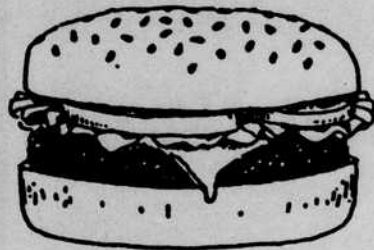


EAT BEAT

by Martha Wagner

What's Good, What's Bad, and How to Tell the Difference!



It's 1987 and who's telling us to eat our calcium—by buying burgers served in calcium-enriched buns—but McDonald's. In a two-page glossy ad in the March issue of *American Health* the leading fast food company explains that it's "always searching for ways to make our menu better for our customers."

The nation's fast food chains, which take in almost half of all restaurant revenue and serve 50 million people a day, are trying to shake their junk food image in the nutrition-conscious 80's. The greasy burgers, chicken and fries have changed little, but customers now have additional choices: salad bars, baked potatoes, soups, broiled fish, low-fat milk and more.

Customers who want to know just what they're eating—because of food allergies or special diets—have a better chance of finding the information they seek now, too. Increasing consumer pressure for ingredient and nutrition information led McDonald's, Wendy's, Burger King, Jack in the Box and Kentucky Fried Chicken to publish pamphlets listing some of this information last year. Finding the pamphlets at the restaurants is not a sure thing, however.

The best way to be a discriminating fast food customer—and it is possible—is to get yourself a copy of *The Fast-Food Guide: What's Good, What's Bad, and How to Tell the Difference* (Workman Publishing, 1986, \$4.95). Authors Michael Jacobson, executive director of the nutrition watchdog organization, Center for Science in the Public Interest, and nutritionist Sarah Fritschner talked to officials at 17 major fast food companies, commissioned laboratory analyses of some menu items, and even picked through restaurant kitchen trash cans to retrieve bulk packaging labels.

Despite the fatty, salty and sugary findings they present, the authors' intention is not for Americans to swear off fast food, but to approach it as educated consumers. They acknowledge that it's an established part of our lifestyle. McDonald's alone serves 7 percent of the national population daily.

The potential problems of children fed steady diets of fast foods are just one concern of Jacobson and Fritschner. According to a dietician and nutrition professor they quote, "Growing children shouldn't eat in fast-food restaurants more than once a week because the amount of calories is out of proportion to the amount of nutrients."

Statistics on childhood obesity (up 52 percent in the past 15 years) and adolescent obesity (up 39 percent), plus recent reports of high cholesterol readings in children point to fast food meals as a major contributor.

The Fast-Food Guide helps concerned eaters make the best choices in fast food land with listings of nutritional values and product ingredients, plus a unique Gloom Index rating system that weighs nutritional merits and shortcomings. Most of the gloomiest foods listed are loaded with fat. Top scorers include Wendy's Triple Cheeseburger, Burger King's Double Beef Whopper and Double Beef Whopper with Cheese. Not far behind on the gloom scale are McDonald's Biscuit with Sausage and Egg, Burger King's Specialty Chicken Sandwich and Dairy Queen's Chicken Sandwich.

Smart eaters can keep their daily gloom quota down, say Jacobson and Fritschner, with the following pointers:

- Skip mayonnaise, tartar sauce and other condiments. They're often loaded with fat and salt, sometimes sugar, as well.
- To cut sodium intake, hold the pickles, mustard and ketchup. Avoid processed meats (bacon, ham, hot-dogs, etc.). Order pizza without sausage, anchovies or olives; stick with fresh vegetable toppings.
- Avoid the extra fat of cheeseburgers and cheese-topped potatoes. Order baked potatoes plain or with vegetables only.
- Load up on plain vegetables, garbanzo and kidney beans at the salad bar, not mayonnaise-laden cole slaw, potato salad and pasta salad. Choose low-fat dressings when available or use lemon juice or vinegar with just a little oil. Choose fresh fruits and fruits canned in their own juice, not syrup.
- If you're thinking beef, think roast beef, not hamburger. The fattiest roast beef is leaner than the leanest burger. If you choose a burger, choose the smallest version and top it with lettuce, tomato and onions for a bit of fiber.

- Choose broiled fish or chicken when available. If you order deep-fried foods, discard the breading. Chicken is not always a better choice than beef. Chicken McNuggets have twice the fat of a McDonald's hamburger.

- Order milk or juice instead of a shake and you'll save 200 calories.

- For breakfast, skip eggs and breakfast meats. Order English muffins, toast or pancakes, plus fruit juice and low-fat milk (when available).

- Use the drive-in window to order meal basics. Take the meal home and serve it with skim milk, fresh vegetables and fruit.

The guidebook lists fast foods highest in calcium and iron. It also looks at the types of fat used by restaurant chains. Taco Bell gets special low marks for frying in coconut oil, a fat more highly saturated than beef fat. The chain refused to provide nutrition information for the guidebook. McDonald's receives some credit for recently switching from beef fat to a corn and cottonseed oil mixture for frying all but its fries.

More diversity in menus, more Chinese and Italian (not pizza) restaurants, is what the guidebook's authors predict as the next development in fast food. They praise a Northwest product, the vegetarian Gardenburger, now served at Burgerville restaurants. It's also served locally at Keystone Cafe and Delicious! Market, and is sold in the frozen foods section of natural food stores.

