

WIN...WITH SPORTS NUTRITION

Racquetball, tennis, jogging, walking, biking, whatever the sports choice... Americans are exercise-conscious. Whether the goal is to establish a life-long fitness plan, lose a few extra pounds or to compete just for pure pleasure, interest in sports sparks a keen interest in nutrition.

If you're searching for the special diet or "magic" food that will prepare your body for a winning performance, be cautious! All you need is a balanced diet pattern including a wide variety of foods that follows the U.S. Dietary Guidelines. It is recommended that a major source of food intake should come from carbohydrate-rich foods. They're the most efficient and readily available sources of energy. Not "simple" carbohydrates such as those found in sugar, (which offer minimum nutrition for maximum calories), but "complex" carbohydrates. They supply energy and nutrition. As the body breaks complex carbohydrates down into their simpler forms, it sends them directly to the muscles and the brain. Enriched pasta and apricots, whether fresh, canned, dried or nectar, give you the complex carbohydrates you need.

In addition to the carbohydrates, enriched pasta made from durum and/or other high quality hard wheat, provides B-vitamins thiamine, riboflavin and niacin; iron and protein. It is classified as a low fat, low sodium food. Counting calories? There are only 210-220 calories in an average entrée serving.

California apricots belong on the sports enthusiast's table. As well as a carbohydrate source, they're rich in vitamin A, essential for healthy skin, hair and eyes. Apricots contain more vitamin A than any other tree fruit. They provide vitamin C, iron and potassium. Dried apricots are especially high in potassium, an important mineral for the athlete because it guards against muscle fatigue. Eight dried apricot halves contain the same amount of potassium as a banana — a popular fruit eaten by marathon runners.

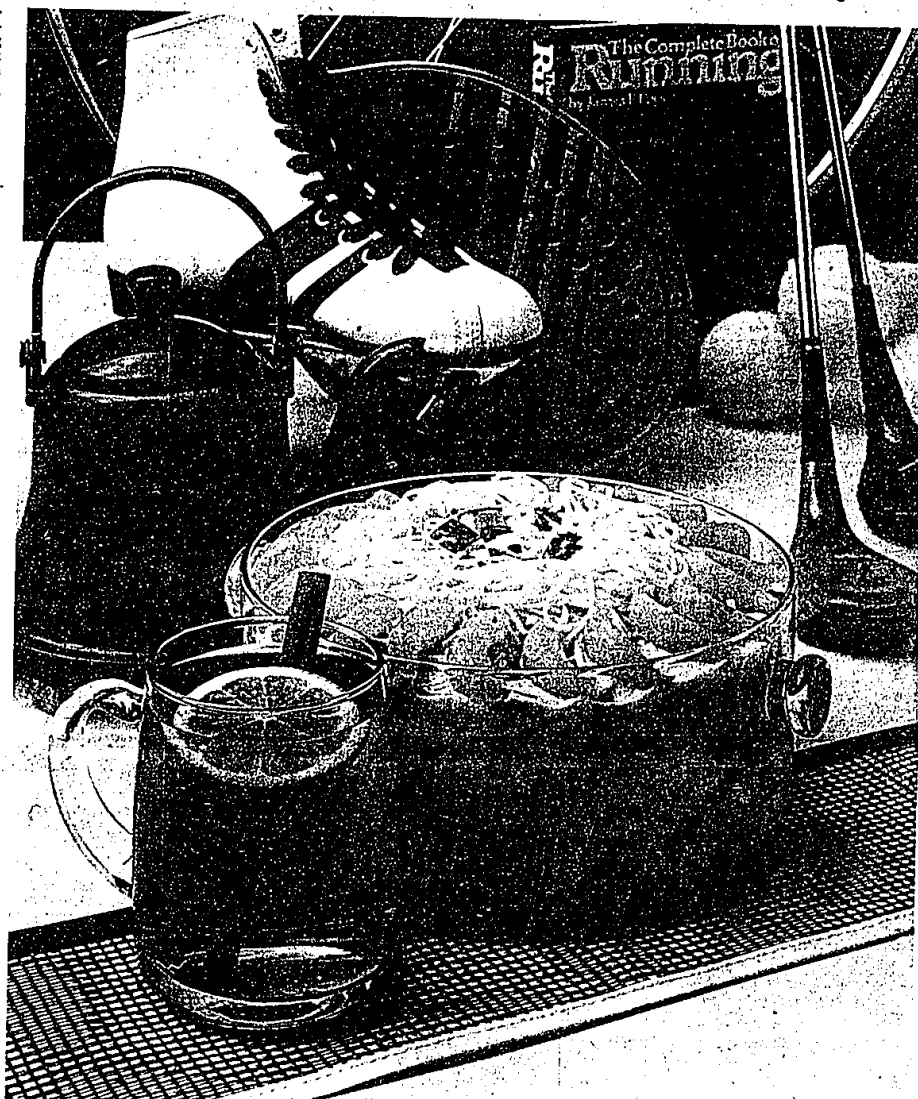
Sports Apricot-Noodle Pudding is a perfect high-energy combination. Fine egg noodles, canned California apricots, raisins and chopped apple are tossed into a light custard sauce. The sauce is made from eggs and skim milk, adding protein, calcium and vitamins A and D to the nutrients in the pasta and apricots. And there's no sugar. The pudding's sweetness is provided by the nourishing fruits. Serve as a dessert, an after-exercise snack or a luncheon or supper meal in itself.

