



Ladies Have You Heard?

By Doris Thomas

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LOW-FAT ENERGY AND COMPLEX CARBOHYDRATES
Do you avoid the "banished dozen?" These nutritious foods — bread, potatoes, corn, rice, beans and pasta — have the undeserved reputation of being fattening. However, complex carbohydrates (starches) contain only four

calories per gram, just like proteins. They provide the glucose necessary for body movement, food utilization, brain functioning and body temperature maintenance. In addition, they make it possible for the body to

spare protein for cell growth and tissue repair.

Increasing the amount of complex carbohydrates in your diet doesn't have to mean a jump in caloric intake. However, some caution is required. Starches become high calorie foods when fried in oil, served in rich sauce or topped with butter. Minimizing fatty toppings is the key to keeping calorie count under control. Gram for gram, fats contain twice as many calories as carbohydrates.

Preparing low-fat dishes doesn't mean sacrificing flavor. Layer lasagna noodles with low-fat cottage cheese, cooked spinach, mushroom-tomato sauce and mozzarella. Your family will enjoy eating spinach cooked this way, and a single serving has only 224

calories.

Mix parsley, chives, basil and dill to replace the butter you add to hot noodles. Or combine one tablespoon of mushrooms and one of plain yogurt. This tasty topping saves 90 calories when used in place of one tablespoon of butter.

Americans obtain about 45 percent of their daily caloric intake from carbohydrates, a decrease of 11 percent from 1909. In addition, total starch consumption is down 17 percent, while refined sugar intake has increased five percent. Since consumption of simple carbohydrates provides little nutritional value, the refined sugar calories are empty ones and would be more beneficial if ingested as starches.

PLASTIC MADNESS STRIKES AGAIN

Plastic madness — also known as the credit card spree — is a seasonal disease. The symptoms include unplanned, last minute, panic Christmas buying. If you suffered from plastic madness last year, you remember how much it hurt after the season was long gone.

You can avoid the after pains of coping with a shattered budget if you and your family exercise a little caution and follow these tips for restraint.

Always begin shopping with a list. Even if you have made your list and checked it twice, there is nearly always someone to add at the last minute or a simply splendid gift that catches your eye. Don't just whip out your credit card and buy. Add the gift and the name to your list. Then add the price to your running total of holiday purchases, and give yourself a day or two to reconsider. Using a credit card is not a way to increase the amount of money you have to spend. Credit is only a way to defer your bills.

Keep checking your total as you buy gifts. Keep an additional list of everything you buy on credit so you will have a clear idea of your credit obligations in coming months as you buy your gifts. If you find your credit purchases reaching 20 percent of your monthly take home pay, STOP. Fixed expenses in the winter months are already high for most families and additional credit payments may be more than your budget can manage.

Don't think of holiday giving as a time to make amends, make an impression, or generally make a show of what you can do. Holiday time is a time to think of others. So, keep your gifts simple and let your thoughtfulness shine through. For instance, last minute stocking stuffers don't need to be expensive treasures. Make them gifts that matter. Something you've made yourself or coupons good for tasks at home. Services such as shoveling snow, baby sitting, floor polishing, window washing, or even grocery shopping are always welcome gifts.

Ad you buy, ask yourself if your friend or family member would want you to go into debt just to buy their Christmas present? Would you want your friend or relation to go into debt for you? Wouldn't you prefer a hug, a note of affection, or a simple homemade gift? Follow your judgement, not your impulse to buy.

DELCO Home Economists

MEDIA — Maryette Dorricott and Greta Vairo, of Delaware County, joined more than 1,400 home economists for the annual meeting of the National Association of Extension Home Economists (NAEHE) participating in professional and personal development. They met at the Atlanta Westin Peachtree Plaza Hotel, Oct. 24-27.

Working under the theme, "Traditions, Transitions and Tomorrow," the group spent the week hearing speakers, contributing to committee meetings and workshops and applauding national award winners. Home economists from throughout the country presented workshops and exchanged ideas on such topics as strengthening the Extension partnership, changes influencing the consumer, coping with unemployment, electronic technology, adolescent pregnancy, urban programming and many more.

The program also featured special presentations, including Distinguished Service Awards, communications awards, fellowships and installation of national officers.

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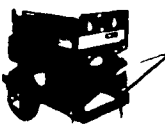
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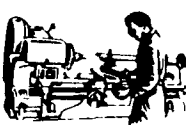


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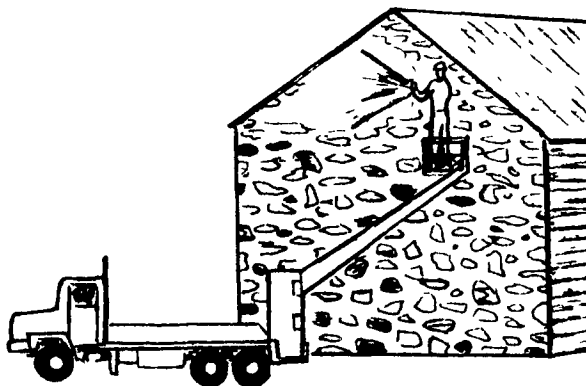
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