Lifestyles

Low Sodium Diet Can Taste Good

Hoke Health Center

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

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

*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

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

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 I tablespoon lemon juice

1/4 teaspoon pepper 1/4 teaspoon paprika

1/4 teaspoon basil 1/8 teaspoon garlic powder

I pound fillet of flounder or other

4 cup dry bread crumbs 2 tablespons 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

Home Economics Extension

...FREEZING VEGETABLES Freezing vegetables is a relative-ly simple thing to do -- but if you

want the best results -- there are some procedures you should 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 varities 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

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 1) 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)

CUTEX

Polish Remover

WHY PAY

BONUS BUY

2/100

2 tablespoons chopped onion 2 tomatoes, cut in wedges (Continued on page 5B)

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Disruption In The Schools

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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:

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2. Charlotte Observer on Kt Paid for by HELMS for Senate: Mark Stephens, Transact

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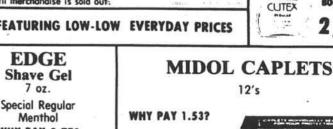
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