

Today's families concerned about nutrition

If you're like the rest of us, you enjoy eating. It's a pleasant experience, and it leaves us feeling satisfied.

While enjoying tasty food, most people seldom think how vital it is to health and well-being. But we are becoming more nutrition-conscious and concerned whether we are eating what we need for health. Most of us are attempting to change buying, cooking and eating patterns in the interest of our health.

Moms, dads and others, bear the major responsibility for feeding families. Although others share it with you when shopping and preparing foods, you control, to a large extent, what food comes into homes, goes into the refrigerator and is served on the table.

Over the years, the daily meals we serve provide a model our children

can follow throughout their lives. Examples can teach children to enjoy a wide variety of foods without their even thinking about it.

It's important that each child form good eating habits early. A pudgy toddler may be cute, but an obese child is likely to grow up to be a fat adult. A doctor should be consulted about any child's weight problem because each child has special nutritional needs for growth.

ONE WAY to help a child avoid weight problems is for parents to both be calorie-conscious and physically active and involve the child in the activity. The saying, "As the twig is bent, the tree inclines," doesn't apply only to trees.

When parents use food to reward acceptable behavior or punish the lack of it, they confuse children by connecting food with something



Lois Thieleke
home economist, Cooperative Extension Service

other than hunger. When you give food to ease disappointment or soften sadness, it is giving food a dimension other than the purpose of basic nourishment. An overemphasis on food can haunt a child an entire lifetime.

According to many experts, obesity among children has risen by 40 percent over the last 20 years. Eighty percent of these children will remain overweight as adults. This can cause many health problems such as hypertension, diabetes and heart disease.

Teenagers grow at a faster rate

than at any other time except infancy. Nutritional needs are high, and appetites are huge. There is nothing nutritionally bad about teens' favorite foods — hamburgers, hot dogs and pizzas — but do encourage the teenager to supplement these fast foods with other nutrient-dense foods that supply nutrients they need for growth and good health.

YOUNG ADULTS, you are on your own — studying, working, preparing for the future, enjoying life in general. Learn to select, prepare and eat well, as sometimes you are inclined

to take health and nutrition for granted. Remember, you are over the threshold into the longest span of your life. Good food is as important now as it ever was.

For older adults, all the foods of the Basic 4 (or Basic 7) are essential for active good health in the later years. The form and type of food selected may change, but foods from each group are still needed daily. The need for energy (calories) decreases somewhat as you get older and less active, so fit your diet to the amount of energy you use.

If we are nutrition-conscious, we can easily select a variety of foods which will supply our bodies with all the necessary nutrients required for health without too many calories. Regardless of age, everyone needs the same nutrients but in different amounts. By paying close attention

to the number and size of the servings, and the method of preparation, we can vary the amount of essential nutrients and calories consumed.

A lively concern for nutrition never takes the joy out of cooking and eating. No one food is absolutely essential. Another may be substituted to furnish essential nutrients. It is the nutrients — vitamins, minerals, protein, carbohydrates and fats — that we need for health. You can retain family customs, habits and preferences by serving nutritious foods in a variety of interesting combinations.

Helplessly programmed in childhood — that's where those extra pounds on the hips come from! Well-intentioned parents often instill in their children food habits that can snowball over a lifetime.

Tasty dish is suited for parties

This recipe is from the article "Party Menus" in Bon Appetit magazine's March issue, which is devoted to "The Best of Italy."

GOLDEN BRAISED CHICKEN WITH ROSEMARY AND GARLIC

This is a fine, old, country dish found almost exclusively in the Marche region of central Italy. Unlike most chicken dishes, it can definitely stand up to a good red wine. We prefer either a Barbera or a young Chianti Classico. 6 servings

- 1/2 cup olive oil
- 1 onion, thinly sliced
- 5 garlic cloves, sliced
- two 2 1/2-pound chickens, cut into leg, thigh and breast pieces, patted dry
- salt and freshly ground pepper
- 5 tablespoons (about) all-purpose flour
- 3/4 cup dry white wine
- 1 tablespoon tomato paste
- 1/4 cup (or more) chicken stock or canned low-salt broth
- 1 tablespoon dried rosemary, crumbled

Heat oil in large Dutch oven over medium heat. Add onion and garlic and saute until softened, about 5 minutes. Transfer to bowl using slotted spoon. Season chicken with salt and pepper. dredge in flour, shake off excess. Add half of chicken to Dutch oven and brown well. Transfer to plate. Repeat browning with remaining chicken. Transfer to plate.

Increase heat to medium-high. Add wine and tomato paste to Dutch oven and bring to boil, scraping up browned bits. Return chicken pieces and onion to Dutch oven. Reduce heat to low. Cover and cook 30 minutes, turning chicken occasionally. Add 1/4 cup stock and rosemary. Cover and continue cooking until chicken is tender, turning occasionally, about 20 minutes.

Transfer chicken to platter using slotted spoon. Tent with foil to keep warm. Pour pan juices into measuring cup. Add enough stock to measure 1 1/2 cups liquid if necessary. Return liquid to Dutch oven and bring to boil. Pour juices over chicken and serve.

Irish-style meal offers soda bread

The March issue of Gourmet magazine features this recipe for soda bread. In the article "Dinner Irish Style."

BROWN OATMEAL SODA BREAD

- 2 1/4 to 2 3/4 cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon double-acting baking powder
- 2 teaspoons salt
- 1 cup old-fashioned rolled oats plus additional for sprinkling the bread
- 2 cups buttermilk
- 1 large egg, beaten lightly

Into a large bowl sift together 2 1/4 cups of the all-purpose flour, the baking soda, the baking powder and the salt and stir in the whole-wheat flour and 1 cup of the oats. Add the buttermilk and the egg and stir the mixture until it forms a dough. Turn the dough out onto a floured surface and knead it, kneading in as much of the remaining 1/4 cup all-purpose flour as necessary, until it forms a manageable but sticky dough. Halve the dough, form the halves into round loaves, and put them on a greased baking sheet. Sprinkle the loaves lightly with the additional oats, dust them with flour and bake them in the middle of a pre-heated 350-degree oven for 30-35 minutes, or until they are browned lightly. Let the loaves cool on a rack. Makes two 7-inch loaves.

