Microwave from page B1

1 (15 ounce) can apricot halves, drained 1/2 cup sodium reduced fatfree chicken bouillon

Defrust hens in refrigerator overnight. Haive each hen. Remove giblets, Rinse hens. Pat dry. Brush with 2 tablespoons of orange juice on both sides. Cover with wax paper and microwave, breast side down, on 100 percent power for 9 minutes. Turn hons over, brush with romaining orange juice and return to microwave for 5 more minutes. While the hens are cooking, mix apriced preserves, thyme, hot pepper sauce, garlie and 2 teaspoons of white wine Worcestershire sauce to make a glaze.

Remove hens from microwave.

pour off the pan juices and discard. Brush hens with glaze. Let stand until juices run clear or an inter-nal temperature of 176°F is reached. While the hens finish cooking, mix the glaze, apricots and chicken bouillon. Heat before serving for 2 minutes at 100 percent power in the microwave

To brown the bens, broil them skin side up about four inches

from the heat on a preheated broiler rack for about three minutes.

They can be skinned before broiling to reduce fat content.

If the skinned hens are brushed with a teaspoon of the white wine Worcestershire sauce, the flesh will turn a lovely golden brown. Arrange the hens on a platter and pour the heated apricot mixture over them. Serves 4.

Nutrition facts: 3 ounce portions, Calories 260; Fat 6.6g; Saturated Fat 1.8g; Cholesterol 75mg; Sodium 75mg

Food Exchanges = 3 1/2 lean

Look for Main Dish Miracle on he second Sunday of the month

in Taste. Muriel G. Wagner is a registered dictition and nutrition therapist with an office in South-field. She publishes "Eating Younger," a quarterly newsletter with recipes and nutrition tips.

10 subscribe, send a check for \$13.50 to "Eating Younger," P.O. Box 69021, Pleasant Ridge, MI 48069. To subscribe, send a check for

2 Unique from page B1

changes the natural order of nature. By altering the genetic code of living organisms, genetic engineers are manipulating life

The majoritan form of the world's most important food crops have already been tested for genetically engineered versions. Animal genes are going into plants, bacteria genes into food crops. Human genes are being used to change animals and plants. It is obvious that such breeds could have a huge impact on our food supply. The transfer of allergy causing proteins into otherwise safe food is a potential hazard to those afflicted with food allergies

especially challers.

And let's not forget those of us who choose for personal or religious reasons choose to abstain from certain foods. These genetically engineered, or "transgenetic" foodstuffs threaten our right of listens their of dietary choice.

of dictary choice.

Many of the large multinational corporations that are
players in this genetic game are
also against having to label
these transgenetic foodstuffs as
genetically engineered. These
crops create whole new life
forms. They are living organisms
that can mutate, multiply, and
breed with other living organisms. One of the major concerns

of these practices is the fear of the "domino effect" - by chang-ing one element of nature it may endanger our whole ecosystem.

Pest resistance

Pest resistance

Many of the genetically engineered crops that contain "builtin" crop pest or pesticide resistance will very likely perpetune
the use of toxic chemicals which
end up by the tens of thousands
of pounds in our lakes, streams,
oceans, and soils. These hybrids
are also being laced with Ampicillin, which is one of our most
important antibioties. The fear of
many is that the resistance gene

could spread harmful bacteria making them immune to this vital treatment. Many of these hybrids will need more and more pesticides. As past history shows, the insects will mutate and have immunity to pesticides, which will lead to the use of more and more chemical treament. It is a perpetual chemical circle. Many experts across the incommentation of the property of the control of the c

I find it ironic that the we are all lucky to live in the greatest country in the world, and have to be concerned about the milk we

give our children. I personally only buy and consume organic milk.

milk.

Technology is a marvelous wonder that has accomplished miraculous achievements for humanity, but it can also be treacherous. The core of our existence is nutrition, and I urge all of you to take a stand, and an interest in what is being put into the foods we eat. Only with knowledge and education can we accomplish change and ensure safety for ourselves and our children.

