# Munchers guideline will cut down snacking

say goodbye to Ice cream, cookies, hamburgers, hot dogs, egg rolls, ta-cos and pizza at the Iocal mail? I don't think so. Mall snacking is extremely popular with shoppers, mall employees, nearby office work-ers and young people just hanging out.

er's and young people just amaging out.

Make out a "munchers manual and guideline" If you are concerned about the extra calories this snacking will do to your diet. The real problem with snacking is not that you snack, but what you snack.

Traditional meals often lose out to the busy schedules. "Grab on go meals are the order of the day, flegardless of your age, nutritious snacks planned as part of the day's

food are important in a second trient needs.

Small children may need snacks because they can only eat small amounts of food at each meal. Teenagers need snacks because their nutrient and calorie requirements are

trient and caloric requirements are high.

Adults may need snacks to supply nutrients they miss at regular meals. Older adults who are less active and burn fewer calories may also feel more comfortable eating smaller, more frequent meals.

If you are at the mall and are tempted to have a meal or just a little snack, there are no tricks. Just make wise choices.

Steer clear of foods with excess



#### Lois Thieleke

home economist, Cooperative Extension Service

fat, sugar and salt. Instead of two scoops of ice cream, have one scoop or switch to low-fat yogurt in a cup. Sklp the sugary cone.

AT THE COOKIE counter, choose a peanut butter or oatmeal cookie in-stead of one laden with chocolate. Choose fruit juice Instead of malts or pop. Bagels are always a low-fat, low-catorie choice. Since muffins are

one of the "in" foods, choose a whole grain or fruit muffin.
Salads also are available, but have the dressing on the side and be careful how much stuff you stack on a little bit of lettuce.

Maybe you pack a brown bag and go to the mall to buy a beverage and dessert or just for the companionship of others.

Brown bagging used to be only for

people on a budget. But no longer. People realize that packing their own lunch allows them to choose lighter, healthier foods to eat.

Reeping any lunch light helps pre-tent a mick-afternoon stump and you are able to stay alert all afternoon. Trying to trim fat and calorier from your off something crunchy and chewy? Carront sticks aren't the only healthy snack.

Each of the following would be good substitutes at only 50 calories, the same as a large earne. Six mini-brown rice cakes, two regular bread sticks, 50 pretest slicks, 12 frozen grapes, 134 ounces part skim must realize the same as a large earne. Six frozen grapes, 134 ounces part skim must realize the proper dispoper or two cups air-poped poperor or two cups air-poped poperor.

Stock your refrigerator and pantry with foods that are fast, not lastify the product of the proper poper of the proper poper pope

soups.
Bake a couple extra apples with clinnamon and raisins and use for your lunch the next day, chilled. All of these foods would be great for the

Bont's snack out or a large pack-age. This encourages non-stop snack-ling. All of a sudden you look and the bag is empty. Buy smaller packages. or if you have a large bag, put food in a dish tefore eating so you can keep track of how much you have caten. The key to this is to have mod-erate amounts of any food.

WHETHER VOIL are at the mall WHETHER YOU are at the mail, catling or brown bagging it at the mail, make your grab 'n go tunch, leadthy. Exercise moderation, balance, and variety in choosing foods so that you will get all the nutrients you need to stay healthy. When the urge for a snack hits, there is no time to waste Look for something out of the ordinary, yet easy, quick and satisfying as a snack

## Halibut is for those who don't like fish

AP - II your family doesn't like fish, lore them with hallbut. It's firm-fleshed and miled havered.

If the fished and miled havered the fisher of the flash when purchasing fresh hallbut steaks, let your nose be your guide. Fresh fish is almost odorless. A strong, fishy smell means fish is no longer fresh.

If you buy frozen hallbut, choose steaks that are soildly frozen and have no dried, discolored patches of freezer burn.

Either fresh or frozen hallbut is delicious when poached. Plan on 10 minutes cooking time per inch of minutes cooking time per inch of hickness, about 7-8 minutes for ½-inch thick steaks.

POACHED HALIBUT
WITH SHRIMP YOGURT SAUCE
four 4-to-6-ouece halibut steeks, cut
%-inch thick
1 small onlon, silced
2 silces femon
1 bay leaf
1 bay leaf
1 bay leaf
1 bay leaf
1 bay leaf mustrooms
2 whole alispice
1 cup silced mustrooms
2 tablespoons silced green onlon

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nothing.
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Christian Children's Fund, Inc. 1-800-228-3393



If you buy frozen halibut, choose steaks that are solidly frozen and have no dried. discolored patches of freezer burn.

1 clove garlic, minced 1 tablespoon cooking oil ¼ pound cooked small shrimp 2 tablespoons all-purpose flour 1 cup plain low-fat yogurt 2 tablespoons snipped parsley

Thaw halibut, if frozen. Put 1 Inch of water in a large skillet; add onlon, lemon, bay leaf, salt, peppercorns and allspice. Carefully place halibut steaks in boiling water. Cover, re-duce heat, and simmer for 6-9 min-

utes or until halibut flakes when tested with a fork.
Meanwhile, in a skillet cook mushrooms, green onion and garlte in oil until vogetables are tender. Add shrimp, 5thr flour into yogurt; add to mixture in skillet. Cook and sitr until thickened and bubbly. Cook and stir 2 minutes more. Sitr in parsley. If desired, thin sauce with 1-2 table-

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