And complement your meal with a mug of hot tea — it's the preferred beverage for topping off an athlete's meal. An excess of beverages with a high-sugar content can dull your appetite, causing you to cut down on other essential foods. Tea, hot or cold, has practically no calories, is easy to digest and serves as a mild stimulant which helps to increase exercise time and delay exhaustion. Try some variations in your tea — our healthful varieties — Apricot Spice for added vitamins A and C and potassium; Minty Milk for protein, vitamins A and D plus calcium; Orange Spice for vitamins A and C with potassium; and Hawaiian Pineapple for calcium, phosphorus and potassium. Fluids in your diet cannot be stressed enough. You should consume plenty of liquids before, during and after exercise to replenish water loss. They prevent dehydration that could lead to heat exhaustion.

Try our other high-energy recipes too. Spaghetti with Stir-Fried Vegetables, a very simple-to-prepare entrée, is sure to add pep to your step. Stir-frying vegetables and pasta means valuable nutrient retention and color.

Apricot Health Bars are packed with good-for-you foods too — dried California apricots, whole wheat and ground oat flour.

As you hit the road, trail or court, make pasta, California apricots and tea a part of the game plan. These valuable sports foods are winners!



SPORTS APRICOT-NOODLE PUDDING

(Makes 12 servings)

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| 1 quart skim milk | 1 tablespoon salt |
| 6 eggs | 3 quarts boiling water |
| 1 teaspoon ground nutmeg | 2 cans (17 ounces each) |
| 1 teaspoon almond extract | California apricot halves, |
| 1 teaspoon vanilla extract | dried and sliced |
| 1/2 cup raisins | 2 red Delicious apples, |
| 8 ounces fine egg noodles | cored and cubed |
| (about 4 cups) | |

In double boiler top, over simmering water, scald milk until bubbles appear around edge. In medium bowl, beat eggs and nutmeg with wire whisk until mixed. Slowly beat in hot milk. Return to double boiler. Cook over simmering water, stirring constantly, until mixture coats a spoon, about 15 minutes. Remove from heat; stir in almond and vanilla extracts and raisins. Pour into 3 quart bowl; chill until cool. Gradually add noodles and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally until tender. Drain in colander; cool slightly. Reserve 1/2 cup apricots and 1/2 cup noodles for garnish, if desired. Fold remaining warm noodles, apricots and apples into cooled custard. Chill until serving time.

SPAGHETTI

WITH STIR-FRIED VEGETABLES

(Makes 4 servings)

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| 8 ounces spaghetti | 1/4 pound mushrooms, |
| 1 tablespoon salt | thinly sliced |
| 3 quarts boiling water | 1 tablespoon cornstarch |
| 2 tablespoons vegetable oil | 1 tablespoon soy sauce |
| 1 cup diagonally sliced | 1/8 teaspoon crushed red |
| carrots | pepper |
| 1 medium onion, sliced | 1 cup water |
| 2 cups broccoli flowerets | |

Gradually add spaghetti and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.

While spaghetti is cooking, in a large skillet, heat oil. Add carrots and onion; stir-fry about 5 minutes. Add broccoli and mushrooms; stir-fry 1 minute. Cover and cook 2 minutes. In cup combine cornstarch, soy sauce, pepper and water. Stir into stir-fried vegetables. Cook until bubbly and thickened. Turn hot spaghetti into serving dish. Add vegetable mixture; toss.

APRICOT HEALTH BARS

(Makes about 3 dozen bars)

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| 1 package (6 ounces) dried | 1-1/2 cups whole wheat flour |
| California apricots, diced | 3/4 cup firmly packed brown sugar |
| 1/2 cup water | 3/4 cup vegetable shortening |
| 1/4 cup honey | 1/2 teaspoon salt |
| 1 teaspoon almond extract | 1/2 teaspoon baking soda |
| 1/2 cup sliced almonds | 1 carton (8 ounces) vanilla |
| 1 cup old-fashioned oats | yogurt |
| (uncooked) | 2 tablespoons old-fashioned oats |

In saucepan, heat apricots, water and honey to boiling. Cover and simmer about 15 minutes or until very tender. Stir in extract and almonds; cool to room temperature. In food processor, process 1 cup oats until ground into a fine powder. Add whole wheat flour, brown sugar, shortening, salt, baking soda and yogurt; process just until well mixed. (Without a processor, grind oats in blender and use an electric mixer to combine ingredients.) Coat a 13 x 9-inch pan with vegetable cooking spray according to directions. Spread half of batter in pan. Spread with apricot filling. Drop remaining batter on top and carefully spread evenly to cover filling. Sprinkle top with 2 tablespoons oats. Bake in 350°F. oven for 30 minutes or until top springs back when lightly touched. Cool completely on wire rack; cut into bars.

PERFECT HOT TEA

(Makes 1 quart — 6 servings)

- Rinse out a teapot with hot water and let stand a few moments to heat the pot.
- Bring freshly drawn cold water to a full rolling boil in a kettle.
- Place 6 teabags or 6 teaspoons of loose tea into the warmed pot.
- Pour 1 quart (4 measuring cups) boiling water over the tea.
- Cover the pot and let stand from 3 to 5 minutes.
- Serve plain or with milk (not cream) or for added nutrition and change-of-palate flavor with some of the following additions:

APRICOT SPICE: Add a 2-inch piece of cinnamon stick with loose tea or teabags. When tea has brewed, remove cinnamon. Stir in 1/2 teaspoon ground cloves and 1 cup apricot nectar. Garnish with a long cinnamon stick and lemon slice.

MINTY MILK: Bruise 2 tablespoons chopped fresh mint with 4 teaspoons sugar. Add with tea. When tea has brewed, strain. Stir in 1 cup milk. A few drops of mint extract may be used if fresh mint is not available.

ORANGE SPICE: After tea has brewed, stir in 1 teaspoon ground allspice and 1 cup orange juice.

HAWAIIAN PINEAPPLE: After tea has brewed, add 1 cup pineapple juice. Garnish with a spear of fresh or canned pineapple.