

Snack smart to stay on diet

It's true. Snacking can be a smart strategy when you're on a diet, provided the snacks you choose offer more in the way of nutrition than just calories.

According to Mary Mullen, a Chicago area dietitian who works with individuals on weight control diets, a downfall of many diets is eating sparingly all day (or even skipping meals) and then over-eating in the evening. A better strategy is to spread calories out, thereby keeping blood sugar levels steady so you don't feel hungry all the time.

The way people snack can be as important as what and when they snack, notes Mullen. The following snacking smart strategies can help you achieve the maximum benefits snacking has to offer.

Don't skip breakfast. Breakfast skippers tend to over-eat later in the day. If you're not hungry when you wake up, pack a piece of fruit, a rice cake or low-fat yogurt to eat at your desk.

Think of a snack as an important component of your diet rather than an "extra." Snacks should provide a variety of essential nutrients including vitamins and minerals, protein and complex carbohydrates.

Keep portions small. While a full size bagel or muffin would be appropriate for breakfast, the miniature versions are sized just right for snacks.

Match the snack to the activity. If you're an arm chair athlete, choose a low-fat snack like

pretzels. If you're going to be physically active, a snack that's more substantial such as whole-grain crackers with a reduced fat cheese and a small apple will provide the energy you'll need.

Snack only when you are actually hungry. Sometimes we interpret boredom or feeling blue as hunger. Before munching, drink a glass of water, walk around the block or get involved in another activity.

Plan ahead. Keep "good for you" snacks on hand that require no preparation. Bowls filled with fruit or containers of vegetables in the refrigerator, ready-to-eat cereals that are low in fat and sugar, fat free/sugar-free yogurt, rice cakes, frozen fruit juice bars and mini bagels are just a few examples.

Because you never know when the next urge to snack will strike — watching a movie on the VCR, before a late afternoon sales meeting, or when the kids walk in the door after school — be prepared with a wholesome, great tasting snack mix you can make yourself in minutes.

Two snacks, both created in the Quaker Kitchens, start with puffed wheat or puffed rice cereal.

Fat-free, sugar-free, sodium-free and low in calories — just 80 calories in a generous one cup serving — puffed wheat and rice cereals lend themselves to a variety of sweet and savory seasonings and add-ins.

Garlic Cheese Munch offers

lots of crunch and a flavor combination that, until now, dieters could only dream of — all for just 80 calories per cup.

Rum Raisin Snack Mix will satisfy the sweetest sweet tooth. Reduced calorie margarine is the secret to keeping fat low in both mixes, and it helps distribute the flavorings.

Both of these snack mixes can be made in the microwave oven or baked conventionally. And they can be stored tightly covered for up to a week.

GARLIC CHEESE MUNCH

2 tablespoons diet margarine
2 tablespoons Parmesan cheese
1 teaspoon garlic powder
1/4 teaspoon garlic salt
1 teaspoon hot pepper sauce
1 teaspoon lemon juice
6 cups Quaker puffed wheat or puffed rice cereal

Add margarine to large microwaveable bowl. Microwave at High for 20 to 30 seconds or until melted. Stir in Parmesan cheese, garlic powder, garlic salt, hot pepper sauce and lemon juice; mix well. Add cereal, stirring until evenly coated. Microwave at High 1 minute 30 seconds; stir. Microwave an additional 1 minute to 1 minutes 30 seconds or until cereal no longer appears wet. If desired, sprinkle with additional Parmesan cheese while warm. Serve warm or let cool. Store tightly covered.

Conventional oven directions: Melt margarine in a 13 by 9-inch

pan in preheated 250 degree oven. Stir in Parmesan cheese, garlic powder, garlic salt, hot pepper sauce and lemon juice; mix well. Stir in cereal. Bake 20 minutes, stirring once after 10 minutes. If desired, sprinkle with additional Parmesan cheese.

Nutritional information per serving (1 cup): Calories 80, Protein 3g, Carbohydrate 11g, Total Fat 3g, Cholesterol 0mg, Dietary Fiber 1g, Sodium 250 mg. Percent calories from fat: 29 percent.