If you're looking for a dining experience rather than a fast-food fuel stop, there's a new Thai restaurant in Springfield, and several new restaurants about to open in Eugene.

Kuraya's, the first local Thai restaurant, is doing a brisk business despite its out-of-the-way location at 1410 Mohawk Blvd. It's a large, attractive restaurant

with a varied, reasonably-priced menu. Thai food has a reputation for being hot and spicy, but Kuraya's will go easy on the peppers if you want, and not all dishes are fiery. The menu includes vegetarian dishes and several family-style combination dinners. One specialty is a Seafood Basket consisting of fish, clams, shrimp and scallops steamed with vegetables in a curried coconut milk sauce.

Restaurant owners are Kuraya DeGraaf and Payung Van Slyke, both born in Thailand, and their Dutch-born husbands, Lucas DeGraaf and John Van Slyke. The DeGraafs own another Kuraya's Restaurant in Roseburg. The new restaurant is open Sunday through Thursday from 11 am to 9 pm and on Friday and Saturday from 11 am to 10 pm.

The Fifth Street Public Market second-level restaurant area, closed for remodeling recently, will have a grand re-opening April 8. The new look will include a new restaurant, *The Mirabelle*, serving food with California and Southern France influence. It will be operated by Metropal Bakery.

Market rent increases have led the *French Horn Cafe* and *Genesis Juice Bar* to pull out of the Market's restaurant section. Genesis has no immediate plans to relocate, but the French Horn Cafe expects to open March 17 at 16th and Willamette, in the new L & L Market. Owners John and Kathleen Cooper will offer a larger menu than served previously, including grilled chicken and meats, more salads, and their popular breakfast pastries. In good weather, there will be outdoor seating along Willamette Street. Hours will be 7 am to 7 pm Monday through Saturday.

Humble Bagel Company, purveyors of favorite foods ranging from bagels to quiche, from scones to decadent Dove Bars, has recently added several new breads to its weekly bread schedule. On Thursdays, the new bread of the day is New York-style Raisin Pumpernickel, a dense, dark rye bread sweetened with molasses and raisins.

Wednesdays there's a new Onion Sourdough Rye, as well as the plain Sourdough Rye. Friday's Challah breads are now joined by a Whole Wheat Challah. On Saturdays, there's a new Rosemary Bread, a baguette-shaped loaf flavored with crushed rosemary and a small amount of olive oil, and new Pesto Rolls. The rolls are made from the same dough, minus the rosemary, and flavored with pesto, walnuts and Parmesan cheese before being rolled into spirals for baking.

13th AVENUE
STORE ONLY

Cargo Sale

Best bargains of the year!!! Up to **90% off** on close-outs and slightly damaged merchandise... many unique items... while they last!

Also, lots of **new spring stock** arriving daily at **both** stores!

Fifth St. Public Market
downstairs
683-2204

762 E. 13th Ave.
next to the Excelsior
343-8667

FOLKWAYS IMPORTS

CLOTHING JEWELRY & FOLK ART FROM AROUND THE WORLD

Rolfing

JON CARROLL
KAREN LACKRITZ
Certified Rolfers

For information and/or appointment, please call
(503) 343-4157

CYCLE-BI

REPAIRS & CYCLES

Mountain Bike Specialists

1753 W. 18th Ave. 687-0288
Hours: 10-6 M-Fr, 10-5 Sat

GET FAT!

Early Spring Tune-Up
still only \$25
through March

Nobody does it better!

LUNCH IS NOW...

FAST, AFFORDABLE
with the same
GOOD TASTE

Sandwiches, Hearty Soups
From \$2.95

Leah's Wine & Company

7th & Willamette
Across from the Hull

Covered Parking
484-4041

LIVE JAZZ & CAJUN FOOD

Every Wednesday
(Emmett Williams Trio)

LADIES NIGHT

Every Thursday
(Special Drinks & Dance)

(John Workman
on piano
at dinner time
EVERY NIGHT)

3355 E. Amazon
342-3575

Sibson's
Restaurant & Lounge

EXCELSIOR PASTRIES

GELATO

CATERING

GIFT BASKETS

DESSERTS

SPECIALTY FOODS

COFFEE

CHEESE

DINNER SPECIALS

TO GO or TO STAY

Mar. 16-21

SOUP: Cream of Asparagus Soup with Creme Fraiche and Dill \$2.50/pint

CHICKEN: Chicken Breast Stuffed Under the Skin with Chevre Basil \$4.75

ONE DISH MEAL: Beef Stew with Cumin (Braised in Red Wine with Tomatoes, Garlic and Green Olives) .. \$5.00

PASTA: Tagliarini with Oregon Shrimp, Fresh Tarragon and Cream \$4.75

PIZZA: Chorizo, Green Chiles, Cream Cheese and Cilantro (8" pizza)..... \$5.75

QUICHE: Spinach, Pancetta and Parmesan \$2.50

Call ahead and we'll have your order ready!

HOURS

M-Th 7:30 a.m.-10 p.m.
Fri. 7:30 a.m.-11 p.m.
Sat. 10 a.m.-11 p.m.
Sun. noon-6 p.m.

901 Pearl Street
342-3110

URBAN CAFE • BEER • WINE