

Know the basis for the basics in foods

LANCASTER — Do you remember the basics? Did you think knowing the basic food groups were just for school? Not at all; we need them every day to insure good health and tasty meals. The basic groups should be with us in our minds and at the

table as we prepare shopping lists and meals.

According to Anna V.A. Resurreccion, Extension nutritionist at Penn State, an adequate diet is one that provides enough protein, carbohydrate, vitamins, minerals, and other

nutrients to maintain health. If you and your family can develop the habit of selecting balanced meals from these food groups, in the proportions recommended, you will not only help yourselves now, you'll be likely to maintain healthy eating patterns in the future.

Knowing the basic food groups is also the first step in making wise substitutions for foods that have become too costly, are out of season, or for foods we may want to vary — macaroni and cheese may be good, but not every night! Here's a refresher list and some recommendations for its use.

— One serving of the milk and cheese group is the same as one cup of milk or yogurt, one and a third cups of Swiss or cheddar cheese, one and a half cups of ice cream or ice milk, two cups of cottage cheese, or two ounces of processed cheese food.

Adults need at least two servings of this group a day. Children under 9 need two to three servings and children between the ages of 9 and 12 need three. Teenagers and pregnant and nursing mothers should have four servings from the milk and cheese group each day.

— One serving of the meat, poultry, fish, and beans group is the same as two to three ounces of lean boneless cooked meat, poultry, or fish; two eggs, one to one and a half cups of dried beans, peas, soybeans, or lentils, four tablespoons of peanut butter; or one half to one cup of nuts, sesame seeds, or sunflower seeds.

All age groups should have two servings of this group each day. Those counting calories or watching their cholesterol levels should note that poultry and fish (but not shellfish) have less fat content than do red meats.

— One serving of the vegetable

and fruit group is the same as one half cup of fruits of vegetables, one small salad, one medium potato, one orange, or one half grapefruit.

Children and adults need at least four servings of this group every day. One serving should be a citrus fruit for its vitamin C content and at least one should be a dark green or deep yellow vegetable for its rich supply of vitamin A.

— One serving of the bread and cereal group can be one slice of bread, one half to three quarters of cooked cereal or pasta, or one ounce of ready to eat cereal.

This group includes all products made with whole grains or enriched flour or meal — biscuits, waffles, pancakes, cornbread, grits, rice, barley, bulgur, and tortillas. All children and adults should have four servings from this group each day. Choose whole-grain products when possible. They not only help eliminate but add valuable vitamins and minerals to your diet.

— Fats, sweets, and alcohols are a group of foods we often eat. We receive little nutritional benefit from them yet they add calories. They are a group of extras we sometimes find difficult to resist — just a taste, just a bite, a sip. Consumption of these depends upon individual activity level, age, and size.

Resurreccion says that the suggested number of servings in this daily food guide provides an average of about 1200 calories. Anyone needing more, can make adjustments according to individual need. Anyone who requires less calories needs to be extra careful to get sufficient nutrients from their total diet. If you balance your daily eating habits according to this guide, you'll receive an adequate supply of protein, carbohydrates and fats and most of the vitamins and minerals you need. Eat in health and in moderation.

Promotion is busy endeavor

(Continued from Page B2)

visitation, she received a number of thank you notes from the children. She picked out a few which tickled her to share with our readers. One read: "I learned a lot about milk and how it is processed from cows." Another went: "Thank you for coming to our school to tell us about milk and the things in it, even though it made me half sick."

Still another read: "I learned a lot of things I never knew before, starting with the protein in milk and that cows have hair."

Charlene says, however, she does not have a favorite age group to talk to. She was curious to see how she would relate to the high school students last week since they were so close to her own age, but she was relieved to see that they were receptive to her and her presentation.

Getting teenagers and adults to drink milk is a big challenge as Charlene sees it. She often gets kidded by her Choraleer friends, when they eat out, that she is a dairy princess twenty-four hours a day because she always orders milk rather than colas!

If example is a tool for teaching, then Charlene should make a good case for choosing milk rather than colas. She is slim and stands and sits with a posture which points to well-being and vitality. Add to the strength of such an appearance, a flawless complexion, sparkling, dark eyes and shining, curly, dark hair, and the cola crowd has a formidable foe!

In addition to the many

banquets, mall promotions, and other state-wide functions, Charlene also organizes the local school presentations on her own on her days off from work at the grocery store. She hopes to use the late winter and early spring months to complete these visits because her state appearance become more numerous in May and June. Eventually, and much faster than she even thought, her appearances will end at the state pageant in September.

Until that time, however, she plans to fit as much as she can into her schedule. She looks back now on the first half of the year as state princess and has found it a valuable experience. She remarked positively about the many officials of government and agricultural organizations across the state she has had the opportunity to meet, the many children she has spoken with, the challenges and their resolutions she has experienced and the words of encouragement and help that she has heard.

Charlene is the daughter of Mr. and Mrs. Elvin Rohrer, Jr., Cochranville. Her parents milk fifty Holsteins on their 150-acre farm. Charlene has two older sisters now married, and two younger brothers.

All too quickly the year will be gone; but as one recently printed comment by a school official said, "Our local dairy farmers can be proud of the job their Dairy Princess is doing in promoting the use of milk in good nutrition."

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