

Interpreting nutritional information

Know what you're eating and why you're eating it!

Recognize the format from labels on canned foods? Here are the reasons each item is important:

Serving /Portion Size— Learn to gear your portions of food to the standard. You'll likely eat less, and you can be sure of the amounts of vital nutrients you're getting.

Calories— You do need them for good health! If you're dieting, think about increasing exercise rather than substantially reducing calories as a means of weight controls.

Protein— Protein is necessary to build new tissue and to maintain that already formed. You need at least 45 grams of it each day.

Carbohydrate— Cereal grains are rich sources of carbohydrate, which is necessary to supply energy to bodily functions. Carbohydrate spares protein for vital functions.

Fat— It is important, contrary to the bad name it has. It is a source of energy. In the body, it serves as insulation and provides a protective cushion for organs.

Sodium— This mineral helps maintain the osmotic equilibrium and volume of fluid around cells.

Many people must limit intake.

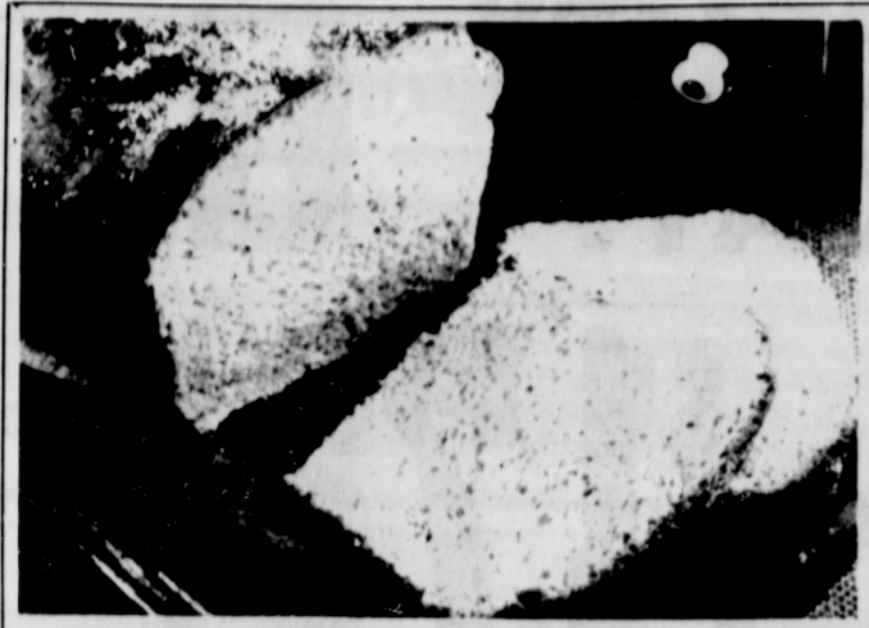
Potassium— Concentrated within the cells, this mineral helps maintain osmotic pressure and serves as an activator of enzymes.

Vitamin A— It is essential to proper growth and maintenance of soft tissue and to the development of visual pigments needed for normal vision.

Thiamine, Riboflavin and Niacin— These B-complex vitamins are necessary to metabolize foods.

Calcium— This mineral element is a major component of bones and teeth.

Iron— It is necessary for the transport of oxygen to the cells.



Italian herb bread

Here is a bread with a touch of Italy, one made for serving with spaghetti, lasagna or other popular pasta dishes. It not only contains a veritable cabinet of Italian spices (basil, oregano and thyme), but it is also topped with a sprinkling of pungent Parmesan cheese. Delicious!

Italian Batter Bread is a no-knead yeast bread that looks more complicated than it actually is. No knead? That's right. There's no need to knead the batter for this bread; it's kneaded with an electric mixer. You then let the dough rise twice, once in the bowl, then in the pan.

Italian Batter Bread is a corn meal bread. Corn meal contributes B vitamins and an appealing grain flavor that complements the herbs. It also adds a light but crisp texture that's just right with pasta.

In fact, you'll make Italian Batter Bread an integral part of your Italian menus. A loaf goes so well with a bowl of tossed salad, a bottle of red wine and a big platter of spaghetti and meatballs... or lasagna... or fettucini. Italian Batter Bread will make all your Italian meals a little better!

ITALIAN BATTER BREAD

- 1 pkg. active dry yeast
- 1/4 cup warm water (110° to 115°F)
- 1/4 cup scalded milk
- 1/2 cup butter or margarine
- 1/4 cup sugar
- 1 teaspoon salt
- 3 1/4 cups all-purpose flour
- 1/4 cup enriched corn meal
- 3 eggs
- 1 teaspoon basil leaves, crushed
- 1/2 teaspoon oregano leaves, crushed
- 1/2 teaspoon thyme leaves, crushed
- 1/2 teaspoon onion powder
- 1 tablespoon grated Parmesan cheese

Dissolve yeast in warm water. In large bowl, combine milk, butter, sugar and salt. (Butter may not melt completely.) Cool to lukewarm. Add dissolved yeast, 2 cups flour, corn meal, eggs, herbs and onion powder; mix at low speed on electric mixer 30 seconds or until blended. Continue mixing at medium speed 2 to 3 minutes or until smooth. With wooden spoon stir in enough remaining flour to make a stiff batter. Cover; let rise in warm place about 1 1/2 hours or until double in size.

Grease 9 x 5-inch loaf pan. Stir down batter; spoon into prepared pan. Let rise, uncovered, in warm place about 45 minutes or until top of batter is 1/2 inch from top edge of pan. Meanwhile, heat oven to 350°F. Sprinkle batter with cheese. Bake 40 to 50 minutes or until golden brown. Loosen edges of bread from sides of pan; turn out onto wire rack. Cool about 30 minutes before slicing. Makes 9 x 5-inch loaf.

School Menu

October 11: Mexican taco, shredded lettuce and tomato, whole kernel corn, apple wedges, milk.

October 12: Turkey pot pie, tossed garden greens, whole wheat roll, sliced peaches, milk.

October 13: Sausage pizza, vegetable chunks w/dip, pear halves, milk.

October 14: National Lunch Menu—Oriental chicken, stir fried vegetables, steamed rice, fruit fantasy, chinese almond cookie, milk.

October 15: Grandparent's day—Lasagna, tossed green salad w/French dressing, French bread, orange half, milk.

Fred Meyer

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