



All juices aren't equally nutritious

"Drinks," "beverages," "punches," "juice blends," "ades," "juice cocktail" and "juice" are all words in the name game when buying a fruit drink.

There is a juice flavor to suit everyone, from the old standby of apple or orange to more exotic blends of "pineapple mandarin," "tropical passion" or "tropical square."

While some may sound divine, they are not all created equal nutritionally.

Most people drink juice to get their vitamin C for the day. All citrus juices are high in vitamin C and are nutrient dense, because they contain up to twice the daily recommended dietary allowance in an eight-ounce glass.

THE AMOUNT of vitamin C in eight ounces can range from 80 to 160 milligrams.

The reason for the wide spread is the variety of oranges, their ripeness, the climate in which they grew, and how they were handled, processed, packaged and stored.

Freshly squeezed juice usually has the highest vitamin C content, followed by frozen and canned juices.

Pine juice is a good source of iron, while tomato, orange, prune and carrot juices provide plenty of potassium and a few calories.

Many orange- and red-colored fruits such as papaya, apricot, tomato and pink grapefruit, produce juice rich in beta carotene. These are some of the nutritional bright spots of juice.

NUTRITIONAL LABELING of fruit juices and drink is voluntary on the part of the producer.

Consumers can be assured of the consistent quality of orange, grapefruit and tomato juices because the USDA has standards for them.

Avoid buying a watered-down product. Look at the labels. Buy juice labeled 100 percent Pure Juice, 100 percent Fruit Juice, 100 percent Fruit Juice Blends or 100 percent Juice from Concentrate, to make sure undiluted juice is inside.

Buy juice that lists fruit juice rather than water as the first ingredient.

AVOID JUICES that list sweeteners as an ingredient. Juices

that are 100 percent never contain sweeteners.

Products labeled juice cocktail, fruit drinks or "juice beverage," 100 percent natural or 100 percent real juice, mean nothing. They do not guarantee a 100 percent fruit juice because legal definitions do not exist for these terms.

Whenever 100 percent juice is compared to fresh fruits there is a drawback — the lack of fiber that is plentiful in the fruit.

Juice's liquid calories can add up fast without you realizing it, whereas actually eating the fruit makes the snack go further and chewing helps you feel full.

APPLE JUICE may be the children's choice, but its nutritional benefits are negligible. That container of "100 percent apple juice" holds mostly water and (depending on the label) for babies generally is fortified with vitamin C.

A child who eats plenty of fruits and vegetables is getting enough vitamins, and apple juice cannot make up for a vitamin-poor diet anyway.

To top off the indictment, recent studies have indicated apple juice may be the villain that causes chronic diarrhea in some children, possibly due to the amount of sorbitol, a sugar alcohol, naturally present in apple juice.

Apricot nectar might be a better choice than apple juice. It has more calories (140 a cup instead of 115), but it contains nearly a day's worth of vitamin A for toddlers.

A cup of orange juice has 110 calories and provides more than enough vitamin C for the day.

For the good nutrition and safety reasons, offer children a variety of juices, not relying on any one.

MAKE SURE after you get the juice home that you store it properly. A refrigerated carton can last two to four weeks (depending on its date) before there is a serious loss of vitamin C and taste.

Protect the vitamin C. Store juice in a tightly closed container and keep it at 40 degrees or below. As long as you know what you are getting, there is nothing wrong with some of these beverages.

Choose Mexican food carefully

I'm a spicy foods lover and Mexican food is one of my favorites. It has such a range.

Because Mexican cooking can also be loaded with fat, calories and sodium, I've learned to make my selections carefully.

Mexican food need not be fattening if you learn preparation techniques and what to avoid when dining out at a Mexican restaurant.

MANY South-of-the-Border dishes are bland and therefore are high in fat. Pass on the basket of deep-fried chips and instead start off your meal with a cup of zesty gazpacho soup.

When enjoying Mexican food, I've learned to keep it simple. The basics — tortillas, beans and corn — are low in fat.

What should be avoided are the layers of cheese and sour cream. Eat as much lettuce, fresh tomatoes and salsa toppings as you like.

BE AWARE that traditional Mexican recipes call for lard, which is high in both saturated fat and cholesterol. When preparing Mexican dishes at home, substitute vegetable oil for lard.

As a main dish, enjoy enchiladas, fajitas, tacos or burritos that call for thinly sliced chicken or lean beef and lots of vegetables as fillers.

On the side, choose rice and black beans, which are high in fiber. Say "no" to the refried beans. They are partied in lard.