Special thanks to Charles

Special thanks to Charles Margulis, Greenpeace Genetic Engineering Campaign, for pro-

viding me with much of this helpful information.

Margulis can be reached at (212) 865-5645. Information is also available at the Greenpeace Web site, www.greenpeace.org

Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. A graduate of Schooleraft College's Culinary Arts program, Kelli is a part-time instructor at the college. Look for her column in Taste on the second Sunday of the month. She can be reached at (248) 642-954 or on the Web at twounique@ashmi.org

Diabetes from page B1

single "diabetic" diet anymore.
All foods, even sugary desserts,
can be worked into a meal plan.
It is important, especially now
before the holidays, to have a
clear understanding of how all
foods fit into a diabetic diet.
People with diabetes can
enjoy a traditional Thanksgiving meal. They just have to do a
little planning. If you require
insulin to keep your diabetes in
check, it is important to stay on
track and keep within your prescribed dietary restrictions. For
those who control diabetes with
pills and/or diet, a Thanksgiving dinner can certainly be a
pleasure. Just enjoy small portions. This is good advice for all
of ns, with or without diabetes.
Instead of feeling bloated and
uncomfortable after the meal,

by eating sensibly, we'll feel better and be ready to help with dishes and go out for a nice, brisk walk

dishes and go out for a nice, brisk walk.

Here are some general nutrition recommendations:

Protein – The requirement for protein is the same as for the general population, approximately 10-20 percent of calories.

The fat – The general recommendation for the U.S. population is to limit fat to 30 percent, or less, of total calories. This applies to people with dishetes who have normal weight and blood lipid (fat) levels. Reduce daily fat further to lose weight.

Carbohydrates – The total daily carbohydrate intake is what is left over after protein and fat calories are used, typi-

cally 50-60 percent of total calories. Scientific evidence does not justify the longtime belief that plain sugar (sucrose) aggravates blood sugar control more than other carbohydrate foods. Nevertheless, foods containing sucrose are typically higher in calories and fat, and lower in important nutrients. They should be used in limited amounts.

amounts.

Fiber - The fiber recom-Fiber - The fiber recommendations for people with diabetes are the same as for the general public, 20-35 grams daily. Many people believe high fiber diets help control blood sugar, but current research does not support this.

Sodium - There is evidence that people with diabetes may be more "salt sensitive" than

the general population. The recommended intake is less than three grams per day. Food selection should aim for less than 400mg of sodium per single serving of food, or less than 800mg of sodium per enconvenience meal.

Malcolol – Is metabolized in a manner similar to fat. One drink equals about 100 fat calories. Alcohol should be limited to not more than two drinks per day, and food or medication should not be altered. If you want to lose weight, are pregnant, on other medication, or have a history of substance abuse, alcohol should be avoided.

cd.
The concept of "exchanges"
for food intake has been around

since 1950. In the "Exchange List for Meal Planning," foods are placed into one of three groups according to the nutrients they contain.

The carbohydrate group includes bread, cereals, grains, baked goods, fruit, vegetables and milk. The meat group contains meat, poultry, fish, eggethese, dried beans, peas and lentils. The fat group contains meat, colis, cream, salad dressing, butter and margarine.

A calorie level is determined to meet the individual's weight toss or maintenance needs, and a personalized meal pattern with meals and snacks is developed.

oped.

The best advice for people with diabetes is to sit down with a registered dictitian and

discuss your lifestyle, goals, needs and cating habits. Plans can be developed so that people with diabetes can be happy and healthy.

For more information, contact the American Diabetes Associa-tion, 1-(800)-DIABETES (800-342-2383) or visit their Web site www.diabetes.org

Peggy Martinelli-Everts Peggy Martinetti-Everis (Clarkston, is a registered dictitian and director of clinical operations for HDS Services, a Farmington Hills-based food service and hospitality management company. Look for her story on the second Sunday of the month in Taste.

See recipes on page B3



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publication on Sunday, Nov. 22.
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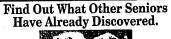
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