

## Shopping, cooking give attention to nutrition needs

Who knows about good nutrition at your house? The best answer is—everyone. If dad does this grocery shopping he needs the basics. Sometimes he does the cooking. And mother counts on his support at the table. Teens need to know at lunch or snack time. Certainly college kids and singles need to know. However, in most cases, mother is the leader, the prime mover, and the fount of knowledge for nutrition information—the one that needs to know what food and how much is needed for good health.

Recent studies show many of us are eating much more protein than we need—on the average, probably double the RDA (Recommended Daily Allowances of the Food and Nutrition Board). RDA's are guides for optimum nutrition, not minimum nutrition. Ten, twelve and sixteen-ounce steaks are examples of what most of us don't need. What is needed is two four-ounce servings of meat or meat substitutes. This can be a combination of animal protein (meat, fish, poultry, eggs, milk, cheese) AND vegetable protein

(dried beans, peas, lentils, whole grain or enriched breads and cereals).

One of the main problems of a high protein diet is that it's usually also a high fat diet. Fats provide twice as many calories as carbohydrates or protein. One gram of fat equals 9 calories compared to 4 calories in one gram of carbohydrate or protein. But don't omit fat entirely; it makes food taste better and some fats provide vitamins A, D and E.

We need carbohydrates too—

which come from fruits, vegetables, cereals, enriched breads and milk as well as sugar. Our muscles work most efficiently when burning carbohydrates and our brains burn nothing but a carbohydrate, glucose.

Breads and Cereals are one of the four basic food groups that everybody should eat every day to stay healthy. Four or more servings of whole grain, enriched or restored breads or cereals are recommended for children and adults—along with the Milk, Meat and Vegetable-Fruit groups. Enriched breads and cereals

give us carbohydrates, protein, iron, thiamin (Vitamin B1), riboflavin (Vitamin B2) and niacin (another B vitamin).

Just a reminder that everything we eat each day contributes to our total nutrition. In this recipe for Sweet Barches, a small version of the traditional Jewish challah, one braided roll provides about 4 grams of protein, 6 grams of fat and 37 grams of carbohydrates for a total of 218 calories. One Sweet Barche also provides the following approximate percentages of the RDA: 6%

protein; 2% calcium; 6% phosphorus; 8% iron; 6% Vitamin A; 8% thiamin (Vitamin B1); 8% riboflavin (Vitamin B2); 6% niacin; less than 2% Vitamin C; and 4% magnesium. The dates in the recipe help contribute to the nutritional success as well as the good flavor of these Sweet Barches.

### SWEET BARCHES Makes 12 rolls

- 2 to 2 1/2 cups unsifted flour
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1 package active dry yeast
- 1/4 cup milk
- 1/4 cup water
- 1/2 cup margarine
- 2 eggs (at room temperature)
- Melted margarine
- 1 cup snipped pitted dates
- 1 egg white
- 1 teaspoon sugar
- Confectioners' sugar frosting
- Colored sprinkles

In a large bowl thoroughly mix 1/4 cup flour, 1/4 cup sugar, salt and undissolved active dry yeast.

Combine milk, water and 1/2 cup margarine in a saucepan. Heat over low heat until liquids are very warm (120°F., 130°F.). (Margarine does not need to melt.) Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 2 eggs and 1/2 cup flour. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a very stiff batter. Brush top of batter with melted margarine. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Stir down batter and stir in snipped pitted dates. Cover tightly with aluminum foil and refrigerate overnight.

Turn out onto a lightly floured board. Divide into 12 equal pieces. Divide each piece into 3 equal pieces and roll each piece into a 6-inch long rope. Braid 3 ropes together to form rolls. Pinch ends to seal. Place on greased baking sheets. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Combine egg white with 1 teaspoon sugar. Brush rolls with egg white mixture. Bake at 375°F. for 12 minutes or until done. Remove from baking sheets and cool on wire racks. Frost with confectioners sugar frosting and top with colored sprinkles.

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## OSU garden tips

Every year, plant diseases take their toll of vegetable and fruit crops. In addition, they disfigure or destroy ornamental trees, shrubs and flowers.

"People can reduce losses and combat plant diseases by following a number of practices that call for a minimum use of applied chemicals," says Ray McNeilan, Oregon State University Extension home gardening coordinator.

He makes the following suggestions:

- Practice rotation in the garden plot and, if possible, change the location of the garden occasionally. This will help prevent the build-up of disease-causing organisms.
- Select a suitable location for planting. Some plants like sunny locations while others prefer more shade. Avoid extremely wet soils since they promote many root diseases. Improving drainage by adding organic matter will help.
- Select disease-resistant varieties where they are available and use only disease-free seed and transplants. Buying from a reputable seed company, greenhouse operator, or nursery is recommended.
- Do not overcrowd plants. Overcrowding results in high humidity beneath the plant canopy, which favors certain diseases such as downy mildew and Botrytis blight.
- Water properly. Maintain an even water supply and avoid dry-wet fluctuations. Watering late in the day favors disease conditions. Too much moisture will favor several root and foliage diseases.
- Control weeds in and near the garden. Weeds promote a microclimate that is ideal for development of fungus and bacterial diseases.
- Remove and destroy diseased tree and shrub branches before a disease spreads. Sterilize pruning equipment between cuts (use rubbing alcohol, or household bleach at a rate of one part bleach to nine parts water).

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