

# FOOD & NUTRITION

The Portland Observer

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### St. Vincent Hospital To Offer Cooking Course

When it comes to healthy eating does your heart scream "YES" while your mouth cries "NO"? Great taste and healthy eating join forces in a cooking course called "The Culinary Hearts Kitchen."

Developed by the American Heart Association, this program is being offered by St. Vincent Hospital beginning Monday, October 4th and continuing through October 25th. The four-week course will be held from 6:30 to 8:30pm at the St. Vincent Hospital Tanasbourne Medical Plaza. The registration fee is \$65.00. Pre-

registration is required. For more information or to register, call 645-4864.

#### Participants learn to:

- Create new lowfat culinary delights
  - Taste meatless dishes and baked goods with less fat
  - Prepare quick meals with creative seasonings, vegetables and grains
  - Evaluate food products at the grocery store
- The program includes a notebook of handouts and mouth-watering recipes.

**Celebrate Diversity**

## Reading The Small Print: New Food Label Makes Fat-Finding Easy

There's good news for health-conscious Americans, according to the American Heart Association. Finding the fat in prepared foods will be easier than ever with the new nutrition label required of food manufacturers by the Food and Drug Administration.

The new label requirements will be featured at the AHA's annual HeartFest, October 9-16, held at participating grocery stores nationwide.

"When foods claim to be 'low-fat,' 'fat-free' or 'lite,' it's hard to know what those things mean," said Dr. Robert Becker, president of the Oregon Affiliate of the AHA. "But with the new label requirements, these terms cannot be used unless the product meets legal standards set by the government. At HeartFest, we'll ex-

plain how to read the new label and plan a low-fat menu."

The new label lists such things as total calories, calories from fat and the amount of saturated fat, cholesterol, sodium and fiber per serving. It also lists your daily values, which is the upper limit of fat and cholesterol you can safely have every day if you normally eat around 2,350 calories. For vitamins and minerals, your daily value goal is 100 percent of each.

"HeartFest participants can obtain a brochure on how to read the new label," said Dr. Becker. "It will define terms like 'Fat-free,' 'Low-Fat,' 'Light' or 'Lite,' and 'Cholesterol-Free,' so that you'll know exactly what those claims mean. The brochure will also cover what the product must contain in order to make

health claims regarding high blood pressure or heart disease."

The HeartFest event, launched in 1985 as Food Festival, is held at more than 6,000 grocery stores nationwide. Its goal is to promote low-fat, heart-healthy eating.

In the Portland-metro area and throughout the state, Safeway stores will carry the HeartFest message to consumers. In other parts of the state, HeartFest will take place not only in Safeway stores, but in other stores as well, on an individual basis.

HeartFest is sponsored nationwide by CongAgra (Healthy Choice), the Quaker Oats Company, Campbell Soup Company, Guiltless Gourmet, Keebler and the Morningstar Group a (Second Nature Real Egg Products).

The AHA recommends that total fat intake be less than 30 percent of calories eaten each day, and that saturated fat be less than 10 percent of total calories. Cholesterol intake should not exceed 300 milligrams a day and sodium intake should not exceed 3,000 milligrams a day.

The AHA is the nation's largest voluntary health organization dedicated to reducing disability and death from cardiovascular diseases and stroke which actually kill more than one million American men and women. Last year, the AHA spent more than \$232 million for research support, public and professional education and community programs.

For more information, contact your local American Heart Association or call 1-800-AHA-USA1.

### Hosiery Designed For African-American Women

African-American women can now purchase at Sears a brand of hosiery designed specifically for them, Sears Vice President Janice E. Page announced "Tested among African-American women, Essence hosiery has special features that were developed with an emphasis on quality," explained Page, who is responsible for ultimate apparel, hosiery, accessories and jewelry.

The idea for a brand of sheer pantyhose to fill specific needs for a particular segment of the population was researched and developed by Essence Communications, Inc. and the manufacturer, Acme-McCrory Corporation. Sears was instrumental in bringing Essence and Acme-McCrory together and in encouraging development of the brand.

Special attention is given to color, sheerness, style and a fit that is comfortable and attractive. The newly introduced Essence brand, first available at Sears, addresses a desire for the look and feel of ultra sheer hosiery. Available in up to eleven shades and five sizes, all styles include two queen sizes.

"The Essence hosiery collection features the sheerest ultra sheer leg

available," said Page. "The Essence ultra silken sheer style is the first pantyhose brand made in the United States which is constructed with 15 denier lycra spandex."

Essence hosiery eliminates the need for customers to choose between desirable features in pantyhose--the right shades, the right ultra sheerness, a good fit. The new hosiery has it all, according to Page.

Available colors include: jet black, off black, classic navy, coffee, new brown, taupe, ivory and white.

There is a full range of five sizes to accommodate heights from 5' to 6' and weights from 100 to 200 pounds. The sizes include regular sizes A, B, and C, also Queen sizes D and E. A special sewn-in panel is used for sizes D and E to ensure a comfortable fit.

According to Census Bureau data, there are 17 million African-American women in the United States. Two-thirds of these women wear pantyhose, most often six or seven days a week. Essence Hosiery is available at more than 200 Sears stores across the country.

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