

Lifestyles

Low Sodium Diet Can Taste Good

By Rebecca Smith
Hoke Health Center

A diet lower in sodium can still taste good and be nutritionally complete.

The key is to select a variety of foods which promote good health. Daily food choices should include:

*No more than 6 to 8 ounces of lean meat, fish, poultry or other protein foods in place of meat, fish or poultry.

*Four or more servings of whole grain or enriched bread or cereal products.

*Four or more servings of fruits or vegetables (include 1 serving of citrus fruit or vegetable high in Vitamin C and 1 serving of dark green, leafy or deep yellow vegetables).

*Two or more servings of skim milk or low-fat milk products for adults; three to four servings for children or adolescents.

*Two to three tablespoons polyunsaturated fats and oils in the form of margarine, cooking oil and unsalted salad dressing.

With a little effort, you can learn to decrease the sodium, change the kind of fat and reduce the amount of fat and cholesterol in your diet. You can adapt your favorite recipes by omitting the salt and using ingredient substitutions.

To save time later you may wish to consider doubling the quantity of a recipe and freezing unused portions.

Spices, herbs and other flavorings add zest to a recipe and should be used instead of salt. Be adventurous and try some new flavor ideas. You may also want to ask

your doctor about using a salt substitute.

If it is allowed, use it sparingly at the table, since salt substitutes tend to be bitter when used heavily.

Most of the recipe ingredients called for in these recipes are readily available in your local grocery store. Some, such as unsalted tomato paste, tomato puree, and other canned foods will be found in the usual section of the grocery store. Other unsalted food may be found in a special diet section.

In the next few articles we will discuss shopping for meats, milk and milk products, fruits and vegetables and breads and cereal products.

OVEN FRIED FISH

300 Calories per serving (makes 4 servings)
 1/4 cup margarine*, melted
 1 tablespoon lemon juice
 1/4 teaspoon pepper
 1/4 teaspoon paprika
 1/4 teaspoon basil
 1/8 teaspoon garlic powder
 1 pound fillet of flounder or other fish
 1/4 cup dry bread crumbs
 2 tablespoons oil
 Combine margarine, lemon juice, pepper, paprika, basil and garlic. Dredge fish in margarine-herb mixture and roll in bread crumbs. Spread oil in shallow baking dish and arrange fish in one layer. Spoon remaining margarine mixture over fish. Bake uncovered in 475 F oven 15 minutes or until fish flakes easily with a fork.

(Continued on page 5B)



Somewhere down the road

On a cool, peaceful afternoon, a weary traveler can find solitude just walking along this path. Shades surrounds the road. Perhaps the quiet is broken only by an occasional bird singing his praises of the beautiful weather and the peace of the day.

On The Front Burner

Ellen S. Willis
Home Economics Extension

...FREEZING VEGETABLES

Freezing vegetables is a relatively simple thing to do -- but if you want the best results -- there are some procedures you should follow.

For example, you should select varieties that are recommended for freezing. There are numerous varieties and hybrids of most vegetables -- and after freezing they differ considerably in quality. Therefore, you'll want to select the varieties that will give you a high quality frozen product.

You should select mature vegetables -- those that are fresh, tender and succulent.

Most vegetables will lose their quality rather quickly after harvest -- so prepare vegetables for freezing quickly and carefully. A good rule is two hours from vine to container.

You prepare vegetables for freezing about the same way you would for table use. That means washing them thoroughly -- discarding inferior materials -- and trimming and cutting vegetables into serving-size pieces.

Blanch vegetables. Pack them into freezer containers leaving headspace at the top of the container. Place cartons into the freezer as soon after packing as possible.

If for some reason there has to be a delay before or after preparing the vegetables for freezing, store fresh vegetables in a refrigerator or other cool place that has a temperature no higher than forty degrees. But get back to the job as soon as you can.

Selecting a professional repairman

If a leaky faucet or a leaky roof has you heading for the yellow pages to look for a professional repairman, the tips I'm about to give you may be very useful.

The best way to select a competent repairman is to talk with people he has already done work for. This will give you an idea of the type of work the repairman has done and whether or not the quality of his workmanship is up to your expectations.

If you live in an urban area, check with your better business bureau. Find out if the repairman or his company has had legitimate complaints logged against them and if they've taken steps to correct them.

Well established repairmen and companies normally do the best work since a lot of their business is repeat business. Since unsatisfied customers can affect their business directly, they try to keep their customers happy.

If a repairman is unknown in your community, ask him for several references and check them out. Then, when you finally do select a repairman, be specific about the jobs you want him to do.

