating out, because these foods are designed for sensible eating and healthy living:

•soups -- Choose clear soups such as vegetable, rice, barley and split pea soups. Bouillon and

Yolonda

From Page B4

blem a girl could ever have: I don't know how to kiss. This problem has gotten in my way a thousand times in the past.

Recently I've started going with this guy and the first day we started going together, he wanted to kiss me, but I just couldn't kiss him back. I'm sure that he started thinking all kinds of negative things about me. If I keep doing that, I'm sure he'll want to break up. He's a nice guy, and I like him a lot. I don't want to lose him over this. So what do I do? Do you think that I should break up with him before he finds out?

H.E.L.P., in Austin

Dear H.E.L.P.: First, it's not all that bad to be inexperienced at kissing at age 16. In fact, that's to your advantage. I bet the young man knows that you're shy or new to this area, and that just might be what he likes about you.

How do you handle this? Don't say that you have a problem. Rather, admit that what you're going through is part of growing up. You'll learn how to become better at kissing in due time. Meanwhile, if your new boyfriend mentions it, say: "Well, I've been spending my free time studying, or playing tennis, and not kissing boys. I know that makes me sound square, but I wanted to wait for someone I liked."

Got a problem or a gripe? Ask Yolonda Gayles, P.O. Box 19112, Chicago, Ill. 60619.

Great Buys! **BIG SIDEWALK SALE** **Monday, September 3 LABOR DAY** From 9:30 AM to 5:00 PM **Great Selection!**

40% OFF Mini Blinds by DELMAR

VINYLS & PAPER from 49¢ to \$1.99

100's of Patterns... 1,000's of Rolls

Smartn'up WALLCOVERING

3244 Reynolda Road Winston-Salem, NC (919) 748-0127 Mon.-Fri. 9:30-6; Sat. 9:30-5

579 Huffman Mill Road I-85 Exit 141 Burlington, NC 27215 Mon.-Fri. 9:30-6 pm; Sat. 9:30-5

2835 Battleground Ave. Greensboro, NC 27408 (919) 288-9444 Mon.-Fri. 9:30-8 pm; Sat. 9:30-5

Bennie McBride

What can Bennie do?

1. Match you to just the right new or used car at the right price
2. Make sure your new car fits your budget
3. Help you finance your car at just the right monthly payment
4. Be available when you or your car need attention

Bennie can do it all!

MODERN

722-4197

West Fourth and Broad

Cappadocia Holiness Church of God of Deliverence, Inc.

Sunday School 10:30 am
Morning Worship 11:30 am
Sunday Night Service 7:00 pm
Mid-Day Prayer Service (Tuesday) 11:30-12:30
Host Pastor-Evangelist Effie B. Cannon

EPHESUS JUNIOR ACADEMY

dedicated to training the whole child in a Christian environment. Grades daycare thru 10th grade. To enroll your child, call 723-2671 between 8 am-4 pm. Daycare and kindergarten hours 7 am-5:30 pm. Academy hours 8:30-3:00 pm.

THE 47TH PIER INC. PRESENTS

FRESH CROAKER

99¢ LB.

FAMILY PACK DRESSED	FAMILY PACK UNDRESSED
5 LBS. * 4.75-95° LB.	5 LBS. * 3.75-75° LB.
10 LBS. * 9.00-90° LB.	10 LBS. * 7.00-70° LB.
25 LBS. * 21.75-85° LB.	25 LBS. * 16.25-65° LB.
50 LBS. * 40.00-80° LB.	50 LBS. * 30.00-60° LB.

FILL YOUR FREEZER!!!!

FRESH SHRIMP SALE

MEDIUM 50-60 COUNT	LARGE 36-40 COUNT	EXTRA LARGE 31-35 COUNT	JUMBO 21-25 COUNT
\$4.50 LB.	\$5.50 LB.	\$6.50 LB.	\$7.50 LB.

FRESH MEDIUM BLUE FISH	FRESH LARGE MULLETS	FRESH MEDIUM PAN TROUT
99¢ LB.	99¢ LB.	\$1.49 LB.