PART OF THE charm in enjoying Mexican food comes with the setting. Brightly colored pots, woven placemats and paper-mache candlesticks can create a festive atmosphere.

Serve up a late-afternoon fiesta with Creamy Gazpacho Soup and Chicken Enchiladas or Hot Mexican

Turkey Salad, together with crisp, raw vegetables and unsalted corn chips. Top off the meal with fresh melon and a wedge of lime.

Celebrate Mexican tastes — and your waistline — by enjoying these delicious ethnic recipes while pushing aside the high-calorie sour cream and guacamole.

CREAMY GAZPACHO

Makes 2 servings about 1 cup each
 1/2 cup each spicy mixed-vegetable juice and plain low-fat yogurt
 1/2 cup chopped, seeded, pared cucumber, divided
 1/2 cup each diced green and red bell pepper, celery, scallions (green onions) and tomato, divided
 1 1/2 teaspoons each seeded and minced mild or hot chili pepper and fresh Italian (flat-leaf) parsley
 1/2 small garlic clove, minced
 Dash each salt and pepper
 1 tablespoon plus 1 1/2 teaspoons sour cream

In blender container combine juice and yogurt, and process until combined; add 1/2 cup of the cucumber, 2 tablespoons each of the bell peppers, celery, scallions and tomato, the chili pepper, parsley, garlic, salt and pepper, and process until smooth. Refrigerate until chilled, at least 1 hour.

To serve, into each of 2 soup bowls pour half of the gazpacho. Top each portion with half of the remaining cucumber, bell peppers, celery and scallions and tomato. Then top each with half of the croutons and sour cream.

Each serving provides: 1 Bread Exchange; 2 Vegetable Exchanges; 1/2 Milk Exchange; 25 Optional Calories.

Source: "Weight Watchers Meals in Minutes Cookbook," 1989.

HOT MEXICAN TURKEY SALAD



Lite success

Florine Mark

Makes 4 servings
 2 cups fresh spinach, torn
 1/2 cup sliced green onions
 1/2 cup red pepper, finely chopped
 12 cherry tomatoes, halved
 1 cup canned corn, drained
 1 teaspoon Mexican seasoning
 1 pound boneless turkey, cubed
 2 tablespoons vegetable oil
 1/2 cup orange juice
 2 tablespoons fresh lime juice

Combine spinach, onions, red pepper, tomatoes and corn in large bowl and set aside. Combine turkey cubes and seasoning in a bowl. Toss to combine.

Heat oil in a large skillet over high heat. Add turkey cubes and saute until brown and cooked through. Stir in orange juice and lime juice. Spoon turkey mixture over vegetables and toss to combine. Divide evenly.

Submitted by: Debby Rowe, Wyandotte

CHICKEN ENCHILADAS

Makes 4 servings
 1/2 cup chopped onion
 2 garlic cloves, minced
 1 1/2 cups canned Italian tomatoes (with liquid); drain, seed and chop tomatoes, reserving liquid
 1/2 cup sliced mushrooms
 1 teaspoon each seeded and minced jalapeno or serrano pepper and salt
 1/2 teaspoon pepper
 8 ounces skinned and boned cooked chicken (preferably breast), chopped
 4 corn tortillas (6-inch diameter each)
 4 ounces sharp Cheddar cheese, shredded, divided

8 pitted black olives, sliced
 1/2 cup plain low-fat yogurt

Spray a 10-inch, non-stick skillet with non-stick cooking spray and set over medium heat; add onion and garlic and cook, stirring constantly, about 1 minute.

Add tomatoes and reserved liquid, the mushrooms, pepper and seasoning and cook, stirring occasionally, until sauce is thickened, 5 to 8 minutes. Transfer half of sauce to medium heatproof mixing bowl, reserving remaining sauce; add chicken to bowl and mix thoroughly. Set aside.

Preheat oven to 375 degrees. Set 8-inch, non-stick skillet over medium heat; add 1 tortilla and heat turning once, just until tortilla becomes flexible, about 1 minute (do not overcook).

Carefully remove tortilla from pan and lay flat; spread 1/2 ounce cheese along center, top with 1/4 of chicken mixture and roll to enclose. Set seam-side down in 8-by-8-by-2-inch baking dish; repeat procedure 3 more times.

Pour reserved sauce over enchiladas, top with remaining cheese and bake until cheese is lightly browned, 15-20 minutes. Top with olives; serve with yogurt.

Each serving provides: 3 Protein Exchanges, 1 Bread Exchange, 1 1/2 Vegetable Exchange, 1/2 Milk Exchange, 10 calories Optional Exchange.

