

Here's a quiz on nutrition to find how savvy you are

AP — "The important effects of diet on the health of Americans can no longer be ignored," says Darlene Dougherty, a registered dietitian, and president of the American Dietetic Association.

"Improved nutrition is the key to helping consumers learn to make positive food choices. By integrating simple changes in the daily diet, Americans can influence their future health."

She says most Americans' diet consists of too many foods high in fat and low in complex carbohydrates and fiber. The ADA says fat intake should be limited to 30-35 percent of the total calories eaten daily.

"To reduce the intake of dietary fat, avoid what I call the worst offenders including fried foods, rich sauces, whipped cream, fatty or heavily marbled meats and high-fat desserts," she says.

"To increase intake of complex carbohydrates and fiber, Dougherty suggests eating more cereals, dried beans and peas, fruits, pasta and rice."

"Contrary to popular belief, starchy foods are not high in calories, and they are low in fat," she says. For example, a slice of whole grain bread has 65 calories; a small, plain baked potato has 90 calories.

How savvy are you about the facts of food? Test yourself with the following National Nutrition Month Facts of Life Quiz, provided by the American Dietetic Association:

1. Which has more fat? a. one ounce of turkey pastrami b. one ounce of flank steak.

Answer: (a) Depending on the brand, turkey pastrami can contain up to 60 percent fat calories. Flank steak is 30 percent fat calories; turkey breast is 18 percent fat calories.

2. Which has more cholesterol? a. 3 ounces beef (lean) b. sponge cake (one-12th of an egg cake) c. lemon meringue pie (1/4 of a 9-inch pie).

Answer: (b) Sponge cake has the highest amount of cholesterol — 164 milligrams. Lemon meringue pie has 98 milligrams, and lean beef has 77 milligrams.

3. Which is the lowest in fat? a. two strips of bacon b. one slice Canadian bacon c. turkey sausage.

Answer: (b) Canadian bacon has 45 percent fat calories. Turkey sausage has about 60 percent fat calories, and bacon has 77 percent fat calories.

4. Which contains cholesterol? a. peanut butter b. fish c. vegetable oil.

Answer: (b) Only animal products (including fish) contain cholesterol. Plant products do not have cholesterol (i.e., peanut butter, vegetable oil).

5. One-half cup of oil has how many calories? a. 300 b. 600 c. 900.

Answer: (c) A tablespoon of a typical oil has 120 calories, which adds up to 600 calories per 1/2 cup.

6. Which contains the most fat? a. chicken nuggets b. plain baked potato c. small plain hamburger.

Answer: (a) Chicken nuggets that are fried contain about 50 percent fat calories. A plain baked potato is virtually fat-free and a small hamburger has about 35 percent fat calories.

7. If a food label says the product is "96 percent fat-free" or "95 percent lean," then the product can be considered low fat. a. true b. false.

Answer: FALSE. The percentage of fat by weight does not reflect fat calories. Whole milk is 85 percent fat-free by weight, but still has 50 percent fat calories.

8. Which fat listed below is the most saturated? a. butter b. lard c. coconut oil d. palm kernel oil.

Answer: (c) Coconut oil is the most saturated fat — 92 percent. Palm kernel oil has 86 percent; butter has 66 percent; lard has 41 percent.

9. Which is the lowest in fat and calories? a. non-dairy creamer (liquid or powder) b. evaporated skim milk.

Answer: (b) Evaporated skim milk is virtually free of fat and cholesterol, and much lower in calories than non-dairy creamers.

10. Which is lowest in fat? a. clivia b. mushrooms c. avocados.

Answer: (b) Mushrooms are nearly fat-free. Olives have 90 percent fat calories; avocados have 88 percent fat calories.

11. Which has the least amount of saturated fat? a. tub margarine b. stick margarine.

Answer: (a) Tub margarine has less saturated fat than the stick form. The first ingredient in a tub margarine should be a liquid oil.

12. To maintain a low-fat diet, it is best to buy foods that state "No Cholesterol" on the label. a. true b. false.

Answer: FALSE. "No Cholesterol" on a food label is no guarantee that it is a low-fat food. Such products can contain saturated fats, which raise cholesterol.

13. Which has more calories? a. a teaspoon of sugar b. a teaspoon of margarine c. a teaspoon of jam.

Answer: (b) Margarine has nearly double the calories of sugar and jam. One teaspoon of margarine has 34 calories; jam has 18 calories; sugar has 16 calories.

14. "Light" on a food label means: a. less fat b. low calories c. less salt d. any of the above.

Answer: (d) "Light" on a food label can mean anything.

15. Hydrogenated oils make a fat: a. higher in calories b. saturated fat c. lower in saturated fat.

Answer: (b) Hydrogenation increases saturated fat content. (For a copy of ADA's brochure, "The Dietary Guidelines," send \$1 and a business-sized, self-addressed stamped envelope to: The American Dietetic Association, Dept. 12, Anderson Secretariat, 1132 S. Jefferson, Chicago, IL 60607.)

Take care with food to avoid salmonella

Food doesn't make people sick, bacteria does. Bacteria plus food safety mistakes equals illness. Food also allows bacteria to survive and multiply, thus causing salmonella.

