

# Edibles

## Sour Cream...

In most recipes and dishes calling for sour cream, you can substitute plain yogurt and save 349 calories per cup. This substitution works especially well in salad dressings, dips, and toppings for foods like baked potatoes or chili. You can also substitute yogurt for half the mayonnaise when you make potato salad or coleslaw. To keep yogurt from separating in foods that are to be cooked or stirred vigorously, first mix 1 tablespoon of corn starch with 1 tablespoon of yogurt and stir the mixture into the rest of the yogurt, then add it to your recipe.

## De-fatting Dairy...

It may not sound like much of a savings to buy skim milk (0 percent fat) or 1-percent milk (1 percent fat) instead of whole milk (3.5 percent fat), but the caloric difference is significant: 160 calories per cup of whole milk, 130 calories per cup of 2 percent, 102 calories per cup of 1 percent milk and only 86 calories per cup of skim milk. In making a switch from whole to low-fat or skim milk, do it gradually by combining the two, each time using a little more of the low-fat and less of the whole. Once you're used to the low-fat milk, whole milk will taste more like cream to you.

## Fat is fat is fat Calorie-wise...

When it comes to calories, it matters little whether you use vegetable oil, margarine, vegetable shortening, butter lard or suet; per tablespoon, they each have about 100 to 120 calories. However, olive oil, canola oil, polyunsaturated vegetable oil, and soft margarine are less likely than the other fats to do damage to your blood vessels.

# TODAY'S SPECIAL

Muffins come in all shapes, sizes, colors, textures... some are grainy, bran-y, raisin-y; some are gooey, sticky and sweet and some are pastry-like. Indeed, some are no more than cake in a muffin cup! Believe it or not, a bran muffin from Dunkin' Donuts contains 122 more calories than that same company's Bavarian creme-filled, chocolate coated donut! And it has 35 to 40 percent more fat.

Muffins can be a wonderful breakfast on the run, study break between-class snack. But many commercial muffins, if eaten frequently, are a source of fat and sugar. Sara Lee Raisin Bran and Oat Bran muffins contain 220 calories each and 8 grams (or 72 calories) of fat. Keebler Elfin Loaves (a new mini-muffin) feature 180 to 230 calories and 7 to 10 grams of fat.

Sweeter muffins, really are a desert in disguise. Poppy seed, chocolate, blueberry and other fruited muffins are made with oil, sugar, white flour and eggs—the same ingredients as cake. If nuts are added fat content is increased even further.

For the avid muffin fan, select bran muffins which are slightly dryer and the glossy, soft variety. The gooey texture is usually oil and egg. When left to sit on a napkin or paper plate, any oily muffin will leave its finger prints as oil spots on the paper. Consider limiting muffins or enjoy them but consider them part of your daily fat and sugar intake. Also—try making your own and storing them in the freezer so they don't spoil before you can eat them.

## Three Grain Muffins

Yields 12 muffins; 130 calories; 15% calories from fat; 163 mg sodium

- 1 cup bran cereal (bran buds, bran flakes)
- 1 cup dry oatmeal
- 1 cup whole wheat flour (or half whole, half white)
- 1 tbsp baking powder
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 cup skim milk
- 2 egg whites
- 3 tbsp honey or molasses
- 1 tbsp vegetable oil
- 1 cup applesauce
- chopped apple or raisins (optional)

Mix ingredients together very well and bake at 400°. Spray muffin cups with non-stick spray or use paper muffin cup liners. Bake 20 to 25 minutes for lightly browned muffins.

## Cracker Snackers

Creating a demand for a cracker has something to do with flavor and texture and much more with advertising. What's important is not so much what the manufacturer puts in the box as what goes on it.

An innocent cracker may appear to be a good complex carbohydrate—but many crackers are loaded with fat and refined flour. For the avid cracker snacker—this may add up and cracker ingredients begin to matter in a daily food profile. For the cracker lover, here are some tips to tote to market.

