

FOOD SECTION

Choosing the "Right" Breakfast for Children

In these days of the "do-it-all" woman, it is difficult to find enough time, money, and patience to feed one's children properly.

me they include a bread/grain food group item; namely, one of the following:

A) **Toast.** It's fast and easy. Go light on the "toppings", and choose

	Slice Price	Protein	Carbs.	Fat	Cal's
Turkey strips	\$0.14	3g.	1g.	4g.	50
Bacon	\$0.11	2g.	1g.	2g.	25
Sizzlean	\$0.14	(Product makes no claims)			

Add to this the additional worries of nutrition and flavor--as well as misleading, often confusing advertising--and it becomes nearly impossible. Black working women (and men!) today try hard to provide a nutritionally complete breakfast for the little ones--often at the expense of their own health--but sometimes the ease of jelly rolls conquers the "Superwoman Syndrome". In an effort to provide you with any help I can, here's what I learned from comparing nutrition labels and talking to doctors and nurses (since I don't have any children, and have time to mill around in stores and call hospitals!).

Firstly, something that really surprised me was that most of the doctors and nurses I talked to follow the age-old tradition of feeding their children eggs for breakfast. I've been reading lately that cholesterol is not as bad as everyone seems once to have thought. This might account for eggs' slowly rising popularity in the last year or so. They do make a good meat substitute, with similar protein content yet less fat; but, somehow, any advertisement for food that simply says it's "incredible, edible" is just not encouraging.

All the doctors/nurses also told

a whole grain bread rather than white (white has many vitamins bleached out) if the kids will eat it.

B) **Pancakes.** These are okay if you follow the above rules: few toppings (try trading blueberries or strawberries for syrup; cream cheese for butter), and whole grain flour/mix over white.

C) **Cereal.** Cold cereal seems to be preferred over hot; also, children tend to like it better. Cereals that contain fiber or oat-bran is a plus (even though the extent of the positive affects of oat bran has not yet been proven). Steering clear of sugar is ideal, but most youths need a mid-way compromise: instead of their frosted flakes, instead of your shredded wheat, how about Cheerios? One pediatrics hospital said that is what they feed their patients, and the kids don't complain.

Of course, all doctors recommended fruit, and some preferred yogurt--high fat, but rich in calcium--as a good breakfast item.

As for bacon or sausage, it is acceptable in minor quantities. Having heard a lot about Sizzlean and turkey breakfast strips, I purchased and tried them both. The chart shows how they compare with bacon.

Product Recommendations: The Medicine Chest

These are products that have worked well for me. If possible, don't take any medication: it slows down your body's ability to fight off illness. However, when you've got to have freedom from pain, I recommend the following medications. As always, please read all product instructions and warnings before using.

Pepto Bismol or any pink bismuth liquid (retails for about \$3.69 for 12 oz.)--I read this actually heals your ulcers, instead of just coating your stomach.

Vicks Vaporub (\$2.59 for 1.5 oz.)--This stuff is terrific for aches, pains, cramps, you name it! It might seem expensive for a jar, but it lasts for a long time.

Nuprin and **Advil** (\$2.29 and \$2.79 for 24 tablets, respectively): I don't generally think much of pain relievers, but these two work well for me for headaches and other pains.

Alka Seltzer Night Time Cold Plus Medicine (\$2.50 for 12)--I can't rave much about the taste of this (the lemon flavor is much better than the regular, though), but I sure can commend the performance. It's great medicine.

Recipe Section

This recipe section is intended to be casual enough to match any budget. I will suggest several products (when possible) that you can improvise with; choose the first product when possible, as it is preferred. You might also experiment with your own "twists".

Chocolate/Irish Cream Pie

Easier, faster, and cheaper than most chocolate desserts, this rich pie has a smooth taste that is similar to chocolate mousse.

2 cups International Delight Irish Cream (or add 2 tsp. boiling water to 6 tsp. instant coffee, and blend into 2 cups half-and-half; a multitude of other flavored coffee-creams will work, too)

1/2 cup chilled condensed or evaporated milk

1 graham cracker crust (you can also mash up graham crackers, mix in butter, and push into a pie plate)

6 oz. package of instant chocolate pudding

Mix Irish cream with condensed milk. Blend in pudding mix; mix with beaters at low speed or whisk. Pour into pie crust; refrigerate until firm (about 2 hours).

Nutrition information per slice (1/10 of pie):

Calories: 200 Fat: 12 grams

Carbohydrates: 44 Price: \$0.55

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