Pasta tastes best cooked 'to the tooth'

AP — If you can boil water, you can cook pasta.

The National Pasta Association in Arlington, Va., says pasta is practically foolproof — if you keep in mind the shape of the pasta and follow the recommended cooking time, testing often for doneness.

Pasta tastes best when it is cooked to a firm, tender consistency known as "al dente," which means "to the tooth."

For best results, use a large pot that allows the pasta to move around and cook evenly. Use 4 to 6 quarts of water for each pound of pasta. Add salt, if desired, after the water has come to a hard boil.

Add pasta to rapidly boiling water gradually or in batches, so that the water continues to boil. Stir during the first minute of cooking to keep pasta from sticking together or to the pan.

Follow package instructions for cooking time. Begin testing for doneness after about 6 minutes of cooking. Use a long-handled wooden fork or spoon to remove a strand from the pot and taste for doneness. When done, drain pasta thoroughly in a colander.

Add pasta to a warm, greased bowl and toss with sauce. If sauce is not used, add oil or butter to keep pasta from sticking.

For cold salads, rinse pasta with cold water immediately after draining. Add oil or butter to keep the pasta from sticking.

Reheat leftover pasta dishes in the microwave. Cover the dish and set on 100 percent power (high) for 30 seconds to 1 minute.

PASTA SAUCES

- Long rod or string pastas, including capellini and linguine, are best combined with oil-based sauces. Most meat sauces are not recommended with this type of pasta because the meat chunks fall to the bottom of the bowl rather than being uniformly distributed.

- Tubular pastas and those with a cuplike space, such as shells, are designed to trap sauces. Combine with chopped meat and vegetables. The sauce and toppings will be trapped in the pasta's curves.

- Short, stubby varieties of macaroni are ideal for cream and cheese sauces such as macaroni and cheese. Very small macaroni and noodles go well in soups.

- Egg noodles do best with meats and vegetables; in puddings, stews and soups; and as side dishes.

Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office.

It's quick. It's easy. And it's the law.

ORCHARD-10 IGA
24065 ORCHARD LAKE RD.
Mon. thru Sat. 8-9; Sun. 9-5
We Feature Western Beef
At IGA I Get Attention!

QUANTITY RIGHTS LIMITED • NOT RESPONSIBLE FOR ERRORS IN PRINTING

DOUBLE! DOUBLE! DOUBLE!
COUPON! COUPON! COUPON!

ORCHARD-10 gives you 100% more on all (cents off) manufacturer's coupons up to and including 50¢ face value. All coupons above 50¢ or lower will be doubled. Coupons above 50¢ will be cashed at face value. Limit one coupon for any one product. Coupon plus 100% bonus cannot exceed price of the item. Other retailer and free coupons excluded. All cigarette coupons at face value. This offer in effect now thru Sunday, March 25, 1990.

HOMETOWN PROUD

<p>IGA Tablerite Hamburger from Ground Chuck 5 lbs. or More \$1.39 lb. Save 50¢ lb.</p>	<p>IGA Tablerite BONELESS Chuck Steaks \$1.69 lb. Save 30¢ lb.</p>	<p>IGA Tablerite BONELESS New York Strip Steaks OR BONELESS Delmonico Steaks \$3.99 lb. Save \$2.00 lb.</p>
<p>Hygrade All Meat Hot Dogs 1 lb. Pkg. Save 30¢ lb. 99¢</p>	<p>IGA Tablerite "BONE IN" Sirloin Steak Save 30¢ lb. \$3.09 lb.</p>	
<p>Oscar Mayer Bacon 1 lb. Pkg. Save \$1.30 lb. \$1.89 lb.</p>	<p>IGA Tablerite BONELESS Stewing Beef Save 30¢ lb. \$1.99 lb.</p>	
<p>IGA Tablerite CENTER CUT Pork Chops Loin \$2.79 Save 20¢ lb. Rib \$2.59</p>	<p>IGA Tablerite BONELESS CENTER CUT Pork Roast or Pork Chops Save 70¢ lb. \$3.29 lb.</p>	

ALSO LOOK FOR IN-STORE SPECIALS...
FISH • HAM • ECKRICH SAUSAGE • CHICKEN

<p>FROZEN 100% Pure-12 oz. TreeSweet Orange Juice \$1.29</p>	<p>PRODUCE California • Large Head Iceberg Lettuce 59¢ Each</p>	<p>GROCERY Folger's Coffee \$4.49</p>
<p>DAIRY American Singles or Shredded Mozzarella • Cheddar Country Legend Cheese 89¢</p>	<p>PRODUCE Fresh • California Spinach 99¢ Pkg.</p>	<p>GROCERY Packed in Oil or Water • 9.25 oz. Chicken Of The Sea Chunk Light Tuna \$1.19</p>
<p>DAIRY 1/2 Gallon Round Ctn. Premium Ice Cream \$2.49</p>	<p>PRODUCE Fresh • California Spinach 99¢ Pkg.</p>	<p>GROCERY Packed in Oil or Water • 9.25 oz. Chicken Of The Sea Chunk Light Tuna \$1.19</p>
<p>DAIRY 1/2 Low Fat-Gallon FAME Milk \$1.99</p>	<p>BAKERY Oven Fresh Italian Bread 89¢ 20 oz.</p>	