# Stress plays key role in diet choices

SOUTHAMPTON, Nutritionists have long proposed that a relationship exists between diet and behavior and the way we

Cook's

feel according to the Dairy Council Inc. And one type of behavior pattern almost inescapable in today's contemporary lifestyle is



ANSWER - Mrs. G. Martin, Ephrata, requested a recipe for strawberry shortcake. Thanks go to Charlotte Stratton. Chambersburg, and to Susan Esh, Gordonville, who shared

#### **Sweet Cream Shortcake**

34 cup cream heavy or whipping

1 egg

1/4 cup sugar

11/4 cup sifted flour

½ teaspoon salt

2 teaspoons baking powder

Beat together cream, egg and sugar. Sift in dry ingredients and mix. Put into greased round 8-inch cake pan and sprinkle a little sugar on top if desired. Bake at 350°F. for 25 minutes. When done, cut into wedges, split wedges and serve warm with crushed strawberries, peaches, etc. and a pitcher of whole milk or a dollop of whipped topping. Delicious!

#### **Shortcake**

½ cup sugar

1 egg

4 tablespoons melted butter

½ cup milk

2 tablespoons baking powder

Combine all ingredients and beat. Bake 30 minutes at 350° F. Delicious with strawberries and milk.

ANSWER - Mrs. Lois Delp, Dimock, asked what Clear Jell is and where to buy it. Thanks go to Mrs. Eli Stoltzfus, Gap, for answering her question.

### Clear Jell

I don't know what it is made of, but it is a white powder, almost like cornstarch, and can be bought (usually in plastic bags) at the following stores: Shady Maple, Yoder's of New Holland, Zimmerman's in Intercourse, Kauffman's Fruit Farm, along Route 340, Sleepy Hollow Kountry Store in White Horse, and 322 General Store in Ephrata.

QUESTION - Mitz Zook, Belleville, is still looking for a recipe for bagels.

QUESTION - Julia Euclide, Delta, is still looking for ice cream recipes that use little or no cream.

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it s complete. Nowadays it s almost impossible to eat a balanced diet. Vita Mist provides the ced diet. Vita Mist provides the ritamins your diet may lack while working with the nutritional value of the foods you eat

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There are two types of stress: physiological stress is biological reaction to physical injury, such as severe burns; psychological stress is reaction to mental conflict.

Persons tend to translate psychological stress patterns in individual ways. Some of us eat more when angry, bored, or depressed. Others can't eat at all. Persons under stress even complain of reduced tasting ability. We may not even realize the extent of stressful conditions until we experience symptomatic reactions.

Stress can create dietary malfunctions, such as sugar cravings, which could lead to high blood sugar levels. And when we're stressed, we tend to store more sodium and fluids. This water retention creates a vicious cycle:

the more stressed we are, the more we store; the more we store, the more stressful we feel. Persons should decrease sodium intake and increase fluid intake to alleviate stress.

Studies show that milk may be an ally against stress since milk contains the amino acid tryptophan, which acts as a natural sedative to our system.

Milk may also be good for those suffering from hypertension. Though the exact cause of hypertension is unknown, a variety of factors, including emotional stress, influence an individual's blood pressure. A relatively new and promising area of medical research points to dietary calcium as playing a key role in regulating blood pressure. Research findings from several scientists across the country suggest that a low intake of calcium increases blood pressure and, conversely, inthe diet may protect against the conditions.

disease.

Abnormal eating behavior, such as food fads and weight reduction schemes which can result in anorexia nervosa or compulsive overeating and often leading to obesity-is often associated with psychological stress. In general, nutrient requirements of stressed individuals are influenced by previous nutritional status; the nature, frequency of intensity, and durati the stress; and the amount and type of nutrients lost from the body.

For the stresses encountered in daily living, nutrient intakes in excess of the Recommended Dietary Allowances are usually unnecessary.

In general a normal diet consisting of varied foods from the four food groups-milk, meats, fruits and vegetables, and grainsin moderate servings should provide the nutritional backup creasing the amount of calcium in needed to counter transient stress



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