



FOOD & DINING

Foods that pack a nutritious punch

A healthy diet is essential to long-term health. When coupled with routine exercise, healthy diets can be an effective way for men and women to reduce their risk of contracting a variety of diseases, not to mention the positive impact that such a healthy lifestyle can have on an individual's quality of life. The following are a handful of easily found foods that pack a nutritious punch.

Whole wheat and multigrain pasta: Once difficult to find, these low-calorie alternatives to traditional pastas are now available in many large chain grocery stores as well as organic marketplaces. That's good news, as a typical two-ounce serving of whole wheat or multigrain pasta typically includes about seven grams of protein and six grams of fiber.

Nonfat Greek yogurt: Nonfat Greek yogurt is a great low-calorie source of protein, making it a great snack option for men and women who want a snack that can boost their afternoon energy levels without compromising their waistlines. Single serving con-

tainers of Greek yogurt tend to be right around six ounces, and that six ounces can include 120 grams of protein or more.

Russet potatoes: If baked potatoes are a side dish you typically only enjoy in restaurants, you might want to consider eating more of them at home. One medium-sized Russet potato is roughly 170 calories and includes three grams of fiber, five grams of protein and 25 percent of your daily recommended dosage of potassium. Russet potatoes also are high in vitamin C and iron.

Fresh spinach: Popeye was on to something, as a four cup serving of fresh bagged spinach is just 20 calories and loaded with vitamins and nutrients. Just one serving of fresh bagged spinach can provide 160 percent of the recommended daily value of vitamin A and 40 percent of the daily value of vitamin C. Spinach is also a great source of folic acid, which can help prevent heart disease, stroke and certain types of cancer.

Dried lentils: Dried lentils make great additions to salads, soups and stews and pack a nutritious punch despite their relatively small serving size.

A single serving of dried lentils is 1/4 cup, and that serving includes 10 grams of protein and 11 grams of fiber.

Brown rice: A single 1/4 cup serving of brown rice has roughly 20 less calories than a similar serving of traditional white rice, and brown rice is also a much greater source of dietary fiber (1.8 grams) than white rice (0.4 grams). Brown rice also is rich in selenium, which can reduce a person's risk of developing arthritis, certain cancers and heart disease.

NOW OPEN!

FAVORITE ON BAY

Happy Hour 3pm-6pm
Well drink specials, Wine and Tapas

1340 Bay Street • Riverfront Dining
Open Daily Wed- Sat at 2pm • Sunday Brunch 10am-3pm

Restoran 1285
Pizza Pasta Seafood

Starting April 29th

Prime Rib Wednesday
Includes yukon mashed potatoes and salad. Only **\$16**

1285 Bay Street in Old Town Florence, OR 97439
(541) 902-8338
Hours: Monday-Sunday 11:00am to Close
Happy Hour: Monday-Friday 3:00pm to 5:00pm

A GREAT WAY TO START THE DAY!
2 entrees for \$14.00
Lunch Too!

Surfside Restaurant
On the Ocean
Breakfast from 7 a.m. – 2 p.m. DAILY

88416 1st Avenue 541-997-8263

Lovejoy's Restaurant & Tea Room

Regular Menu:
Crab Cakes
Stuffed Sole
Shrimp Salad

French Press
Coffee
Large Tea Selection

Taking Reservations for Mothers Day!

Closed Today and Tomorrow, April 22nd and 23rd but will reopen on Friday, April 24th.

195 Nopal Street • 541-902-0502

MAPLE STREET GRILLE

WE NOW HAVE CRAFT BEER ON TAP

WEDNESDAY: Grilled Chicken Caprese served with lightly spiced chipotle mashed yukon gold potatoes and roasted green beans
THURSDAY: Salmon Cakes served over a zucchini fennel slaw and creamy polenta
FRIDAY: Coulotte Steak topped with basil butter served with a baked potato and garlic green beans
SATURDAY: Hearty Fresh Made Lasagna served with salad and french garlic bread

Open for Lunch & Dinner • Lunch Specials Daily
Reservations Suggested.
Hours: Tues-Sat: 11:30am-9pm
165 MAPLE ST. • 541-997-9811 • WWW.MAPLESTREETGRILLE.COM

TAVOLO
Restaurant and Lounge

Lunch served Wed-Sun 11:30-5:00
HAPPY HOUR 2-5 Wed-Sun
Tasty Appetizers and Great Prices
NEW TGIF! Fridays 5-7

1201 35th Street at Kingwood, Florence
Highway 101 & 35 St. 541-997-4623

Little Brown Hen CAFE

Stop in and try our NEW MENU Items!

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7am to 2pm • Every Day of the week
435 Hwy. 101 • 541-902-2449

Spice
Global & Northwest Fusion Cuisine

SEAFOOD, SALADS, GLOBAL TAPAS GOURMET BURGERS

- Tuesday - Ladies Night \$2 off entrée
- Wednesday - Burger & Brew \$8.50
- Thursday - \$4 Margaritas - \$2.50 Tacos
- Friday - \$2 off Seafood Entrée

TUE, WED, THUR: DINNER 3PM TO CLOSE
FRI, SAT, SUN: LUNCH AND DINNER 11:30 TO CLOSE
CLOSED MONDAY

541-997-1646 1269 Bay Street • Old Town Florence

Mo's Restaurant

Every Month Mo's has brought in special "Motivation for Kids" tables which raise money for local charities that are devoted to helping the wellbeing of local children. This month FLORENCE HEAD START is the local charity being honored.

By sitting at these tables you help a specific local charity each and every time. We thank you for that!

Me's Old Town, Florence • Daily 11 am - 8 pm
Serving Bowls of comfort for Over 50 Years

Le Bouchon PROVISIONS
WINE BAR & SALES - DELICATESSEN

Locally Baked Pastries – Breads – Muffins
Sandwiches - Soup - Salads

- Big Fat Meat Loaf Sandwich
- Mac & Cheese • Broccoli & Cheddar Quiche
- Morning Glory Muffins
- Croissants (Ham & Cheese or Chocolate)

Wine of the Month: Drops of Jupiter Red Blend
J. Scott – Sauvignon Blanc
Wine Tasting Saturday & Sunday

1277 Bay Street- Old Town Florence - 541-902-1391