

# 40 nutrients are vital to your good health

Every day your body needs about 40 different nutrients that work in concert to make it go and grow. Carbohydrates, protein, fats, water, vitamins and minerals are the essential nutrients in this orchestra. An essential nutrient is any substance that the body must obtain from outside sources to maintain life, normal functioning, growth and repair.

Carbohydrates are not fattening unless you choose a diet of simple carbohydrates. Sugars, honey, syrup and other high-calorie, low-nutrient sugars are the simple carbohydrates. Emphasis should be on the complex carbohydrates such as beans, peas, whole grains and cereals. The primary function of carbohydrates is to supply energy to the body. If you do not eat foods that provide this, the body will break down the proteins

and fats from body tissue for energy. Protein is used by the body to build tissues during growth and for normal repair of tissues and replacement of cells. Excess protein is stored in your body as fat. To make the best use of protein in your body, eat small amounts several times a day. Low-fat proteins include fish, poultry (no skin), veal, low-fat yogurt, dried beans and peas.

ANIMAL PROTEINS containing all the nine essential amino acids are called complete. Vegetable proteins are incomplete when eaten alone, but by combining them, you can create a complete tasty protein dish. Many traditional dishes are based on complementary protein combinations. For example, beans and rice, corn tortillas with sauce, or corn bread and lentil soup are all complete when combined. A good rule of



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thumb is to eat one-third of your protein from animal sources and two-thirds complementary vegetable proteins.

Fats are the nutrients with the highest calorie value. Fats also supply energy to the body and act as carriers for the fat-soluble vitamins (A, D, E and K). Fats help food taste good and provide padding for vital organs and insulate the body. Unfortunately, many of us have too much of the padding and insulation.

Saturated fats include fats in

meat, poultry, fish, cheese, lard, egg yolks and solid shortenings. Hard fats and coconut or palm oil can increase cholesterol levels. Avoid these fats.

Unsaturated fats will not increase your level of cholesterol, but they are just as high in fat. Most vegetable oils are unsaturated, but if they are hydrogenated they become saturated. Soft margarines contain less saturated fats than stick margarines. Read the labels.

Water makes up about 50 to 60

percent of body weight. It also helps to maintain normal body temperature, carry out nutrients to cells, remove waste and aid in digestion. About half the needed water comes from consuming liquids, the other half comes from food.

VITAMINS ARE chemical compounds the body needs in small amounts. Vitamins do not provide energy but help the body to process and use the energy from foods. They are absolutely essential for life and growth. Most vitamins are not made by the body. They must be supplied by the food we eat.

Minerals are found in all body tissues and fluids and do not furnish energy. Some minerals must be carried by proteins in the body. They help the body build tissue, regulate body processes, maintain fluid balance

and use the energy from food. Some minerals are toxic in excess. Care needs to be taken with indiscriminately consuming mega-doses of any mineral. Calcium is probably the most essential mineral.

An adequate diet provides a balance of the nutrients needed to promote health and build and restore body tissues. These nutrients work in concert. To maintain health and fitness, you need to combine sound nutrition and adequate exercise. You need not only a variety of nutrients for good health, but you also need them in the right proportions. No single food provides everything in the correct amounts. Don't rely on supplements unless prescribed by a doctor. Eat good wholesome food and make these essential 40 work in perfect harmony for your good health.

## Fresh asparagus cooks easily in the microwave

AP - Fresh asparagus is the sign of spring's arrival in the Midwest. For the best-tasting asparagus, choose spears with compact, closed tips, then cook quickly in the microwave and serve with a simple lemon sauce.

### ASPARAGUS

### WITH LEMON SAUCE

¾ pound asparagus or one 8-ounce package frozen asparagus spears  
1 tablespoon margarine or butter  
2 teaspoons all-purpose flour  
2 teaspoons salt  
Dash pepper  
¼ cup milk  
1 teaspoon snipped chives

¼ teaspoon finely shredded lemon peel

If using fresh asparagus, wash the asparagus. Break off woody bases.

In an 8-by-8-by-2-inch baking dish, combine fresh asparagus and 2 tablespoons water. Cover with vented clear plastic wrap. Cook on 100 percent power (high) for 4 to 6 min-

utes or until crisp-tender, turning the dish once.

If using frozen asparagus, cook according to the package microwave directions. Let stand, covered, while preparing the sauce.

For the sauce, in a 2-cup glass measure cook margarine or butter, uncovered, on high for 30 to 40 sec-

onds or until melted. Stir in flour, salt and pepper. Stir in milk.

Cook, uncovered, on high for 2 to 3 minutes or until thickened and bubbly, stirring after every minute. Stir in chives and lemon peel.

Drain asparagus. Transfer to a serving platter; drizzle with sauce. Cook, uncovered, on high for 30 sec-

onds to 1 minute or until heated through. Makes 3 servings.

Nutrition information per serving: 86 cal., 5 g. pro., 8 g. carb., 5 g. fat, 4 mg. chol., 156 mg. sodium. U.S. RDA: 22 percent vit. A, 63 percent vit. C, 16 percent thiamine, 18 percent riboflavin, 11 percent niacin, 10 percent calcium.

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