

FOOD & NUTRITION

Treat Dad to a Father's Day Breakfast

Reach his heart through his stomach

On Father's Day, Sunday, June 19, get dad's morning off to a good start with this tasty breakfast menu, and let the kids help! These recipes from Karen Brown's "Mommy's Little Helper Cookbook" are designed for mothers and children to make together, so let the teamwork begin. Dad will be glad you did.

Strawberry Yogurt Shake (Makes: 2 Servings)

- 1 cup milk
- 1 cup strawberries, fresh or frozen
- 1 cup strawberry yogurt

Materials: measuring cups, blender, 2 glasses

1. **Kids:** Pour milk into a blender.
2. **Kids:** Add strawberries.
3. **Mom:** Blend the milk and strawberries until smooth.
4. **Kids:** Add strawberry yogurt to the milk mixture.
5. **Mom:** Blend at low speed for 1 or 2 minutes until creamy.
6. **Kids:** Pour the mixture into two glasses and gulp down your simply splendid shakes!



Chocolate Crescents (Makes: 8 Rolls)

- 18-ounce can refrigerated crescent roll dough
- 1/2 cup chocolate chips

Materials: oven, cookie sheet, measuring cups and spoons, oven mitts

1. **Mom:** Preheat the oven to 375 degrees Fahrenheit. Open the can of dough.
2. **Kids:** Separate the dough triangles.
3. **Kids:** Arrange the dough triangles on an ungreased cookie sheet.
4. **Kids:** Place 1 tablespoon of chocolate chips in the center of each triangle.
5. **Kids:** Roll up the triangles into crescents, starting with one side and rolling toward the point.
6. **Mom:** Use oven mitts to place the cookie sheet in the hot oven. Bake for about 12 minutes, or until golden.
7. Let the rolls cool before you eat them!



Tip: Sprinkle powdered sugar on top of the just-baked rolls for a real bakery look.

Banana Orange Cups (Makes: 2 cups)

- 2 large, ripe oranges
- 1 banana

Materials: sharp knife (for slicing), spoon, medium bowl

1. **Mom:** Slice off tops of oranges and trim bottoms so the oranges will sit level.
2. **Kids:** Break the banana into bite-size pieces.
3. **Mom:** Scoop out the orange fruit and put in a bowl. Reserve the orange shells.
4. **Kids:** Pick the seeds out of the orange fruit if necessary.
5. **Kids:** Stir together orange fruit and bananas.
6. **Kids:** Spoon the fruit into the orange shells.

Tip: Add 2 tablespoons sweetened, flaked coconut to the fruit mixture.



Strawberry Popcorn Bars

- 4 cups popped popcorn
- 2 cups flour
- 1/2 cups confectioners' sugar
- 1 cup (2 sticks) butter, cut into pieces
- 1 egg white
- 1 (10 oz.) jar strawberry preserves
- 1 cups chocolate chips

1. Preheat oven to 350 degrees. Grease a 9" x 13" pan; set aside.
2. Process flour and confectioners' sugar in food processor several seconds. Add butter and process until dough comes together.
3. Press mixture evenly into prepared pan. Lightly brush egg white on top of the mixture. Bake 25 minutes, or until golden.
4. Immediately spread preserves evenly over warm crust. Press popcorn into preserves; let cool.
5. Melt chocolate chips in small zip lock freezer bag. Heat in microwave 30 seconds, or until melted. Snip corner of bag and drizzle chocolate over cooled popcorn. Cool and cut into bars.

Yield: 24 bars

Nutritional Information: (Based on 1 serving)

Total Calories 190; Total Fat 10g; Cholesterol 20mg; Sodium 55mg; Carbohydrate 24g; Fiber less than 1g; Sugars 13g; Protein 2g

Risk of Diabetes May Be Lowered by Low-Fat Dairy

Study shows 9 percent drop in risk

(AP) - Eating low-fat dairy products may help slightly lower the risk of developing diabetes, a new study of more than 40,000 middle-aged men suggests.

