

## Your Family Associates



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## THE COBURN CLINIC'S ADVANCED CATARACT CARE

The Coburn Clinic and Ronald M. Coburn, MD, have combined experience & expertise in No-Stitch Cataract surgery with the technology of Astigmatic Keratotomy (AK) to offer cataract patients with troubling astigmatism an opportunity for enhanced post-operative vision.

Let The Coburn Clinic provide you with Advanced Cataract Care.

If you think you are a candidate, **CALL TODAY!**



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(313) 561-7255 or (800) 237-EYES

Internationally known as a lecturer, teacher, technical advisor, and writer, Dr. Coburn has performed thousands of microsurgical procedures. To accompany his many professional associations, Dr. Coburn was elected for inclusion in "Who's Who in America (Science & Engineering)" for 1992 & 1993, and "Who's Who in the World" 1993 & 1994. Dr. Coburn is Certified by the American Board of Ophthalmology and the American Board of Eye Surgery for the specialty of Cataract/OL surgery.



## Pyramid from page 8

three servings from the fruit group are recommended:

- Breakfast — two ounces shredded wheat (2 bread group), ¼ cup sliced bananas, ¾ cup orange juice (2 fruit group).
- Snack — three to four low-fat crackers (1 bread group).
- Lunch — sandwich on whole wheat bread (2 bread group), small salad with leafy greens, celery, tomato, cucumber, red pepper (2 vegetable group).
- Snack — ¼ cup vegetable juice (1 vegetable group), 3 breadsticks (1 bread group).
- Dinner — vegetable and meat stir-fry on 1 cup of rice (2 bread group, 2 vegetable group).
- Dessert — ¼ cup canned fruit salad, 2 medium low-fat cookies (1 bread group, 1 fruit group).

Here are some ideas to help you make the switch to high cereal, grain, vegetable and fruit eating:

- Have two vegetable-and-grain main meals each week. Try rice and beans; vegetable stir fry and rice; pasta primavera; tortellini salad; hearty vegetable-rice soup with low-fat crackers.
- Sprinkle cereal or wheat germ on ice milk or low-fat frozen yogurt. Or add berries or chopped fruit to these frozen desserts.
- Add lots of celery, zucchini, green peppers, mushrooms and onions to tomato-based pasta sauce.
- Eat fruit salad as an appetizer or with low-fat cake or cookies at dessert.
- Prepare tuna and chicken salads with celery, grapes, chopped red peppers or apple pieces. Serve with low-fat crackers.
- Dip fish or skinless chicken in low-fat milk, egg white or cholesterol-free egg substitute, then in crushed cereal before baking.

■ Use whole-grain bread or cracker crumbs, oatmeal or crushed oat bran cereal in meatloaf or hamburgers.

To order a copy of The Food Pyramid booklet, send a \$1 check or money order, payable to the Superintendent of Documents, to: Consumer Information Center, Department 159-Y, Pueblo, Colo., 81009.

Here's a recipe from Harvest Crisps to try.

### CREAMY POTATO SOUP

- 3 medium potatoes, cubed (about 2½ cups)
- 2 (13½ ounce cans) lower salt chicken broth
- ½ cup chopped onion
- ½ cup chopped green pepper
- 1 tablespoon margarine
- ¼ cup all-purpose flour
- 2 cups skim milk
- Parsley for garnish
- 48 Harvest Crisps 5-Grain Crackers

In large saucepan, over medium-high heat, heat potatoes and chicken broth to a boil; reduce heat. Cover; simmer 15 minutes or until potatoes are tender.

Meanwhile, in medium skillet, over medium heat, sauté onion and green pepper in margarine until tender, but not browned; stir in flour. Gradually whisk in milk; cook and stir until thickened. Stir in potato mixture; cool slightly.

Remove 1 cup potatoes and ½ cup liquid to food processor or blender container; blend until smooth. Stir potato puree into soup; cook and stir until heated through.

Garnish each serving with parsley if desired. Serve hot with crackers. Makes 8 ½ cup servings.

Nutrition information per serving: (¾ cup soup, 6 crackers): 166 calories, 457 mg sodium, 4 mg cholesterol, 4 gm total fat, 1 gm saturated fat, 3 gm dietary fiber.

## Pass on the salt to lower your sodium intake, blood pressure

Many health professionals believe that reducing sodium intake is a practical route for everyone to take, since most of us eat more sodium than we need.

For some people, blood pressure can be lowered by limiting food sources of sodium. The major contributor of sodium in your diet is table salt. One teaspoon of salt contains about 2,000 milligrams of sodium.

American Heart Association recommendations are for 3,000 milligrams of sodium a day, as safe and feasible. Heeding this cap, according to the AHA, is one way to help lower your blood pressure.

Here are some tips for cutting down on sodium:

- Cook without salt or use only in small amounts.
- Use lemon juice, herbs and spices as flavor enhancers.
- Watch for hidden sodium (become a label reader). Sodium may be found in combination with other chemicals in

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foods as a flavor enhancer or preservative, such as monosodium glutamate or sodium citrate. Many canned foods and most frozen foods are high in sodium.

- Eat fewer salty foods, such as chips, salted pretzels and salted nuts; processed, pickled, and cured foods; canned soups and vegetables; and condiments like soy sauce and seasoned salts.
- Leave the salt shaker in the cupboard, not on the table.