

Tips: watch kid's intake of soft drinks

Continued From 14A

make this salad a wholesome low-fat and high energy dish. Of course no salad menu would be complete until you add a fresh tossed salad of romaine lettuce, red cabbage and your favorite vegetables. Pass on the ranch dressing, bacon bits, cheese and croutons.

Make sure you keep hot foods hot and cold foods cold to avoid bacteria contamination.

Limit your intake of sugary

drinks. Don't let the kids drink soft drinks all day long. Instead, make sure they drink water throughout the day.

Speaking of kids, now is a great time to talk about how to make physical activity part of your family picnics and holiday get-togethers. There are so many activities to choose from. Badminton, volleyball, hiking, sack races and relay races are just a few activities you can have fun with.

If you're watching your weight, here are a few tips to

keep you on the road to fitness. Workout the morning of the picnic. Go for a bike ride, walk, jog or go to the gym. Next, eat several small meals before the picnic rather than wait until the afternoon to eat. The longer you put off eating the more you'll want to eat later in the day. Don't mix starchy foods like potatoes and bread with meats. Starchy foods and meats don't digest easily when you eat them together. These changes and additions to help make your picnics healthy are

not so drastic that you can't enjoy an old-fashioned picnic. They are ways to make that old-fashioned get-together fit into a healthy 90's lifestyle.

Consult your physician before starting your fitness program.

If you have a fitness question or concern you would like addressed write to

"Tips to be Fit,"
P. O. Box 53443,
Philadelphia, PA 19105.

CHUNKY VEGETARIAN CHILI



Rice rounds out the robust combination of vegetables and spice in this wholesome offering. Fill your bowl to help meet Food Pyramid daily goals.



- 1 medium-size green pepper, chopped
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon vegetable oil
- 2 (14 - 1/2-oz.) cans Mexican-style tomatoes, undrained
- 1 (15-oz.) can kidney beans, drained and rinsed
- 1 (15-oz.) can pinto beans, drained and rinsed
- 1 (11-oz.) can whole-kernel corn, drained
- 2-1/2 cups water
- 1 cup uncooked rice
- 2 tablespoons chili powder
- 1-1/2 teaspoons ground cumin
- Sour cream (optional)

Saute green pepper, onion and garlic in oil in 3-quart saucepan or Dutch oven over medium-high heat 5 minutes or until tender. Add tomatoes, kidney beans, pinto beans, corn water, rice, chili powder and cumin; stir well. Bring to a boil. Reduce heat; cover and simmer 30 minutes, stirring occasionally. To serve, top with sour cream.

Makes 6 servings.

Rice dishes tasty and nutritious

TUNA RICE SALAD

- 3 cups cooked rice
- 1 8-1/2-ounce can green peas, drained
- 1 6-3/4-ounce can tuna, packed in water, drained and flaked
- 3/4 cup chopped celery
- 1/4 cup sliced green onions
- 1/4 cup lemon juice
- 2 tablespoons vegetable oil
- 1/4 teaspoon hot pepper sauce

Combine rice and peas in large bowl; toss lightly. Add tuna, celery and onions. Combine lemon juice, oil and pepper sauce in small jar with lid. Pour over rice mixture; toss lightly. Cover and chill 30 minutes.

Makes 6 servings.

Each serving provides 195 calories, 12 g. protein, 5 g. fat, 25 g. carbohydrate, 1 g. dietary fiber, 10 mg. cholesterol and 125 mg. sodium.

PEANUT BUTTER CRISPIES

- 1/4 cup firmly packed brown sugar
- 1/3 cup light corn syrup
- 1/4 cup peanut butter
- 4 cups crisp rice cereal
- Peanut butter for garnish (optional)
- Chocolate candies for garnish (optional)

Combine sugar and corn syrup in 3-quart saucepan. Cook over medium heat until mixture boils and sugar dissolves; remove from heat. Stir in peanut butter. Add cereal; stir until well coated. Press mixture evenly and firmly into buttered 13x9x2-inch pan using buttered spatula or waxed paper. Cut into 24 squares when cool. Attach chocolate candies with peanut butter, if desired.

Makes 24 squares.

Each square provides 48 calories, 1 g. protein, 1 g. fat, 8 g. carbohydrate, 0 g. dietary fiber, 0 mg. cholesterol and 17 mg. sodium.

SKILLET SPANISH RICE

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1/2 cup diced green pepper
- 1 cup uncooked rice
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 8-ounce can tomato sauce
- 1 1/2 cups water

Cook beef, onion and green pepper in large skillet over medium heat; drain fat. Stir in rice, chili powder, salt, pepper, tomato sauce and water; bring to a boil. Reduce heat, cover, and simmer 15 to 20 minutes or until rice is tender.

Makes 6 servings.

Each serving provides 273 calories, 16 g. protein, 11 g. fat, 27 g. carbohydrate, 2 g. dietary fiber, 44 mg. cholesterol and 162 mg. sodium.

WESTERN BEANS AND RICE

- 1 medium onion, chopped
- 1 cup sliced celery
- 1 tablespoon butter or margarine
- 2 16-ounce cans pinto beans, drained and rinsed*
- 1/2 teaspoon salt
- 1 8-ounce can tomato sauce
- 1/8 teaspoon hot pepper sauce
- 1/2 cup water
- 3 cups hot cooked rice

Cook onion and celery in butter in large skillet until tender. Stir in beans, salt, tomato sauce, pepper sauce and water; heat thoroughly. Serve over hot rice.

Makes 6 servings.

*Any type of bean may be substituted.

Each serving provides 212 calories, 8 g. protein, 3 g. fat, 40 g. carbohydrate, 1 g. dietary fiber, 5 mg. cholesterol and 962 mg. sodium.

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