

# FOOD & NUTRITION

## Recipe Of The Month

### ZESTY GET-UP-AND-GO SNACK

- 3 cups Cheerios cereal
- 3 cups Crisp Baled Bugles original-flavor corn snacks
- 3 plain rice cakes, broken into bite-size pieces (About 3 cups)
- 2 cups fat-free pretzel sticks
- 2 tablespoons margarine, melted
- 1 tablespoon unsweetened apple juice
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion flakes

Heat oven to 300. Mix cereal, corn snacks, rice cake pieces and pretzels in jelly roll pan, 15 1/2x 10 1/2x 1 inch. Mix remaining ingredients. Drizzle over cereal mixture; toss until evenly coated. Bake 10 minutes, stirring once. Store in tightly covered container.

18 servings (1/2 cup each)

### NUTRITION INFORMATION PER SERVING

1 Serving	Percent Of U.S. RDA	1 Serving	Percent Of U.S. RDA
Calories	65	Cholesterol, m	0
Protein	2%	Riboflavin	4%
Protein, g	1	Sodium, mg	220
Vitamin A	4%	Niacin	6%
Carbohydrate,	11	Potassium, mg	35
Vitamin C	2%	Calcium	*
Fat, g	2	Iron	4%
Thiamin	4%		

\* less than 1% of U.S. RDA  
This recipe is from the Betty Crocker Supermarket Magazine, Low Fat, Low Cholesterol.

### COUPON COOKBOOK CORNER

Marion Joyce - The Frugal Shopper

### SAVE AT THE SUPERMARKET WITH HEALTHIER MEALS

Most Americans think of meat protein as the main part of a balanced meal, and eat much more animal protein than they should. Recent scientific data indicate that extra protein may create health problems. Meat protein from beef, pork, veal, fish and poultry is the most expensive part of your food bill, so that if you buy less meats, you will cut your food bills while improving your diet. 70% of Americans' protein intake is derived from animal sources. Diets high in animal fat have been strongly linked to many health problems including coronary heart disease and certain cancers, such as colon, rectal, prostate cancer, and high cholesterol levels. Too much protein may also contribute to osteoporosis, the brittle bone disease. Studies have shown that feeding animals a diet that is at least moderately high in animal protein makes cancerous tumors grow more rapidly. Limiting their intake of animal protein suppresses tumor growth. The National Cancer Institute studied the diets of 6,500 people in 65 different countries in China, where eating habits and disease rates vary tremendously among different regions. As the amount of animal protein in the diet increased in the regions, so did the risk of coronary disease and cancer. Most Americans eat at least one-third more protein than in China. 70 percent of that protein from animal sources, compared with 11 percent in China. China also has a lower rate of osteoporosis.

The best diet contains 50 grams of meat, five to nine servings of fruits and vegetables a day, and six to eleven servings of grain per day. It is recommended that you eat meat or fish in three-ounce servings. This is a very small portion, roughly the size of the palm of your hand. One of those servings will provide about 50 percent of the recommended daily intake. Additional protein easily comes from other foods in the diet. Most nutritionists recommend eating no more than 20 to 25% of total calories from fat. Most meats get more than 40% of calories from fat, so it is hard for big meat eaters to limit their total fat to recommended levels.

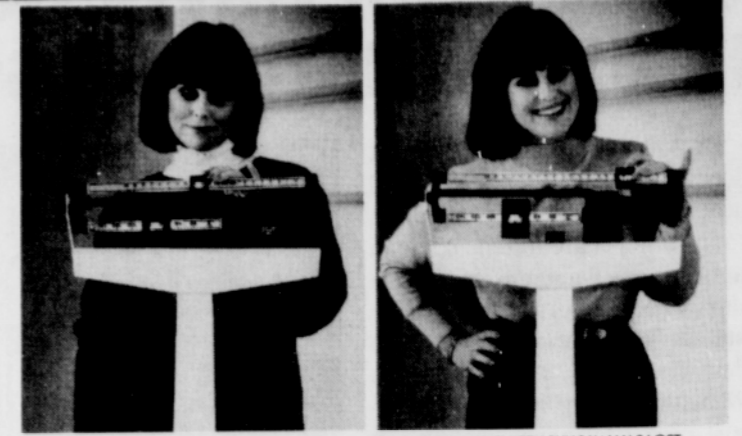
For economy and health, stretch a small serving of meat or fish; mix it with rice or pasta or add it to soups or stews. Mix meat in hamburger or meatloaf with grated vegetables, grains, bread crumbs, rice, and soy products such as tofu. Choose the types of meat and fish that are lowest in fat. These are usually the least expensive cuts of meat.