Each additional serving of low-fat dairy per day resulted in a 9 percent drop in risk. The link could be due to whey proteins or magnesium, ingredients thought to enhance the action of insulin in regulating blood sugar.

But those ingredients are contained in high-fat dairy products, too, so researchers said they don't really know what caused the drop in risk. They cautioned against making major changes in diet based on the study.

Men who ate more low-fat milk, yogurt, ice cream and cheese were less likely to get Type 2 diabetes during a 12-year period. Sour cream, whole milk and cream cheese, however, didn't help.

The study found no evidence that

dairy products help people shed pounds, although smaller studies have linked dietary calcium and weight loss.

Eating dairy could be associated with some hidden factor the healthier men shared that was reducing their risk of diabetes, said Dr. Frank Hu of the Harvard School of Public Health, one of

oped it during the years they were followed.

The researchers took into account the effects of age, family history, smoking, physical activity and known dietary risk factors for diabetes.

In an accompanying editorial, Janet King a researcher at Children's Hospital

There are many other ways to prevent diabetes risk. Eating high-fiber foods and nuts, and reducing sugar, sweets and beverages.

— Dr. Frank Hu, Harvard School of Public Health

the study's authors.

"There are many other ways to prevent diabetes risk," he said. "Eating high-fiber foods and nuts, and reducing sugar, sweets and beverages. Exercise has been shown to be beneficial."

The study appears in Monday's Archives of Internal Medicine.

Researchers relied on questionnaires filled out by 41,254 male health professionals in an ongoing Harvard study. The men did not have diabetes when the study began, but more than 1,200 devel-

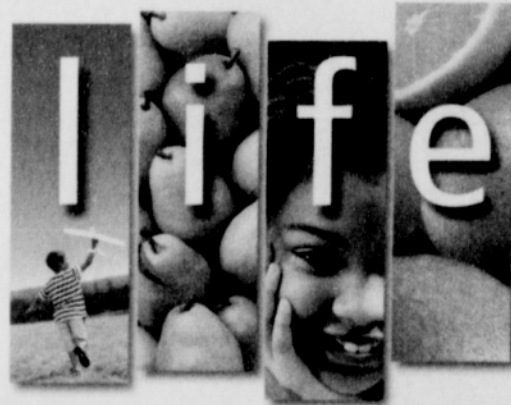
Oakland Research Institute cautioned that milk appears to increase the risk of prostate cancer and, in certain children, Type 1 diabetes.

Type 1, once called juvenile diabetes, is caused by the body's inability to produce insulin. Type 2, the most common form of diabetes, can result from overweight, inactivity and poor diet.

King also said milk can be part of a diet that lowers blood pressure and has been linked to a lower risk of colorectal cancer.

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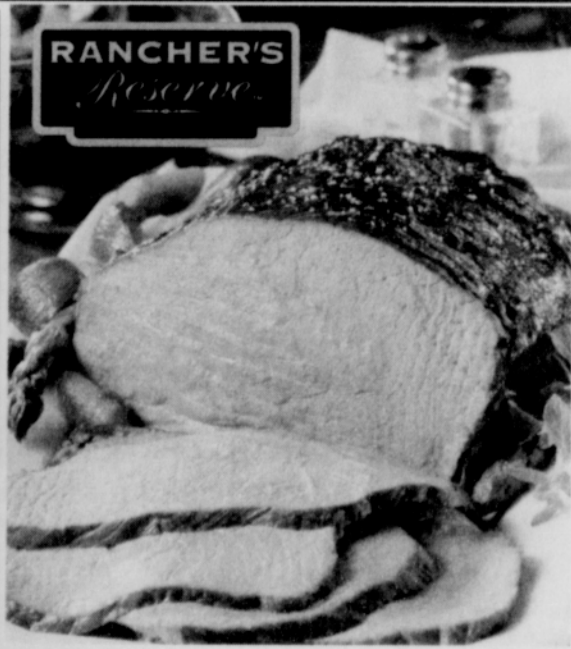
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