

FOOD & NUTRITION



Fiber Comes From A Wide Variety Of Sources including delicious Honey-Fruit Snack. Made with Whole Grain Total, a serving of this snack provides 2 grams of Fiber.

KOREAN AMERICAN GROCERY Association Of OREGON

- | | | |
|---|---|---|
| Dekum Food Market
800 N.E. Dekum
283-1240
Sonny Kim, Owner | Boston Mini Market
726 N.E. Killingsworth
282-6776 | K C Food Market
309 N. Killingsworth
289-7430 |
| Alberta St. Market
915 N.E. Alberta
281-6388 | Nu-Rite-Way Food Center
3965 N. Mississippi
282-0247
FRESH GREENS & MEAT | Craig's
106 N. Beech
280-0434 |
| King Food Mart
3510 N.E. MLK Blvd.
281-0357 | Knott St. Grocery
2709 N.E. 7th
284-7490 | Prescott Corner Market
1460 N.E. Prescott
284-7418 |
| Philly Cafe
445 N.E. Killingsworth
288-9367 | Mid-K Beauty Supply
5411 N.E. MLK Blvd
335-0271 | Barqin Place Swap Meet
& Max + Kings Fashion
710 N. Killingsworth
287-8082 or 7788 |

We Appreciate Your Business And Support Thank You

**SuperBowl Sunday is
January 31
Drive with Care**

total nutrition

Are You Savvy About Sodium?

Sodium is one of those nutrition issues health experts are still discussing. Some say there is a strong link between sodium intake and high blood pressure. Others say the idea needs more research to be firmly proven. In general, reducing sodium intake won't hurt healthy people and may be beneficial for some, advises Mary Helen Gunkler, registered dietitian and staff nutritionist for Total cereal.

Moderation is the key, says Gunkler. Here's why: Scientists estimate that on average Americans consume about 4000 to 4800 milligrams (mg) of sodium daily—about 2 to 2 1/4 teaspoons of salt. That's nearly twice the current sodium recommendation—2400 mg a day, or what you'd get from about one teaspoon of salt. And the amount of sodium our body needs for water balance and normal nerve and muscle activity is less than 500 mg per day—about 1/4 teaspoon of salt.

When cutting back on sodium, salt is a good place to start. It's a primary source of sodium in the diet, containing about 40 percent sodium and 60 percent chloride by weight. Since the taste for salt is an acquired one, your taste buds can be trained to adjust to less. Shake the salt habit by taking the salt shaker off the table. While cooking, add zest to foods with spices and fresh herbs, such as parsley or finely chopped garlic. Use onion and green pepper instead of high sodium condiments, such as soy or steak sauce. And read the labels of foods you buy to find out how much sodium they contribute.

Sodium also occurs naturally in foods, such as meats, seafood and dairy products. In fact, this naturally occurring sodium would be enough to satisfy the body's daily need, explains Gunkler. She concludes that consumers can easily cut back on sodium by making wise food choices and by reducing salt used in cooking and at the table.

\$2.25: Bonnie Carver of Portland said, "Since I have a \$3.50 per day lunch budget, I've had to be creative in finding inexpensive meals. The best deal I've found by far is Chef's Corner deli at 1235 S.W. Jefferson St. It is part of the Western Culinary Institute... The menu varies from day to day, though soup and sandwiches are always available. You can find vegetarian lasagne for \$2.25, breast of chicken for \$1.25, spanakopita for 75 cents, etc. And they have positively decadent pies and cakes for only 95 cents a slice, also available every day."

Nutrition Screening Initiative Checklist

- I have an illness or condition that made me change the kind and/or amount of food I eat.2
- I eat less than two meals per day.3
- I eat few fruits or vegetables, or milk products.2
- I have three or more drinks of beer, liquor or wine almost every day.2
- I have tooth or mouth problems that make it hard for me to eat.2
- I don't always have enough money to buy the food I need.4
- I eat alone most of the time.1
- I take three or more different prescribed or over-the-counter drugs a day.1
- Without wanting to, I have lost or gained ten pounds in the last six months.2
- I am not always physically able to shop, cook and/or feed myself.2

A score of two or less is good; a score between three and five indicates moderate risk; and a score of six or more identifies high risk. Scores should be checked every six months to help ensure a healthful diet. Also, a qualified health professional can provide additional screening and assist in improving nutritional health, says Gunkler.

