

Total nutrition

An Apple A Day...

An apple a day will keep the doctor away. Vitamin C prevents colds. Food myths like these have long been part of American folklore, says Mary Helen Gunkler, registered dietitian and staff nutritionist for Total cereal. As scientific research continues, such myths are being replaced by facts. Here are some examples:

- Myth: High-carbohydrate foods make people fat.
 - Fact: Carbohydrates have just four calories per gram versus nine calories per gram for fat. So, foods high in complex carbohydrates, such as pasta, bread, cereal and rice, are often recommended as substitutes for foods high in fat. However, do remember that too many calories from any kind of food can result in weight gain.
 - Myth: People over 65 years of age need vitamin supplements.
 - Fact: Most healthy people can get all the nutrients they need from a diet that includes a variety of foods from all of the food groups. However, some seniors may benefit from certain supplements, such as calcium and vitamin D, to help maintain strong bones. A health professional should be consulted before taking any nutrient supplements.
 - Myth: A "No Cholesterol" claim means the food will not raise blood cholesterol.
 - Fact: Read the label carefully. The food may contain saturated fat, which may have a greater influence than dietary cholesterol on the amount of cholesterol in the blood.
 - Myth: Sugar makes children hyperactive.
 - Fact: Research in the mid-1970s suggested a tie between sugar intake and hyperactivity in children. Scientific studies since that time have not been able to demonstrate any conclusive evidence to link sugar and hyperactivity.
- As for apples and vitamin C, both are valuable in the diet, but have not been proven to have curative powers, concludes Gunkler.

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COOKIN' GOOD

By Deanna Gugel

Chicken-Spinach Pinwheels

If you love chicken, but are bored with the ways you are preparing it, this recipe was designed for you. Serve with long-grain rice for a quick, delicious dinner.

- 6 chicken breasts, deboned and deskinmed
- 8-10 oz. frozen chopped spinach
- 6 slices bacon
- 1/2 cup grated Parmesan cheese
- 1/2 cup diced onions
- 1/2 fresh lemon
- 1 T poultry seasoning
- 1 T seasoned salt

Remove spinach from freezer, thaw and dry. Once the spinach is ready, clean chicken thoroughly. Then slice into, but not all the way through, the chicken breasts, so the meat looks like it is cut into three equal pieces. Pound with a meat mallet until nearly flattened. Sprinkle lightly with poultry seasoning and seasoned salt. Meanwhile, fry bacon in a large skillet until it is just barely cooked. (Do not cook until crisp.) Drain on a paper towel. Then lay one strip of bacon in the middle of each chicken breast, cutting the bacon if necessary to make it fit on the meat. Top with spinach leaves until one side of the chicken breast is covered. Sprinkle with Parmesan cheese, and add about one T of diced onion on each chicken breast. Pick the shortest end of the meat and roll meat to form a pinwheel with the other ingredients inside the chicken breast. Spear with toothpicks at about one-inch intervals to hold the pinwheel together. Squeeze lemon juice over the top of each pinwheel and place on an unheated rack of a broiling pan. Put pan about three inches from the heat and cook for 12-15 minutes, flipping after about six minutes.

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