

total nutrition

Eating Habits Might Need A Spring Tune-up, Too

It's time to tune up the car, clean the basement and start those home repair projects. Spring also is a good time to make changes in eating habits, says Mary Helen Gunkler, registered dietitian and staff nutritionist for Total cereal.

Gunkler suggests building a shopping plan around meals and snacks for the entire week. A good plan can help assure that your kitchen cupboards and refrigerator shelves include healthful choices like these:

- Plenty of fruits—Fresh fruits are in good supply for snacks, desserts and salads. Choose canned fruit packed in fruit juices.

- A wide variety of vegetables—Fresh vegetables are great for spring salads and side dishes. Frozen vegetables without sauces also are good choices.
- Lots of whole-grain foods—Whole-grain pasta and rice are delicious foundations for side dishes and main dishes. Stock your shelves with whole-grain cereals and breads, too.

- Lean meats, poultry and fish—To get the protein we need, health experts recommend about 6 ounces daily, with a 3-ounce portion being roughly the size of a deck of cards. Substitute dry beans periodically for a main dish salad or casserole. Use lean beef or turkey in sandwiches.

- Low-fat dairy products—For snacks and meals, stock up on low-fat or nonfat milk, yogurt and cheese. Choose dairy desserts with little or no fat.

- Special treats—There are lots of ways to satisfy the sweet tooth without adding excess fat or calories. Enjoy frozen fruit or juice bars with no added sugar. Select cookies that are lower in fat and calories, such as graham crackers, animal crackers and gingersnaps. Try rice cakes spread with all-fruit preserves.

Tuning up your eating habits with changes like these is just as important as tuning up your car or spring cleaning the house, concludes Gunkler.

Not having mine own righteousness, which is of this law, but that which is through the faith of Christ, the righteousness which is of God by faith.

Philippians 3:9

COOKIN' GOOD
By Deanna Gugel

Creamy Scallops And Rice

This rich seafood dish prepares eight small portions for an elegant dinner or luncheon. Serve with a seafood appetizer and white wine.

- 1-1/2 lbs. bay scallops
- 1/2 lb. fresh mushrooms
- 1 cup yellow rice, before prepared
- 1/2 cup onion
- 1 clove garlic, chopped
- 6 T butter
- 1/2 cup white wine
- 2 T flour
- 1 cup heavy cream
- 1 tsp. salt
- 1/4 tsp. marjoram
- 4 peppercorns
- 1/4 cup slivered almonds

In a Dutch oven, heat the water for the yellow rice and prepare as directed on package. Chop up the onions and garlic, and pour half the onions and all the garlic into a large skillet with four T of melted butter. Stir until soft. Drain scallops and drop them into the skillet with the onions and garlic. Sauté for three-five minutes, and remove from the skillet. Place the scallop-onion mixture on a heated serving dish set on low. Melt the remaining butter in the same skillet and brown the mushrooms. Pour white wine over the mushrooms and heat until about half the wine boils off. Then spoon in the flour and cook for about three minutes, stirring constantly. Turn the heat down and add the cream, scallops, onion, salt, marjoram and the peppercorns. Cook for another three-four minutes, stirring constantly until the scallops and the sauce are well-heated. Do not allow the sauce to boil or the cream to curdle. While you are finishing the sauce, stir the remaining chopped onion and the slivered almonds into the rice, and mix evenly. Spoon the scallops and sauce over the yellow rice and serve.

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