Get used to serving large portions of vegetables and fruits and keep the meat down to 3 ounces of cooked meat. Your food bills will be greatly reduced and you will be eating the healthy way. Here is an easy, inexpensive, but delicious recipe for family meals or company feasts.

### EASY CARROT SALAD

- 5 cups grated carrots
- 3/4 cup raisins
- 1/4 cup vinegar
- 1/3 cup honey
- 1/3 cup non-fat yogurt

Mix together thoroughly all ingredients in bowl. Refrigerate.



DAY 1: KATHLEEN SULLIVAN JOINS WEIGHT WATCHERS

DAY 14: KATHLEEN SULLIVAN HAS LOST MORE THAN 8 LBS



### That's all it takes to get a Superstart™

It's wonderful news for people in a hurry to start losing weight. It's the remarkable new Superstart program and you'll find it only at Weight Watchers. Former network anchor Kathleen Sullivan had this to say after just one week on Superstart. "For me getting started has always been the hardest part of losing weight. But with Superstart, Weight Watchers has created an incredibly simple and easy to follow weight loss program that lets you see dramatic results quickly. "After just a week I've lost more than five pounds. But what's really remarkable is that I did it eating terrific food, and plenty of it. "And I'm not alone. People who follow the program have lost an average of more than 5 lbs. in just two weeks. "I can't wait to see how much I've lost in my second week. And there's no question for me that I'll stick with Weight Watchers after I've completed Superstart. I intend to reach my goal." The two-week Superstart program works. If you want to see results quickly, then you'll love Superstart. As Kathleen says, "What are you waiting for? Come and do Superstart with me. And if you join now you pay only \$14 for your first week. That's what I call a Superstart."

### Weight Watchers Superstart!

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This is Kathleen Sullivan's experience. As people vary, so does individual weight loss, maintenance and results. Fee for subsequent weeks \$10.00 Offer good from 9-7-94 + 2-19-94. See receptionist for details. Offer available in participating areas only. Cannot be combined with any other offer. ©1993 Weight Watchers International, Inc. owner of the Weight Watchers trademark.

## Dear Betty Crocker

Q. What is pancetta and where might I find it? E.P., San Bernardino, CA

A. Pancetta (pronounced pan-CHET-ah) is an unsmoked, cured Italian bacon. Its salty flavor lends itself to all kinds of Italian dishes. Look for it in an Italian deli and keep it no longer than three weeks in the refrigerator and up to six months in the freezer.

Q. I love angel food cake. Do you have any suggestions to jazz it up to serve to guests? L.R., Milwaukee, WI

A. You can easily make a beautiful dessert that is low in fat and only appears indulgent.

Prepare angel food cake mix and split into two or three layers with a long knife. Spread a mixture of frosting and fruit flavored yogurts, or fruit-flavored jams between layers. Frost sides and top with whipped cream and garnish with fresh fruit slices.

Q. How can I keep a 2-pound brick of cheese from molding after it's been opened? I've been keeping it in an air-tight container, but still find mold spots after a few days. V.E.S., John Day OR

A. You may get better results if you wrap cheese tightly in plastic wrap to minimize its exposure to air. Better yet, tightly wrap a small part of the block that you'll use in a day or two and freeze the remaining cheese in small sections. Tightly wrap, seal in moisture-vapor-proof wrap and freeze for three to four months. Thaw in refrigerator so cheese doesn't crumble.

Tip Of The Week: Try substituting juice for some of the oil in salad dressings. You'll add extra vitamins and flavor and cut the fat in recipes.

Do you have a cooling question? Write Dear Betty Crocker, Box 1113, Dept. Betty, Minneapolis, MN 55440.



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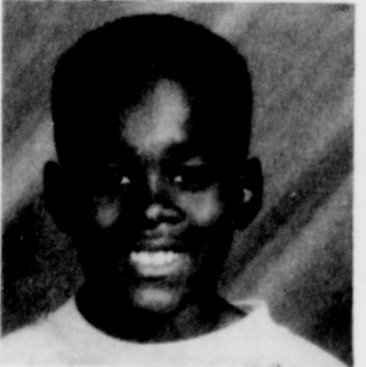
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