Source: "Weight Watchers Favorite Recipes Cookbook."

Organize your freezer for best use

AP — Do you toss food into the freezer and hope for the best? You can become more "freezer proficient." All it takes is a little planning.

• Organize your freezer. Label each package with the contents and date it was entered.

• Maintain a "first-in, first-out" policy. Make sure the food that is frozen first is used first. This ensures the best use of food, electricity and space.

• Plan freezer loads with efficiency in mind. For best results, freeze no more than 3 pounds of food per cubic foot.

• Use airtight wraps, including

resealable freezer bags, freezer paper, sealed plastic containers and aluminum foil. Ideal freezer wrappings should also be moistureproof and vaporproof.

• Don't freeze and forget. Unused freezer items should be removed after 1 year at most. The recommended storage time varies by food product.

• Frozen food stored for too long may result in "freezer burn." Freezer burn is identified by light, off-color spots on food. It is caused by excessive drying, which speeds up changes in a food's color and texture. This can be eliminated, in part, by using the proper freezer wrap.

• Avoid refreezing foods that

have thawed to room temperature. The quality of food suffers when it has been frozen and thawed more than once.

Vegetable greens can be frozen. Wrap them in a resealable plastic bag and place them in the refrigerator. Keep the produce in the refrigerator until it is cold to the touch, then transfer the greens to the freezer.

Not every food can go into the freezer. Cooked egg whites toughen; raw tomatoes become soggy; greens wilt; mayonnaise, sour cream and cottage cheese separate; light cream, yogurt and buttermilk lose texture; custards and puddings be-

come watery; cooked potatoes become soft.

However, milk can be frozen; shake well after defrosting.

Other foods that freeze well:

- Grated hard cheese.
- Soup stocks.
- Leftover bread, processed into bread crumbs.
- Brown sugar.
- Crumbled bacon or chopped ham for use as a topping.
- Chopped raw peppers and onions.
- Most fresh herbs, except cilantro, Chinese parsley and dill.
- Nuts, dried fruit and coconut.

SPRING

S A V I N G S

TORO RED TAG SALE

ONLY \$349

Model 20511
4 hp 4-cyl engine
27" hand-propelled rear bagger

ONLY \$449

Model 20692
4 hp 4-cyl engine
27" self-propelled rear bagger

BILL'S MOWER SHOP

M-F 9-6
SAT. 9-3
SUN. 10-2

531-7887

26140 W. Seven Mile
Redford

WALL-TO-WALL SAVINGS

with *In Stock* WALLPAPER

20% - 50% OFF

• Store is color coordinated

• Steamers rental available

• Helpful and experienced personnel

• New patterns arriving daily

30% OFF SALE

PER SINGLE ROLL

Selected Maxwell Books

• Excluding In-Stock Papers

Sale Ends May 31, 1990

FULLER-O-BRIEN

line of paints on sale now at Canton & Novi

DEL MAR

10% OFF DISCOUNT PRICE FREIGHT FREE

In Stock WALLPAPER, INC.

OPEN 7 DAYS MON.-FRI. 10-9 SAT. 9-6 SUN. 11-4

LYONIA MID-EAST SHOPPING CENTER 29449 FIVE MILE 427-5800

NOVI HUNTERS HILL CENTER 41810 W. 10 MILE 348-2171

CANTON HUNTERS HILL CENTER 6026 SHELTON ROAD 451-2550

CHINA SALE

Save now on our low 8-piece place setting prices!

Sale Ends April 30, 1990

Royal Doulton	Wedgwood	Noritake
Simplicity 57.75	Amherst 72.20	Magnificence 53.50
Albany 79.00	Runnymede 97.70	Stanford CL 53.50
Musical 99.95	Colorado 84.20	Sweet Surplus 50.95
Pavane 92.95	Basket 55.20	Gold & Sable 45.50
Princetown 76.45	Blue Siam 118.95	Rothschild 42.50
Sarabande 79.00	Cavendish 84.95	Malverne 27.95
Caryle 125.75	Queens Plain 27.95	Pacific Majesty 66.25
	Versailles 39.95	Barymore 53.50
		Shenandoah 53.50

BRIDAL REGISTRY HOURS

Mon., Tues., Wed., Fri., Sat. 10-6
Thursday 10-8

PIERCE STREET PORTRAITS

FINE ART PHOTOGRAPHS OF CHILDREN

217 Pierce Street
Birmingham, MI 48009

For Appointment call:
646-6951