consumer mailbag

Q. What can I do to "perk" up a salt-free diet?

asti-free diet?

A. Many Americans whether for medical reasons or just for their own health consclosusness, are looking for ways to reduce sail in their diets.

Americans, on the average, consume between six and 18 grams of sodium per day. The suggested intake is three to eight grams per day or less than one tablespoon.

Sait is found naturally in many foods so additional salting is usually not necessary. Our taste buds, however, have been conditioning More than half of the salt was consume comes from processed foods have been a major contribution to this conditioning. More than half of the salt we consume comes from processed foods.

The best way to eliminate that bland taste that is experienced when salt has a spices. However, and the salt was consume comes can add imaginative flavors to everyday meals making the salt-free aspect go unnoticed.

There are no strict rules in using herbs, but a good general rule is not to combine two strong herbs together. One strong and one or more mild flavors will better complement each other and the food.

OUTDOOR FUN HEADQUARTERS

- Largest selection of 2x4 & 4x4 wooden play structures. Swings, trapeze bar & rings, rope ladders, stides.
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SOME OF THE BEST MANAGERS IN THE WORLD HAVE DIABETES.

Controlling glucose levels is the management challenge of a lifetime.

There are blood tests to conduct, exercise routines to plan, and special meals to prepare.

And for nearly one million Americans with insulin-dependent diabetes, daily injections to administer.

Not to mention coping with the stress of knowing diabetes can lead to heart disease, kidney disease, and

For all the work they do, people with diabetes deserve more than a pat on the back. They deserve a cure.

Support the research of the American Diabetes Association





Glbb

Tips for using herbs and spices:

The weaker the flavor of the food, the lower level of seasoning is needed for a satisfactory balance of flavor in the finished foods.

Dried herbs are stronger than

fresh and powdered are stronger than crumbled. ¼ teaspoon powdered herbs equals ¼ — 1 teaspoon crumbled equals 2 teaspoons fresh.

• Fresh herbs should be chopped very line because more cut surface.

Be conservative in the amount you use until you are familiar with the herbs strength. Aromatic oils can be as objectionable as no seasoning when too much is used.

Herb flavor is lost by extended cooking. Add herbs to cooked foods

during the last 45 minutes. For cold foods, such as dips, cheeses, or dress-ings, herbs should be added several hours to overnight before serving.

· Dried herbs should be stored in dry, plastic bags or tins — not in cardboard. Keep them out of direct sunlight and away from the heat. It is also recommended that herbs and spices be replaced yearly to insure freshores.

Beware of herbal salt blends. Many are primarily salt with herbs added. Read the ingredients label carefully.

Scholarships given to OCC students

Twenty-six area students have been named to receive scholarships for the spring semester at Oakland Community Cotlege.

Community College.
They include:
Berkley: Barbara Conneen, attending the Royal Oak-South-field campus.
Farmington Hills-April Gartett and Michael Kozlowski, students at the Orchard Ridge campus.

pus.

Livonia: Joanna Rotondo, attending the Orchard Ridge campus.

Novi: Ann Marle Hile, attend-

ing the Higland Lakes campus.

Rochester: Cari Ann Dabrowski, attending the Auburn Hills campus.

Rochester Hills: Rebecca Wasko, attending the Auburn Hills campus.

eampus,

Troy: Michelle McHale and
Julic M. Opipari, both attending
the Royal Oak-Southfield campus,
and Susan Pavlich and Danica
welman, attending the Auburn
Hills campus.

West Bloomfield: Jill Gralinski, of the Highland Lakes campus.

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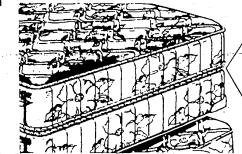
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