



Cook's Question Corner

If you are looking for a recipe but can't seem to find it anywhere, send your recipe request to Cook's Question Corner, care of Lancaster Farming, P.O. Box 366, Lititz, Pa. 17543. There's no need to send a SASE. If we receive an answer to your question, we will publish it as soon as possible.

Answers to recipe requests should be sent to the same address.

QUESTION - Mrs. Charles Emerich, Summit Station, would like a recipe for Lepp cookies

QUESTION - Marie A. Cairns, Honey Brook, would like a recipe for a sweet yeast dough that is out, deep fried and has an apple cutter filling. Can anyone help?

QUESTION - Dwayne Roland, Westover, would like a recipe for canning mushroom soup

QUESTION - Raymond Schreyer, Boyertown, is looking for a good recipe for rattlesnake.

QUESTION - Mildred Sickler, Falls, would like a nut roll recipe that makes four to six rolls

Dietary Guidelines recognize importance of calcium

CAMP HILL — The newly-published second edition of "Nutrition and Your Health: Dietary Guidelines for Americans" stresses nutritional principles of moderation, variety, and balance—long supported by the dairy industry and used as a framework for broad-based nutrition programs.

Though one description of the guidelines states that... "health depends on many things, including heredity, lifestyle, personality traits, mental health and attitudes, and environment in addition to diet, there is an overriding concern that, while diet modification may be in order for some individuals, there is no single "best diet" that can be recommended for everyone.

The guidelines are published by the USDA and the U.S. Department of Health and Human Services. Research findings, such as those contained in the guidelines, are interpreted through nutrition programs conducted by Dairy Council units, nationwide, says Dairy Council Inc., Southampton. Such programs emphasize the public's, individual needs, preferences, and diverse lifestyles. The industry believes the

recommendation to "limit intake of salty foods such as potato chips, pretzels, salted nuts, and popcorn, condiments (soy sauce, steak sauce, garlic salt), pickled foods, cured meats, some cheeses, and some canned vegetables and soups" should be placed in proper perspective.

One ounce of Mozzarella cheese containing 106 mg. of sodium can be defined as "low sodium." The FDA defines low sodium foods as containing 140 mg. or less of sodium per serving. Cheese provides a wide variety of nutrients in contrast to the limited number provided by pickles, pretzels, and potato chips.

USDA data show milk, cheese, yogurt and other dairy foods contribute 74 percent of the calcium, 37 percent of the riboflavin, 21 percent of the protein, 20 percent of the vitamin B12, 20 percent of the magnesium and several other vitamins and minerals, but only 10 percent of the calories and 11 percent of the fat in the United States food supply.

The industry does applaud the guidelines' recognition of the need for calcium and dairy products in its statement "Dairy products are major sources of calcium and

many other nutrients. Recent research suggests calcium may play a role in preventing osteoporosis."

Dietary Guidelines for 1985

- Eat a variety of foods
- Maintain desirable weight
- Avoid too much fat, saturated fat, and cholesterol
- If you drink alcoholic beverages, do so in moderation
- Eat foods with adequate starch and fiber
- Avoid too much sugar
- Avoid too much sodium

It should be remembered, says Dairy Council, that the guidelines apply to healthy Americans—and not to those people who need special diets because of diseases or conditions interfering with normal nutritional requirements.



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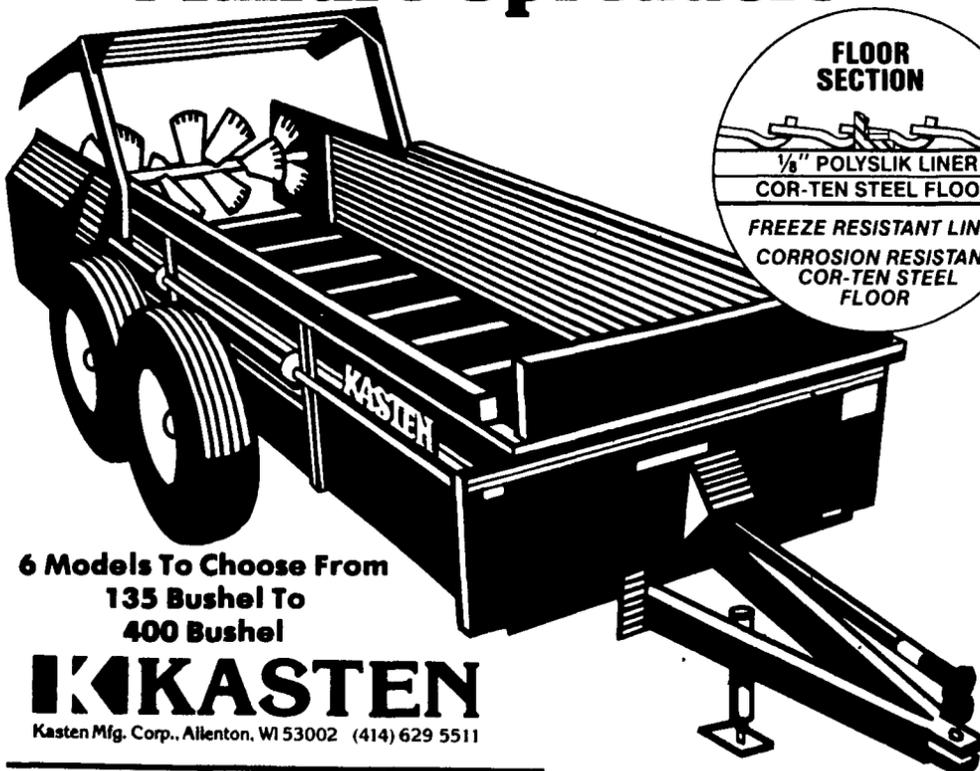
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