

## Slimming Menus Feature Pork

NEWARK, Del. — Today's fitness boom has been accompanied by an increased interest in healthy, weight-conscious diets. For good nutrition and weight control, include red meats in meal plans, advises University of Delaware Extension Home Economist Debbie Amsden.

For example, three ounces of cooked, lean, trimmed pork provides a man between the ages of 23 and 50 with 45 percent of his

RDA (Recommended Daily Allowance) for protein at a cost of only eight percent of his average daily caloric expenditure.

That same three ounces also contains 90 percent of his RDA for thiamine. In fact, pork is probably the single best source of thiamine in the human diet.

"It's possible to cut calories in half by buying lean cuts and by trimming all visible fat before eating," Amsden says. Sub-

stituting lean cuts for those known to be high in fat is another wise idea. For example, one ounce of Canadian bacon will weigh about the same after cooking as three strips (three ounces) of crisply fried bacon. But the bacon strips will have twice as many calories and three times as much fat.

"Another way to continue to enjoy some of the higher calorie pork products while losing weight or trying to maintain weight loss is to serve smaller amounts less often," Amsden says. "Instead of having three bacon strips with scrambled eggs, cook only one strip and crumble it over the eggs for flavor."

She says there are some definite things to avoid when trying to eat to be slim. For example, replace frying with baking, broiling or stir-frying. Substitute low-calorie ingredients whenever possible. Make thickened sauces with skim milk and instantized flour to replace sauces and gravies made with fat.

Here are three slimming menu ideas.

**Breakfast-Brunch (295 calories).** Top one toasted English muffin with one ounce Canadian bacon and one ounce grated cheese, for 205 calories. Serve with a cup of hot tomato soup, which adds another 90.

**Lunch (412 calories).** Combine ¾ cup plain yogurt with ½ cup cubed ham, ½ cup diced apple, 2 tablespoons chopped celery, 1 tablespoon chopped walnuts, 1 tablespoon raisins and a bit of honey for a main dish waldorf salad at 362 calories. Add another 50 calories with melba toast.

**Dinner (524 calories).** Serve 3 ounces of broiled pork steak seasoned with garlic and a bit of soy sauce along with ½ cup green beans (240 calories), ½ cup seasoned steamed browned rice (116 calories), ½ cup carrot/cabbage slaw (48 calories) and ½ cup custard (120 calories).

## Eat Your Roughage

LANCASTER — "Eat your roughage," may be a phrase burned in your memory by your grandmother or mother who was sure her sage advice would bring increased health benefits.

It turns out the advice wasn't all that bad, claims Dairy Council Inc., Southampton, who says this common food substance, though not essential to the body, may reduce incidents of obesity, diabetes, colon cancer, heart disease, diverticulosis, constipation, hemorrhoids, and varicose veins.

Dietary fiber is that part of food not digested by enzymes in the small intestine, where most food is digested and absorbed. It is important to consume just enough fiber: too much can lead to gas formation; not enough can cause a variety of effects.

Technically, fiber is not a nutrient but a type of complex carbohydrate that is largely indigestible as it passes through the food tract. Its presence in the intestines promotes regular elimination by making unabsorbed food products bulkier and softer, which hasten their passage through the intestinal tract. This aids in regularity and also seems to increase elimination of bile acids, sterols, and fat.

Most Americans consume about 20 grams of dietary fiber daily — but many experts say this intake should be doubled. There is also evidence that fiber intake in children is low. In a 1975 survey of 2,000 households, 75 percent of the children ate less than four servings per day of breads and vegetables, and 65 percent ate less than four servings per day of fruits and vegetables.

Even though fiber intake in children is low, scientists resist the temptation to routinely encourage increasing the suggested amount. In the first place, children have a small stomach capacity. Fiber-rich foods are bulky and have a low-caloric density. Most children might find it difficult to consume sufficient calories on a high-fiber diet unless they eat large amounts of nuts and legumes.

High-fiber foods include whole grain and bran breads, cereals, flour, dry beans and peas, green beans and peas, lima beans, lentils, peanuts with skins, snow peas, nuts, popcorn, and seeds.

