

MONDAY, MAY 9, 1994

TASTE

TASTE BUDS



CHEF LARRY JONES

Use new food label to make healthy choices

As of Sunday, any processed food you buy at the grocery store will have a rather ominous label entitled "Nutrition Facts." Contrary to popular belief, you don't have to be a registered dietician or nutritionist to understand what these facts mean. Reading labels on food containers can make or break a healthful diet. The main reason the Food and Drug Administration adopted the new food label was that it has been determined that eating a healthful diet can help reduce your risk factors for some diseases. No one can wave a magic wand and make you healthy, but making good choices when it comes to food can keep you healthy.

Reading labels

Here are the facts on the new labeling in simple, easy-to-understand, terms. Directly underneath the big bold "Nutrition Facts" is the serving size. If you are concerned about the amount of calories, fat, cholesterol and sodium in what you eat, you need to know what a serving size is. If the serving size is listed as one-half cup, the calories and all the things you need to know about that serving size are listed. The only time this gets complicated is when you eat more than the serving size.

This presents a problem when the serving size for Rocky Road ice cream is one-half cup, and I'm trying to figure out what a half a carton equals. To figure out what half a carton of Rocky Road ice cream equals look for the line that indicates servings per container. I figure that if a half gallon of Rocky Road ice cream equals 16 servings per container, a half carton equals 8 servings. The fourth line lists what we need to know on a per serving basis. The fifth line lists calories per serving and the amount of calories from fat. Let's say each serving of the Rocky Road ice cream equals 110 calories. Since I ate eight servings, I would have eaten 880 calories of ice cream. Each serving had 40 calories from fat. The sixth and seventh lines list total and saturated fat, respectively.

If I were an average male consuming 2,700 calories per day, I should try to keep my total fat intake below 80 grams of fat per day. Saturated fat is the bad stuff, and that should be kept to no more than 25 grams per day. I'm guessing that my Rocky Road ice cream binge has maxed me out on fat for at least five days.

The eighth line lists total cholesterol on a per-serving basis. Too much cholesterol, which is a second cousin to fat, can lead to heart disease. A healthy eating plan should attempt to keep cholesterol below 300 milligrams per day.

After cholesterol is the buzzword of the Nineties "sodium." We call it salt, the label calls it sodium. Either way, consuming too much sodium has been known to be the cause of high blood pressure for some people. The American Heart Association recommends no more than 3,000 milligrams of salt per day for healthy adults. For comparison's sake, a teaspoon of salt has 2,300 milligrams of sodium. Thank heavens my ice cream was low in sodium.

Now for the good news. After reading all those numbers about fat, cholesterol and sodium, lines 10 through 14, list the total carbohydrates, dietary fiber, sugars and protein of each serving size.

Increase carbohydrates

When you cut down on fat, you eat more carbohydrates. Carbohydrates are present in foods such as bread, potatoes, fruits and vegetables. The dietary fiber that's listed is what Grandma Jones used to call roughage. Fruits, vegetables, whole grain foods, beans and peas are all good sources. They help reduce the risk of heart disease and cancer. The sugars are listed because they, too, contain carbohydrates, but our friends at the FDA want us to know that a diet high in junk food isn't as good as the roughage grandma used to offer for snacks.

The final nutritional fact is protein. If you didn't already know, most Americans eat more protein than they need. Where there is animal protein, there is fat and cholesterol. The better proteins are vegetable-based, such as those from beans, grains and cereals.

If you feel like you're drowning in numbers, let the percentage of daily values be your guide. The daily values listed give you an overall view. We should strive for low daily values of fat, saturated fat, cholesterol and sodium, and try for high daily values of carbohydrates and dietary fiber.

See Larry Jones' family-tested recipes inside. To leave a message for Chef Larry, dial 953-2647 on a touch-tone phone, then mailbox number 1886.

LOOKING AHEAD

What to watch for in Taste next week:

- Women have special nutritional needs. Learn how to make the right food choices.
- Small, family-owned Champagne Deuts produces high-quality champagne.



JERRY ZOLYNSKY/STAFF PHOTOGRAPHER

No time for loafing: John Drozd of The Gourmet Bakery in Southfield takes loaves of freshly baked whole-grain bread out of the oven.