More June Dairy Month recipes:

Garden Skillet

1/2 cup (1 stick) butter
 1 head cauliflower, cut in flowerets (about 4 cups)
 2 tablespoons chopped onion
 2 tomatoes, cut in wedges
 (Continued on page 5B)

CUSTOMER SERVICE
 Dundarrach, N.C.
COMPLETE INSECT CONTROL
 FROM THE HOME TO THE FARM
 • Federal Crop Insurance
 Route 1, Box 251-A Shannon, N.C.
 Phone 875-8912
 Richard McMillan 875-2493 Nights 875-5614

J.H. AUSTIN
INSURANCE
 SINCE 1950
 Ultra Universal Life Insurance
 (Interest Rate 10 1/4%)
 Home Owners
 COMPETITIVE HOME OWNERS RATE
 LET US QUOTE OUR HOME OWNERS' RATE - NO OBLIGATION
 112 W. Edinborough Avenue Phone 875-3667

DID YOU KNOW?
 ?
 \$5.00 A Month Will Buy
\$20,000.
 OF NATIONWIDE LIFE INSURANCE
 If Age 30 Or Younger
 (Only A Little More If Over 30)
 Vardell Hedgpath
 AGENT
 875-4187

ODOR-EATERS
 Super-Tuff
 (One Size Fits All)
 WHY PAY 2.90?
 BONUS BUY 1.59

VALU-MART
 114 N. MAIN STREET RAEFORD, N.C.
 STORE HOURS: 9 a.m. till 5:30 p.m. Mon.-Sat.
 Prices in this ad effective thru noon June 28, 1983 or until merchandise is sold out.
FEATURING LOW-LOW EVERYDAY PRICES

CUTEX
 Polish Remover
 4 oz.
 WHY PAY 1.31?
 BONUS BUY 2/1.00

EDGE
 Shave Gel
 7 oz.
 Special Regular Menthol
 WHY PAY 2.77?
 BONUS BUY 2/3.00

MIDOL CAPLETS
 12's
 WHY PAY 1.53?
 BONUS BUY 79¢

RAVE
 Soft Hair Spray
 7 oz.
 Ex. Hold Pump 4 oz.
 WHY PAY 2.67?
 BONUS BUY 2/2.50

DIAPARENE POWDER
 9 oz.
 WHY PAY 2.23?
 BONUS BUY 1.27

Johnson's BABY LOTION
 9 oz.
 WHY PAY 3.29?
 BONUS BUY 1.49

MAALOX Liquid 12 oz.
 WHY PAY 3.42?
 BONUS BUY 1.59 (LIMIT 2)
MAALOX Liquid Plus
 12 oz. WHY PAY 3.78?
 BONUS BUY 1.99
MAALOX Plus Tablets
 50's WHY PAY 2.47?
 BONUS BUY 99¢ (LIMIT 2)

Maalox Plus
Maalox
Maalox

CEPACOL
 Mouthwash
 12 oz.
 WHY PAY 2.59?
 BONUS BUY 2/3.00

MYCITRACIN
 Antibiotic Ointment
 1/2 oz.
 WHY PAY 2.82?
 BONUS BUY 1.69

ORAL B-40
 Toothbrush
 Adult
 WHY PAY 1.87?
 BONUS BUY 99¢

COUPON
 Save \$1.00 On Any Kodak Or Polaroid Film
 When You Use Our Fast Developing Service
 We Discount All Film 20% Each Day
 Developing Time Usually 1 To 2 Days
 Please Allow More Time On Special Orders And Holidays

CIGARETTES
 5⁸⁸ Plus Tax
 Kings & 100's
NO LIMITS
 Warning! The Surgeon General Has Warned That Cigarette Smoking is Dangerous To Your Health.

Paid Pol. Adv.

JIM HUNT
 Shouldn't Play
POLITICS
 With Our
SCHOOLS

Disruption In The Schools

North Carolina School Boards Association:
 Hunt's Union Dues Bill is "extremely dangerous," "would damage public education" and "do considerable harm." The NEA (Union) supports teacher strikes.

The Charlotte Observer Reported:
 "In Hunt's view, education and politics have always been intertwined."

No Wonder The Teachers Said:
 "The Governor's program does more for Hunt's political image than for education."

And, all this at a time when our public schools are in trouble!
Help Our Children:
Contact Your Legislator To Defeat Jim Hunt's Teacher Union Bill.

1. NC SBA Letter 5-11-81 2. Charlotte Observer 10-8-81 3. The Raleigh News-Sun 1-15-81
 Paid for by HELMS for Senate. Mark Stephens for Governor