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"Clip & Save"

Seniors Can Identify Nutritional Risks

Many of the 30 million Americans over age 65 are at risk of malnutrition, according to the USDA Nutrition Center at Tufts University, Boston. To help seniors determine whether they may be at nutritional risk, experts on aging and nutrition developed the Nutrition Screening Initiative Checklist, explains Mary Helen Gunkler, registered dietitian and staff nutritionist for Total cereal.

The checklist can help older adults identify characteristics, such as eating habits, lifestyles and health problems, that may result in nutritional risk. It was developed jointly by the American Academy of Family Physicians, The American Dietetic Association and the National Council on Aging, Inc.

If you are over age 55, take a moment to read each of the nutritional warning signs in the Nutrition Screening Initiative Checklist. Circle the number in the right column for those that apply to you. Total the circled numbers for your score.

FRESH FRYERS



OREGON GROWN "FRYER of the WEEK!"

WHOLE FRYERS Packed in Bags

79¢

OREGON POUND

CUT-UP FRYERS..... POUND **89¢**

SPLIT FRYER BREASTS..... POUND **\$2.39**

ROPE SAUSAGES



HILLSHIRE FARM

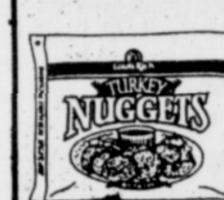
• SMOKED • POLSKA

\$2.29

ORIGINAL or LITE

POUND

TURKEY NUGGETS



LOUIS RICH

\$2.39

16 oz. BAG

KIENOW'S

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THE FRIENDLIEST STORES IN TOWN SINCE 1908

SPECIALS EFFECTIVE TUESDAY through SUNDAY

JANUARY 26 through 31, 1993

MEMBER OF UNITED GROCERS

Hydroponically Grown Tomato Tasting & Demonstration

Beth Goldman of Home Grown Hydro-Farms will be sampling her hydroponically grown tomatoes at Food Front Cooperative Grocery, January 30, 1993, between 1 and 4 p.m.

Hydroponic tomatoes are grown indoors without soil and without the use of pesticides and waxes! The roots are constantly washed with a nutrient solution which provides nourishment to the plant. They are picked from the vine only when at their peak of ripeness.

This growing method has several advantages over conventional techniques including the exclusion of damaging insects and providing an optimum growing environment.

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Food Stamp Benefits Adjusted

The January cost-of-living increase given to recipients of four government programs will reduce the amount of food stamps for some Oregon households in February.

On January 3, amounts paid by Social Security, Supplemental Security Income (SSI), Railroad Benefits and Veterans' Benefits increased 3 percent. Because the amount of food stamps a household receives is figured on the basis of income, the higher benefits from the government programs will reduce the amount of food stamp allotments by an average of \$3 to \$4 for these families.

It is estimated that 20 percent of the people on food stamps will be affected by the reduction.

The Food Stamp program helps approximately 116, 400 families, made up of almost 267,000 people. The program is funded by the U.S. Department to Agriculture and is administered by the Adult and Family Services Division of the Oregon Department of Human Resources.

SAFEWAY



Ad Prices Good January 27 through February 2, 1993 At Safeway.

Bel-air Orange Juice

12-ounce frozen concentrate. Pure delicious orange juice. Enjoy anytime of day.

59¢ Ea.

Ovenjoy Bread

Choose from Wheat or White fresh baked bread. 22.5-Oz. loaf. **FIRST 2**

28¢ Ea.

Nobody does it better for less...

Look In The This Week Magazine for your Safeway Shopping Guide for a complete list of specials on sale this week at Safeway!



Pepsodent Toothpaste
6.4-ounce tube with Flouride or 6-ounce tube with Baking Soda. Your choice...

99¢ Ea.