RUM RAISIN SNACK MIX

2 tablespoons diet margarine
2 tablespoons firmly packed brown sugar
2 teaspoons rum extract
1 teaspoon ground cinnamon
6 cups Quaker puffed wheat or puffed rice cereal
1/4 cup raisins

Add margarine to large microwaveable bowl. Microwave at High 20 to 30 seconds or until melted. Stir in brown sugar, rum extract and cinnamon; mix well. Add cereal, stirring until evenly coated. Microwave at High 1 minute 30 seconds or until cereal no longer appears wet. While warm, stir in raisins. Serve warm or let cool. Store tightly covered.

Conventional oven directions: Melt margarine in 13 by 9-inch pan in preheated 250 degree oven. Stir in brown sugar, rum extract and cinnamon; mix well. Stir in cereal.



Snacking smart: Curl up in front of the VCR with a bowl of Garlic Cheese Munch. It's crunchy, cheesy, garlicky, spicy and totally satisfying for just 80 calories a cup.

Bake 20 minutes, stirring once after 10 minutes. Stir in raisins.

Nutrition information per serving (1 cup): Calories: 120, Protein, 3g,

Carbohydrate 22g, Total Fat 2g, Cholesterol 0mg, Dietary Fiber 1g, Sodium 50 mg. Percent calories from fat: 16 percent.

Take care of yourself, eat healthy foods to stay well



KEELY WYGONIK

Happy New Year everyone! Am I alone, or are you making a new year resolution to eat healthier foods this year, too? Being sick, and feeling run-down is not much fun. Yours truly caught two of the viruses that have been buzzing around. I got zapped in October and again in mid-December.

They say you are what you eat, and it's better to spend your money on good food rather than good

doctors, so join me in making 1993 a healthier one.

Feel free to call any time, 953-2105 to suggest story ideas and express your opinions about what you read in Taste. Next week, special writer Joan Boram will tell you more about foods that heal like garlic.

As the year begins, the Associated Food Dealers of Michigan has issued its top 10 predictions for what you'll see in stores, and what direction the food industry will take in 1993.

Joe Sarafin, Associated Food Dealers of Michigan executive director, has good news — he says the increased competition and

economic conditions will work to keep food costs down, while increased label information will make us more aware of what we eat. Here are his predictions.

Food costs will go down in 1993. Double coupons, up to 50 cents will continue, but we won't see as much doubling at higher levels as we saw this year.

Expect a continued decline in the number of convenience stores. Fast foods in the supermarket and convenience stores will continue to become more popular.

The vast majority of people employed in the food industry will be part-timers, usually between the ages of 25 and 54.

New product introductions will be down.

Scanners will increase in the supermarket industry at a faster pace as the cost of implementing this high-technology product will be substantially decreased. Other gizmos, like cashless cash registers, calculators on shopping carts and TVs at the check-out, will also experience some growth.

Manufacturers and grocers are working together to increase the amount and improve the kind of information consumers get at both the point of sale and on the label.

Some consumer advocacy group will find something wrong with

something we eat. Most often we will find out a few months later that the information and data were flawed.

Tobacco and alcoholic beverages will cost more in 1993, mostly as a result of hidden federal and state taxes.

Betty Crocker tip of the week: Try substituting shredded or finely chopped vegetables, such as carrots, cabbage or zucchini, for some of the meat next time you make burgers or meat loaf. You'll add extra vitamins, fiber and flavor and cut the fat in your recipes.

COOKING CALENDAR

WILD GAME PREPARATION

Learn Wild Game Preparation at Schoolcraft College from Golden Mushroom Chef Milos Cihelka 6-10 p.m. beginning Monday, Jan.

11. The course will meet for five weeks. The fee is \$147. Schoolcraft College is at 18600 Haggerty Road, Livonia. To register, or for information, call 462-4448.

CLASSIFIED HAS THE ANSWER

We're here to serve your unique concerns. You need answers. You need to reach the right audience. You need results. Our classified ad takers are as close as the nearest phone, well-versed and ready to assist you in finding the perfect solutions to your marketing needs.

We'll introduce you to a hundreds of thousands of buyers who are interested in the goods and services your business provides.

No question about it... Observer & Eccentric Classifieds have the answer!



Observer & Eccentric

CLASSIFIED ADVERTISING

644-1070 OAKLAND COUNTY 591-0900 WAYNE COUNTY
852-3222 ROCHESTER-ROCHESTER HILLS