



**Full of animation**

Tweety Bird, E.T. and the Smurfs are just some of the cartoon characters that now line the fence of the Kiddie Korral Nursery thanks to the creative efforts of Mrs. Eloise Carter's 8th grade art class from Upchurch Junior High School. The class designed the characters themselves for the Kiddie Korral.

# Yeast Breads Are Acceptable For Low-Sodium, Fat Diets

by Rebecca C. Smith  
Hoke Health Center

Although most yeast breads contain some sodium and saturated fat, generally they are acceptable for someone on a lower-sodium, fat-modified diet. It is not necessary to eat bread without salt unless your doctor has given you specific instructions.

If you enjoy baking, you can have a wide variety of breads and bake them at home without salt.

Use any kind of flour or combination of flours - enriched white, whole wheat, rye, soy, or cornmeal. Avoid self-rising flours though, since they contain salt and a sodium-based leavening agent.

As with other foods, flavor can be added to breads by using spices, herbs, fresh or dried fruits, unsalted nuts, onion, garlic or toasted wheat germ.

If you decide to bake your own bread, you should note that yeast breads made without salt will rise more quickly than normal bread dough.

If allowed to rise too much, the bread will be coarse and have a strong, yeasty taste. You can guard against this by punching the dough with two fingers when it is rising in the bowl.

If you see that the indentation remains and the dough no longer springs back, then it is ready to be shaped. You should allow loaves and rolls to rise only until slightly less than double in size before placing them in the oven.

Since ready-to-eat or packaged mixes or muffins, biscuits, pancakes, waffles, and nut breads contain significant amounts of sodium, cholesterol and/or saturated fat, you should avoid them. It's easy to make these breads at home by omitting the salt and using the appropriate ingredients.

When you make your own baked products, remember that baked goods made without salt tend to become moldy more quickly. Therefore, when you prepare enough for several meals, freeze the unused portions.

After thawing, a few minutes in the oven will make them as fresh as the day they were made.

**Hungarian Pork Chops**  
150 calories per serving  
makes 4 servings

- 4 loin chops, very lean, 1/2 inch-thick, well trimmed
- 1 teaspoon oil
- 1 teaspoon paprika
- 1/2 teaspoon caraway seed
- 1/2 teaspoon dill weed
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 cup water
- 1/2 cup low-fat plain yogurt, drained\*

Brown chops in oil in heavy skillet. Pour off fat. Mix seasonings together and sprinkle over chops. Add water to skillet. Reduce heat, cover tightly and simmer 1 hour or until tender. Add more water if necessary. Remove chops and keep warm. Five minutes before serving, stir drained yogurt into liquid in the pan and mix well. Heat, but do not boil. Serve sauce over chops.

\*Line a strainer with a clean cloth, paper towel or a double layer of cheese cloth. Place yogurt in strainer and allow to stand for 30 minutes.

**Fried Rice**

210 calories per serving  
makes 6 servings

- 1/4 cup oil
- 3 tablespoons chopped onion
- 3 tablespoons chopped celery
- 1/4 cup chopped green pepper
- 1/2 cup fresh sliced mushrooms
- 1 1/2 cups uncooked instant rice OR 1 cup uncooked raw rice
- 1/2 cup unsalted cooked and diced chicken or turkey
- 1/4 teaspoon curry powder
- 1/4 teaspoon paprika

Heat oil in skillet. Add onion, celery, green pepper and mushrooms. Cook until onion is tender. Follow package directions for rice, omitting salt. Add rice and continue to cook until rice is slightly browned. Add remaining ingredients. Mix and heat through.

**Biscuits**  
130 calories per biscuit  
makes 12 biscuits

- 2 cups all-purpose flour
- 1 tablespoon baking powder (unsalted)
- 1/2 cup oil
- 1/2 cup skim milk

Mix flour and baking powder in bowl. Combine oil and milk and pour all at once into dry ingredients. Stir until mixture clings together and forms a ball. Knead on waxed paper 18-20 times without using additional flour. Gently pat or roll out until dough is 1/2 inch thick. Cut with 2-inch round cutter and place close together with edges touching on ungreased baking sheet.

Bake in preheated 450° F oven 12-15 minutes.

Variation: Drop Biscuits - Add 2 additional tablespoons skim milk and stir dough until well mixed. Drop by spoonfuls onto ungreased baking sheet.

**Banana Bread**

130 calories per serving  
makes 16 servings

- 1/2 cup oil
- 1/2 cup sugar
- 1 cup mashed ripe banana (2-3 medium bananas)
- 1 1/4 cups sifted all-purpose flour
- 2 teaspoons baking powder (unsalted)
- 3 egg whites

Beat oil and 1/2 cup sugar together. Add banana and mix well. Sift flour and baking powder together, add to batter and beat. In a separate bowl, beat egg whites until foamy. Gradually add 1/2 cup sugar and beat until egg whites form soft peaks. Fold egg whites into the batter. Pour into lightly-oiled 5 x 9-inch loaf pan and bake in preheated 350° F oven 55 minutes. Remove from oven and allow to stand 10 minutes. Invert bread on a wire rack to cool.

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# On The Front Burner

Ellen S. Willis  
Home Economics Extension

**CALCIUM AND MILK: THE CONNECTION**

Why is it that older people frequently fall and break their hips and other bones in a single fall, while younger adults' bodies are able to take greater abuse without injury?

Scientists blame the thinning and weakening of the bone structure for these mishaps. But studies now show that proper care can ensure strong bones, even as we get older.

Calcium is the basic material that keeps bones strong. The lack of this mineral can cause hip, wrist, and long leg bones in particular to weaken.

Most frequently suggested in the scientific literature is that a sufficient amount of calcium, vitamin D, sunshine, and exercise can keep bones strong, or strengthen them if they are already weak. The lack of calcium is considered the most common diet deficiency among adults.

About 800 milligrams of calcium is recommended daily for people 25-50 years old. Drinking two glasses of milk fulfill 75% of the daily need. One glass of milk con-

tains 291 milligrams of calcium. Intake of vitamin D (also in milk) is also necessary to help the body absorb calcium.

Other foods rich in calcium include cheddar, gruyere, gouda, roquefort and processed cheese; yogurt and sardines.

Osteoporosis is the disease that finally results from excessive thinning of the bone structure.

It affects six million Americans each year, five million of which are post-menopausal women.

For those who already suffer from osteoporosis, the Lahey Clinic in Boston in part prescribes calcium, vitamin pills, two glasses of milk, plenty of vitamin C, a good diet, and an hour's rest in bed daily.

Supplying the body with extra calcium in your youth can help deter the bone thinning process, especially for women. Everyone starts losing bone mineral at around 40 years of age, women are most likely to lose more and to suffer more fractures from it.

Reasons include less bone density with which to start, and acceleration of bone loss after menopause. This is generally at-

tributed to the woman's loss of estrogen.

Treating this problem with increased estrogen, has been suspect ever since the drugs given to these women were linked to cancer.

It is recommended that you get calcium in the diet and exercise at an early age to prevent skeletal deterioration later on.

While 99% of calcium intake is used for tooth and bone building, the over 1% plays an essential role in working with the body's nerves and muscles.

Calcium plays a crucial part in muscle contractions.

The most significant muscle is the heart. Calcium was also cited in a nutritional report as preventing heart disease.

There is no doubt that calcium plays a significant role in bone health, and the evidence points out that adequate calcium intake throughout life can help reduce the chance of developing serious bone disorders.

Many doctors and scientists recommend milk and milk products as a good, natural source of essential calcium.

(Continued on page 5B)

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