BAKERS ON A ROLL WITH LOW-FAT BREADS



Local bakers are developing recipes for breads and quick breads that are rich-tasting and contain no fat or just trace amounts of fat. By using whole grains and substituting yogurt or fruit purees for butter, they've cut fat, not flavor.

BY BARBARA WILSON
SPECIAL WRITER

It used to be considered a dieter's most-serious weakness, but now even the most health-conscious diner can say "pass the bread" without a bit of guilt.

Several area bakers have mixed and beaten their way to recipes for moist, rich-tasting yeast breads and quick breads containing no fat or only trace amounts of natural fats.

"We tried several things, but couldn't get the taste we were looking for," said John Drozd, new owner of The Gourmet Bakery in Southfield.

Drozd, a former truck driver, stumbled upon part of the answer when his kids were eating applesauce and he read the label on the jar. It said that applesauce could be used instead of oil in many recipes to make them fat free or lower in fat.

The second, more complicated, part of the answer came when Drozd

began studying the techniques used to mill flour.

"When you buy commercial flour in the stores, it has been sifted too fine and everything has been taken out of it," Drozd said. "There are no nutrients or vitamins left, and that is why the government requires companies to enrich flour with nutrients."

The commercial milling process allows longer storage of the product, but it also makes it difficult to make moist baked goods without adding oils. Grain has its own oils that are lost in the milling process.

By having more control over the milling process, bakers have been able to develop recipes for breads that are hearty, rich and flavorful but have no fat. Drozd located a mill in upstate New York where only organically produced grains are processed. No pesticides or artificial fertilizers are used on the grains, and no nutrients or oils are removed in the milling

process. The finished product is grainier and more yellow than the flour bought in most grocery stores. A similar product can be found for home use in some health food stores.

At the Great Harvest Bread Co., milling takes place on the premises, and the flour produced is used within 10 or 12 hours. Husband and wife owners of the Northville franchise, Ray and Lorie Novelly, said the wheat used in their breads is stone-milled throughout the day, leaving all the natural goodness in the product.

No fats, oils or eggs are used in the yeast breads made by Drozd or the Novellys. Honey or molasses is sometimes used to add moistness, as well as raisins or other fruits.

The breads will last 7 to 10 days on the kitchen counter. Drozd recommends turning the bread cut side down. The crust will serve as a natural protector of the bread. He doesn't recommend plastic wrap.

Mary Denning, owner of Mary Denning's Cake Shoppes in Westland, has been experimenting with low-fat breads for six months. Her breads are currently being analyzed for fat content, so she prefers to call them low-fat. Denning uses a

commercially milled flour but adds sesame seeds for their natural oils.

Many home cooks are frightened by the idea of making yeast breads, but there are also delicious quick breads and muffins that can be made without fat.

Suzi Mediano, co-owner of Yoz Loaves in West Bloomfield, started out in the frozen yogurt business with an interest in baking at home. She began to incorporate her breads and muffins into her business, and the cries came quickly for products that were fat free.

Mediano substitutes non-fat yogurt for butter in her recipes and relies on bananas for added moisture. Egg whites are used in her breads and muffins.

"Some people use applesauce, and we use that in some types of breads, but in general we find the pureed bananas work best for us," she said.

As summer months are upon us, all types of these fat-free breads make great meal fillers with salads or soups. And after indulging in them as a snack or meal, you may still be able to fit in your bikini and head to the beach.

See recipes inside

Busy mom stars in kitchen, and on stage



BY KERLY WYONIK
STAFF WRITER

High school sweethearts Don and Lisa Andros of Livonia are stars of a family drama involving their talented children, Brooke, 11, and Nicholas, 8. In the wings is Austin, 1, who, with a face like an angel, is sure to be a hit on stage.

"We met in drama class at Churchill High School," said Lisa who enjoys writing plays for children's theater. "He was signed up class, but it was canceled. He took drama because he thought it would be easy."

Drama wasn't easy, but it was fun. Married 12 years, Don and Lisa have passed on their love of theater to their children. They're on the go a lot, and Lisa expertly juggles her roles - wife, mother, cook, playwright, composer, actress and director. Dinner is cooking in the Crock-Pot on the



Dinner: Brooke (left), Lisa, Austin and Nicholas present one of their favorite dinners, Crock-Pot chicken with cucumber salad, and chocolate pudding pie.

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JIM JOSEFELD/STAFF PHOTOGRAPHER