

FOOD SECTION

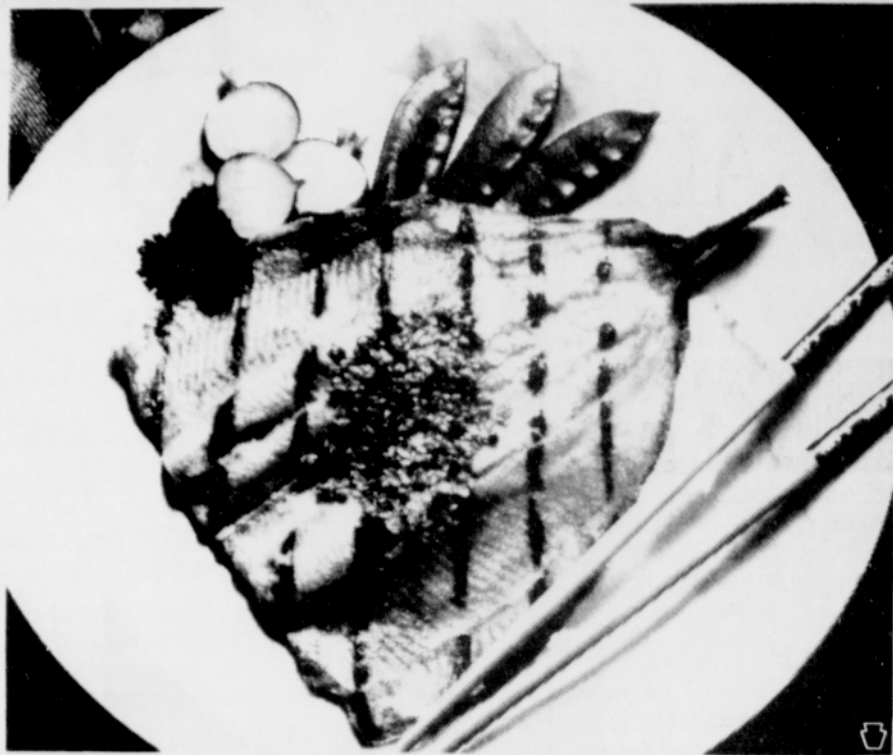
Rainbow Trout & Aquaculture For All The Right Reasons

Aquaculture or fish farming offers a number of benefits to the consumer. It provides the answer to many health and safety concerns about seafood. Rainbow trout, one of the most popular cultivated species, is raised in pure spring water and receives a regulated, high-protein diet. This controlled environment protects the fish from contamination. Management of growth and spawning cycles insure year-round supply and low pricing. At Clear Springs Trout Company, the world's largest trout producer, located in Buhl, Idaho, all trout are packed under full-time government inspection.

Rainbow trout is a smart choice for health and budget conscious shoppers. One of the best values in the seafood case, delicious rainbow trout is low in calories, cholesterol, fat and sodium. It is an excellent source of niacin, potassium, vitamins B6 and B12. One 3.5 ounce serving provides 45% of the U.S. Recommended Daily Allowance for protein. Perhaps most important, rainbow trout has one of the highest levels of omega-3 fatty acids, the unsaturated, cholesterol-fighting, "good" fat.

Since trout takes only 5-10 minutes to prepare, it's perfect for the busy summer season. Convenient boned and fillet styles are available, as well as, the traditional whole variety, delivered fresh to grocers and seafood shops nationwide. Most stores will fillet a whole or "dressed" trout while the customer waits.

For all the right reasons, try the following recipe for Grilled Rainbow Trout with Sesame-Soy Butter. For more rainbow trout recipes and buying tips, send a self-addressed, business size, stamped envelope to: BBQ '90 Trout Recipes, c/o SY&T, 1000 Sansome Street, Suite 375, San Francisco, California 94111.



GRILLED TROUT WITH SESAME-SOY BUTTER

- 4 Rainbow Trout fillets (4 ounces each)
- 3 tablespoons teriyaki sauce*
- 1 1/2 teaspoons finely chopped green onion
- 2 tablespoons butter or margarine, softened
- 2 tablespoons sesame seeds, toasted
- 3/4 teaspoon light soy sauce

Marinate rainbow trout in teriyaki sauce for 15 minutes, refrigerated. In a bowl, combine butter and remaining 3 ingredients with a fork; set aside. Over hot coals, place trout fillets flesh-side down on oiled grill and cook about 2 minutes. Gently turn trout with a spatula, continue to cook 2 minutes longer. Serve immediately with dollop of Sesame-Soy Butter. Makes 4 servings. Approximately 250 calories per 4 ounce serving, 32 g protein, 3 g carbohydrate, 13 g fat, 98 mg cholesterol and 650 mg sodium. *Or use home-made teriyaki sauce for marinade.

Household tip: Put petroleum jelly on thread before threading a needle, and it will slide in easily.

If you have any recipes, household hints, food events, or health/nutrition questions, please send them to: Angelique Sanders, c/o The Portland Observer, 4747 N.E. Martin Luther King, Jr. Blvd., 97211. I test everything before including it, and we reserve the right to edit or otherwise alter contributions before publication.