The salmonella family includes about 2,000 different strains of bacteria, but only about 10 cause most of the problems.

A salmonella bacterium is a one-celled organism that can't be seen, tasted or touched. Salmonellosis is the most common bacteria for food-borne illness and generally preventable.

Why all the fuss about salmonella? Because it's on the increase which is tragic since it can be controlled.

Salmonella infection can be life-threatening for the very young, the very old or persons that are weakened from another disease. The symptoms occur within 6-48 hours after the food has been eaten.

MANY EXPERIENCE upset stomachs or stomach pains, chills, fever, headache and diarrhea and believe they have the flu. Most feel better in three-five days but probably haven't seen a doctor to get a true diagnosis. It's scary, however, to think we might have poisoned ourselves, families or friends.

Any raw food of animal origin such as meat, poultry, raw milk, fish and shellfish may carry salmonella. The bacteria can also cause illness if they contaminate any other food that comes in contact with raw food, either directly or indirectly by way of dirty hands or dirty equipment.

Salmonella infection includes washing



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raw foods carefully and thoroughly. Wash hands thoroughly after handling raw foods to lessen the possibility of contaminating cooked ready-to-eat foods or serving utensils.

Do not thaw frozen raw poultry or any food at room temperature. Thaw in the refrigerator. Refrigerate leftovers promptly and heat thoroughly before reheating. Make sure perishable foods carried on a picnic are kept cold until eaten.

Avoid testing raw food preparations containing eggs or pastry mixes. Never interrupt cooking. That's a half-baked idea that can make you sick. Refrigerate food containing cooked meat or poultry within two hours after cooking.

Refrigeration or freezing cannot be counted on to kill salmonella bacteria. They cannot fix the mistake of leaving food at room temperature for hours. Don't store the leftover cooked meat and poultry in an "off" or a warm oven.

REFRIGERATE RAW meat and poultry as soon as possible after taking it out of the grocery bag. Prevent cross-contamination by never letting raw meat or poultry juices come in contact with cooked meat or

any other food. Cut raw meat and poultry on an acrylic cutting board that is thoroughly cleaned after each use.

Salmonella organisms can be destroyed by proper heat treatment. Pasteurization kills the organisms in milk. Cooking meats, poultry and eggs thoroughly kills salmonella. Eggs with cracked shells should never be used unless they are thoroughly cooked. Keep cream-filled pastries, custard and cream pies refrigerated at all times.

The following are the reasons for food-borne illnesses. Many could be prevented. Improper cooling, undercooking, improper person touching cooked food, inadequate reheating of cooked and chilled foods, improper hot storage of cooked foods, cross-contamination of cooked foods by raw foods, inadequate cleaning of equipment and eating raw meat or poultry.

There are three rules in food preparation: Cook meat, poultry, fish and eggs thoroughly; refrigerate before cooking and refrigerate all leftovers; and observe strict personal cleanliness. Adopt an anti-salmonella strategy and reduce all food abuse.

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Do-ahead brunch entree

AP — This brunch entree is an overnight success. Assemble it the night before, then, just before brunch, put it in the oven to bake 20 to 25 minutes. Topped with a rich Swiss cheese sauce instead of hollandaise, it's easier to fix and more go!proof than the typical Eggs Benedict.

MAKE-AHEAD EGGS BENEDICT
4 English muffins, split and toasted
16 thin slices Canadian-style bacon
8 eggs

1/4 cup margarine or butter
1/4 cup all-purpose flour
1 teaspoon paprika
1/4 teaspoon ground nutmeg
1/4 teaspoon pepper
2 cups milk
2 cups shredded Swiss cheese
1/4 cup dry white wine
1/4 cup crushed cornflakes (about 1 cup before crushing)
1 tablespoon margarine or butter, melted

In a 15-by-9-by-2-inch baking dish arrange muffins, cut side up. Place 2 bacon slices on each muffin half. Bring fill a 10-inch skillet with water; bring just to boiling. Break one egg into a dish. Carefully slide egg into water. Repeat with 3 more eggs. Simmer, uncovered, 3 minutes or until just set. Remove eggs with a slotted spoon. Repeat with remaining eggs. Place 1 egg on top of each muffin stack; set aside.

For sauce, in a medium saucepan melt 1/4 cup margarine. Stir in flour, paprika, nutmeg and pepper. Add milk all at once. Cook and stir until thickened and bubbly. Stir in cheese until melted. Stir in wine. Carefully spoon sauce over muffin stacks. Combine cornflakes and 1 tablespoon margarine; sprinkle over muffin stacks. Cover; chill overnight.

To serve, bake, uncovered, in a 375-degree oven 20 to 25 minutes or until heated through. Makes 6 servings.

Nutrition information per serving: 450 cal., 27 g. pro., 29 g. carb., 24 g. fat, 322 mg. chol., 758 mg. sodium. U.S. RDA: 28 percent vit. A, 11 percent vit. C, 34 percent thiamine, 34 percent riboflavin, 31 percent niacin, 45 percent calcium, 18 percent iron.

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