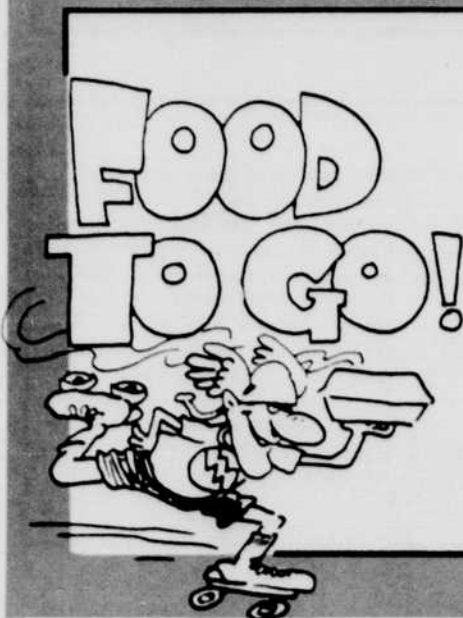
"Wheat" listed on the ingredient panel usually means white flour. Flour is made of wheat so, yes it is "wheat flour." But unless the ingredients contain predominantly "100% whole grain flour" or "whole wheat flour" you'll be eating white flour, minimal fiber and minimal nutrients. Nabisco recently added "whole wheat Premium Plus" to their saltines. The cracker is still white with little brown flecks. Some whole wheat is added but the cracker is also mostly white flour and "caramel coloring" to add to the whole wheat look. Look for "caramel coloring" and "wheat flour" on the ingredients list and if these are leading constituents, avoid

these choices.

Fat content is usually not included on cracker cartons except as an ingredient—not portion information. Interestingly, the most popular crackers are usually the fattiest ones with 40 to 55 percent of their calories coming from fat. These include: Nabisco's Ritz, Cheese Tid-Bits, and Better Cheddars; Keebler's Club and Town House; Sunshine's Cheez-Its and Hi-Hos; and Pepperidge Farm's Goldfish. Avoid crackers with Palm Oil, Coconut Oil and Palm Kernel Oil—these "tropical" oils are highly saturated.

Great choices for cracker snacks which are high in fiber, and low in fat and salt are: Ryvita Crispbread and Crackerbread, Wasa bread in Rye, Wheat, Sesame and Crispbread, Melba Toast by Keebler, Ry-Krisp Natural, and Red Oval Farms stoned Wheat Thins and Stoned Rye.

Other cracker-like choices for the nemesis of the munchies include bagels and bagel chips (try Humble Bagel's), breakfast cereals such as Quaker Oat Squares, Cheerios, Oatios, Chex Cereals, Mueslix, raisin bran, and shredded wheat with raisin centers, low salt pretzels and bread sticks that are baked with sesame seeds or herbs and spices.



"Why all the fuss about fast food?" enthusiasts ask? What could be more convenient than an instantaneous hot meal, ordered through a speaker from a car window and delivered through a small window at minimal cost?

Fast food—burgers, fries, onion rings, chicken nuggets—are high in fat and sodium, low in fiber and loaded with calories, most of which are fat. But at age 18 to 30, who cares? Nutritional "insults" are the nemesis of 40+ individuals who are beginning to make radical changes to undo the effects of years of high fat eating: high blood cholesterol, bypass surgery, hardened arteries, overweight and over fat, high blood pressure...

Good eating today is an investment that requires looking ahead. What could be more satisfying than enjoying health: a supple body that moves well, feels good in motion and lives long—well into the 70s and 80s. Quantity of life isn't the issue here—it's quality of life; feeling good and living well. Before biting the burger, consider these figures.

Item	Calories	Sodium mg	% Fat Calories
Chicken McNuggets	323	512	59 (21 gm)
McDonald's Fries	220	109	66 (12 gm)
Big Mac	570	979	55 (35 gm)
Domino Pepperoni Pizza 2 pc.	440	1080	29 (14 gm)
Burger King Chicken Sandwich	670	870	55 (41 gm)
Burger King Onion Rings	270	450	53 (16 gm)
Arby's Roast Beef	350	880	39 (15 gm)
Arby's French Dip	386	1745	49 (21 gm)

\*The Recommended Daily Allowances for sodium is 1200 mg/ daily. The actual biological need for health and functioning is only 220 mg/ daily.