



# Light Delights

**Skinny French Fries**  
Submitted by Twila Cain  
(from *The New American Diet*)

**INGREDIENTS**  
4 medium potatoes, cut in strips or lengthwise, about 1/2 inch thick.  
1 tablespoon oil  
paprika  
1/2 teaspoon lite salt or less

Preheat oven to 450 degrees, while cutting potatoes, keep strips in bowl of ice water to crisp. Drain and pat dry on paper towels. Return to bowl and sprinkle with oil. Mix with hands to distribute oil evenly over potatoes. Bake on cookie sheet until golden brown and tender, about 30-40 min., turning frequently. Sprinkle generously with paprika, and sparingly with light salt.  
Makes 4 servings.

**CALORIC/NUTRIENT INFORMATION**  
Amt. = 1/4 of recipe

Cal.-134	Total Fat-3.7g	Dietary Fiber-3.2g	Calcium-10mg
Protein-3g	Chol. Saturated Fat Index-5 units	Potassium-583g	Iron-.8mg
Carbohydrates-23.1g	Sodium-101mg		



## Brain chemical composition affected by nutrients in food



By Gina Matteri

Can what you eat affect your moods, study habits or sleeping patterns?

Is it true that the nutrients which might be called "smart foods" can give you energy, make you feel good or keep you alert?

The answers to the above questions are yes. Richard Wurtman of the Massachusetts Institute of Technology in the Nutrition Action Health Letters says, "It may surprise some people to learn that many food constituents can actually affect the chemical composition of the brain."

Wurtman is a professor of neuroscience and the director of the Clinic Research Center at the Massachusetts Institute of Technology. In an article written by Nutrition Action, he claims that what we eat does affect our behavior.

Wurtman explains, "many food constituents can modify the production or release of neurotransmitters—the chemicals that carry signals from one nerve cell to another" (NAHL, Sept. 1992).

"There are 30 to 40 neurotransmitters that are used by the ten million cells of the brain. Five or six can be affected by nutrients," says Wurtman, (NAHL, Sept. 1992). This shows that the food choices we make, based on stress, hunger, boredom or even the weather might do more than curve our appetites. It just might change the entire mood we're in.

Since research has shown that what we eat—and don't eat—can affect how we are feeling to some degree, here are some suggestions for optimum efficiency in fixing the winter blues:

1. Start your morning with a breakfast high in protein. Protein can often be what you need to get yourself going on especially cold mornings.

Foods such as low fat yogurt with fruit, a toasted bagel with peanut butter or hot muesli with

warm milk are an ideal beginning.

2. Stay clear of over-sized lunches; they can often make you feel tired and sluggish.

3. Eat dinner meals that are high-in-carbohydrates, which tend to relax and calm you for the evenings. Great high-carbohydrate foods include: spaghetti with red sauce, brown rice with vegetables or chicken noodle soup with bread.

Wurtman concludes that it is high carbohydrate foods, such as pasta, whole-grain breads and legumes, which as a meal will make you calmer and more efficient; he does note, however, that the effect of these foods is relevant to when you eat them.

The following is a recipe for a hot, delicious soup that is great for lunch or dinner with friends. It can be made for the moment or packaged to freeze for later. It's the perfect way to beat the cold while warming the soul.

### Dr. D's Minestrone Soup

- 1 piece of lean bacon
- 1/4 cup olive oil
- 1 medium onion sliced thin
- 1 carrot diced
- 1 small potato diced
- 1 small zucchini diced
- 1/2 cabbage shredded
- 1 stock celery
- 1 cup canned Italian tomatoes
- 1 can white kidney beans
- 2 cans low salt chicken broth (vegetable broth can be substituted)
- 1/2 pound small pasta shells
- 1 pinch oregano
- salt and pepper to taste

To make:

Brown bacon in soup, add olive oil. Saute onion, carrot and celery to mixture for 3 minutes. Add zucchini and potato and saute for another 3 minutes. Add cabbage and saute the rest of the mixture until the cabbage is limp. Add chicken broth, oregano and tomatoes, cover and simmer for 1 hour. Stir and add drained kidney beans. Simmer 15 more minutes. Add pasta, salt and pepper (to taste), and cook until noodles are done. Serve hot with grated parmesan cheese and bread. Enjoy!



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