Fruits and vegetables with edible skins and seeds are apples, blueberries, cucumbers, grapes, plums, potatoes, prunes, raspberries, summer squash, and tomatoes. Raw or lightly cooked vegetables might be asparagus, broccoli, cabbage, cauliflower, celery, and corn. Root vegetables include beets, carrots, sweet potatoes, and turnips.

A fail-safe way to make sure your fiber intake is on par — not too much nor too little — is to eat foods from the four food groups, says Dairy Council, in recommended serving sizes. These are milk and dairy products — 2 servings daily for adults and three for children; meats — 2 servings; fruits and vegetables — 4 servings; and grains — 4 servings. Follow this guideline will almost guarantee you the proper fiber intake and make this "forgotten" nutrient more visible in your diet.

## LOOK TO KELLER BROS. FOR LOW FINANCING RATES

# 8 3/4%

### ANNUAL PERCENTAGE RATE FINANCING FOR UP TO 48 MONTHS!

Buy and take delivery of any new Ford Series 10 tractor or powerful TW Series tractor before November 30, 1983. We'll help arrange low 8-3/4% **FIXED ANNUAL PERCENTAGE RATE** financing for qualified buyers for up to four full years through Ford Motor Credit Company.

### OR DELAY YOUR PAYMENTS UNTIL APRIL 1, 1984!

Prefer to delay payments instead? We can help arrange up to 7 months waiver of payments for qualified buyers, followed by up to four full years of 10-3/4% **FIXED ANNUAL PERCENTAGE RATE** financing on all TW tractors and Series 10 tractors (excluding 2310). You'll make no additional payments and finance charges will not begin to accrue until April 1, 1984!

### 10 3/4% ANNUAL PERCENTAGE RATE FINANCING ON 1,000 SERIES TRACTORS!

Buy and take delivery of a stocky new Ford 1000 Series compact diesel tractor by November 30, 1983. We'll help arrange 10 3/4% **FIXED ANNUAL PERCENTAGE RATE** financing for qualified buyers for up to four full years.

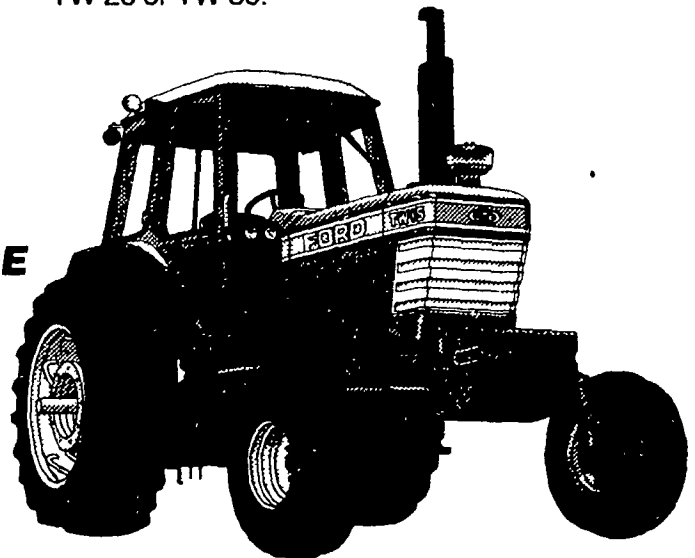
All offers require a qualifying down payment

or trade-in. Certain restrictions apply. *Physical damage and credit life insurance not included.*

### AND THERE'S MORE!

You also get three years of exclusive Ford Tractor Care FREE when you buy a new Ford TW-5, TW-15, TW-25 or TW-35.

Or get the Ford Extended Service Plan FREE and take advantage of special factory incentives on Ford mechanical front-wheel-drive when you buy a new Ford TW-10, TW-20 or TW-30.



**CALL FOR SPECIAL PRICE ON TW 20 DEMO TRACTOR**

PARTS ★ SALES ★ SERVICE

# KELLER BROS.

1921 TRACTOR CO. 1983

717-949-6501

Rt. 419 Between Schaefferstown & Cornwall, Lebanon County