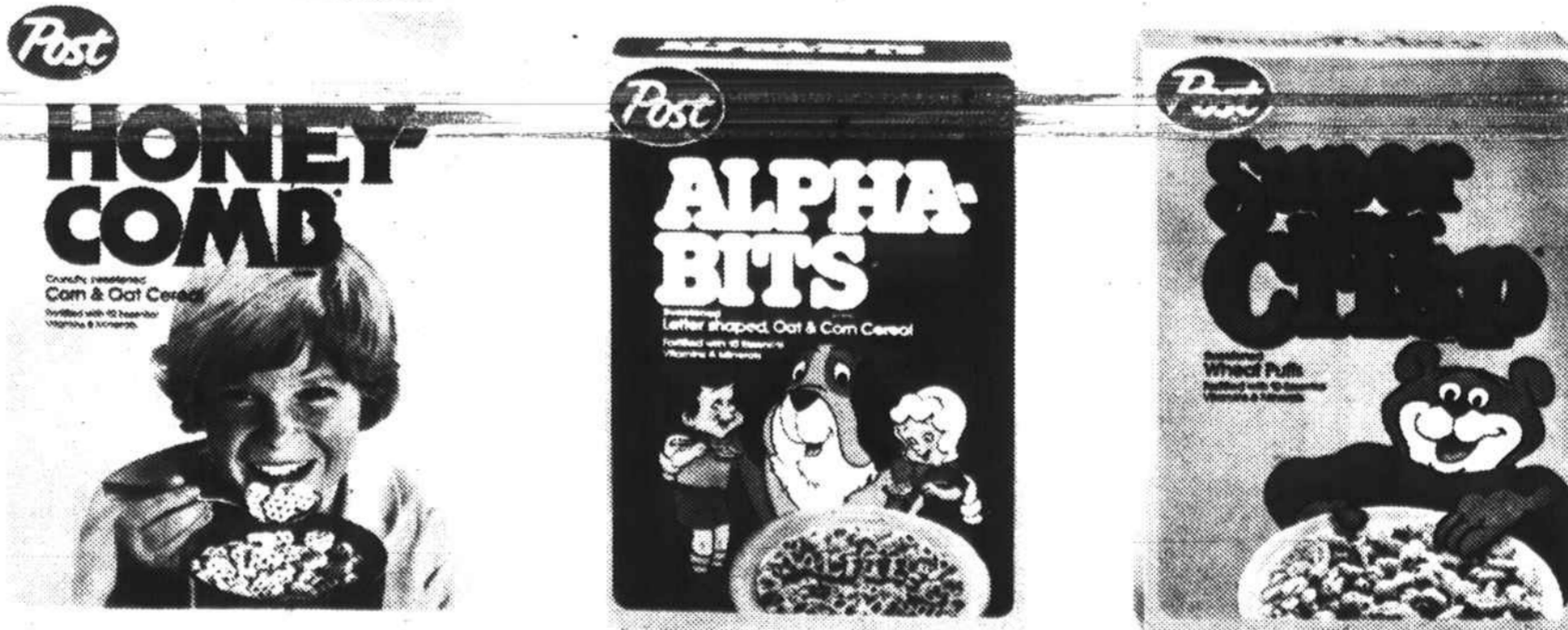
FRESH LARGE VA. SPOTS \$1.49 LB.

47TH PIER 722-0722 EAST WINSTON SHOP CTR. 500 CLAREMONT AVE. **NO CHECKS**

TEST YOUR CEREAL I.Q.



Match up the cereal shapes---before you eat 'em up!



Line 'em up on the breakfast table. See who in your hungry family can match up each of these unique cereal shapes with the right POST® Cereal box. Three great POST Cereals your kids, and the kid-in-every-adult will absolutely love. Such a sweet choice! Alpha-Bits.® Or Super Sugar Crisp.® Not to mention, Honey-comb.® All great-tasting. All filled with General Foods quality—