Health & Nutrition Questions & Answers

- Q: What is Atherosclerosis?**
A: Atherosclerosis is a slowly developing process in which the lining of the arteries (blood vessels) becomes coated with fatty substances (lipid deposits) such as cholesterol. These deposits result in narrowing and scarring of the channels through which the blood flows. Eventually an artery may close off completely, either because the deposits have grown together, or because a blood clot plugs up the narrowed passage. Whenever an artery is blocked, damage occurs in the part of the body that the blocked artery supplies. If the blockage occurs in an artery serving the heart muscle (a coronary artery), a heart attack can result. If it occurs in an artery supplying the brain, a stroke results. Most people have atherosclerosis in a mild form and live to an old age without troublesome symptoms. In others the deposits and narrowing progress rapidly, setting the stage for heart attacks in the prime of life. We have good evidence that most people, including those who have a family history of heart disease or high blood cholesterol levels, can reduce a major risk of having a heart attack by following a cholesterol-lowering plan. You can also cut your heart attack risk by quitting smoking and getting medical treatment to control high blood pressure or diabetes.
- Q: What are Saturated Fats?**
A: These are fats that usually harden at room temperature; they are found in animal products and in some vegetable products. They tend to raise the level of cholesterol in the blood, so they are limited in this plan. Saturated animal fats are found primarily in beef, veal, lamb, pork and ham; in butter, cream and whole milk; and in cheeses made from cream and whole milk. These foods also contain cholesterol. Saturated vegetable fats are found in many solid and "hydrogenated" shortenings, in coconut oil, cocoa butter, palm oil and palm kernel oil. They are sometimes advertised as "cholesterol-free," which is true; however, they are very high in saturated fat and should be avoided. These oils are often used in store-bought bakery products, candies, fried foods and also in nondairy milk and cream substitutes. *Read labels carefully to avoid these products.*
- Q: What are Hydrogenated Fats?**
A: These are fats and oils changed from their natural liquid form to become more solid, such as most margarines and shortenings. They may be partially or almost completely hydrogenated. Avoid completely hydrogenated oils; they resemble saturated fats. Many margarines contain partially hydrogenated oils and may be acceptable if they contain twice as much polyunsaturated as saturated fat.
- Q: What are Polyunsaturated Fats?**
A: These are oils from vegetable products such as safflower and sunflower seeds, corn, soybeans and cottonseeds, which are usually liquid at room temperature. They help lower the level of blood cholesterol by helping the body get rid of excessive, newly formed cholesterol.
- Q: What are Monounsaturated Oils?**
A: These are liquid vegetable oils such as canola and olive oils. Recent evidence indicates that they may be as effective as polyunsaturated oils in decreasing blood cholesterol levels. Some scientists believe that more evidence is needed to firmly establish this, however.

American Heart Association Fat and Cholesterol Chart

	Total Fat (grams)	Saturated Fat (grams)	Cholesterol (milligrams)
Meat/Poultry/Fish			
Beef arm, roasted lean only, 3 oz.	6	3	77
Ground beef, cooked lean, 3 oz.	15	6	80
Beef liver, fried, 3 oz.	9	2	372
Chicken, roasted without skin, 3 oz.	6	2	76
Halibut filets, broiled with margarine, 3 oz.	6	1	48
Eggs			
Egg, 1 large	6	2	274
1 yolk	trace	0	0
1 white	trace	0	0
Dairy Products			
Milk, whole, 1 cup	8	5	33
Milk, skim, 1 cup	1	trace	5
Cheese, cheddar, 1 oz.	9	6	30
Cheese, mozzarella, part skim milk, 1 oz.	5	3	15
Butter, 1 tbsp.	11	7	31
Breads/Cereals/Grains			
Bread, 1 slice	1	trace	0
Bagel, 1	2	trace	0
Doughnut, yeast, 1	13	5	21
Oatmeal, 1/2 cup	1	trace	0
Rice, plain, 1/2 cup	trace	trace	0
Cookie, oatmeal, 1	2	1	1
Fruits/Vegetables			
Potato, baked, 1 med.	trace	trace	0
Potato, fried, 10 strips	8	3	0
Cabbage, 1/2 cup	trace	trace	0
Apple, 1 med.	trace	trace	0
Banana, 1 med.	1	trace	0
Fats/Oils			
Lard, 1 tbsp.	12.8	5	12
Margarine, 1 tbsp.	11.4	2	0
Vegetable oil, 1 tbsp. (excluding palm, palm kernel & coconut oil)	13.6	1.7	0

health hints

The Allergy Answer Man Tips To Tame Allergies

Allergies are nothing to sneeze at. This year, many health experts are predicting a severe allergy season. Although it's not possible to avoid every potential allergen, with some planning you can get through the season with a drier nose. Here are some tips that may help:



- Stay indoors between 5 a.m. and 10 a.m. when pollen levels are highest.
- Keep windows closed in your home and when driving your car.
- Keep cool. Ten degrees cooler than outside is ideal. Be sure to keep air conditioners and humidifiers clean or you may end up blowing allergens around your home.
- Dry clothing and bedding inside, or in a drier, rather than outdoors where they will collect pollen.
- See your doctor before you have symptoms. New medications, such as Hismanal® (astemizole), may give you the symptom relief you need without the unpleasant side effects, such as drowsiness, you have experienced with other medications.
- Avoid alcoholic beverages during pollen seasons; they contribute to swelling of blood vessels in nasal passages.
- Wear glasses or sunglasses outdoors to protect your eyes from pollen.

Understanding Your Body

The Role of the Liver

The liver, one of the most complex organs you have, serves as the body's main processing center and one of its major storehouses of food. The liver is responsible for the chemical breakdown of drugs into a form that the body can use. There are enzyme systems in the liver which can perform this function. These enzymes may be affected by many drugs. For example, some drugs used in high blood pressure, asthma, and ulcer therapy interact with other drugs. The result is an alteration of the amount of drug in the blood, which could produce adverse reactions. However, some drugs have a lower potential for interaction than others and are equally as effective. If you are taking several medications, ask your doctor or pharmacist about these alternatives.

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