



Have You Heard?

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TRY MEAT SUBSTITUTES FOR A CHANGE OF PACE

Even though we all have our definite favorites, we don't really want the same food all the time, nor can we always afford it. Variety is the spice of life, so let's look at some changes you can make.

Smart shoppers and good cooks are always looking for flavorful substitutes for the usual dinner stand-by. But, many of us feel that unless we eat meat we won't get adequate amounts of protein to meet our body's needs.

Meat substitutes can easily supply adequate protein and other nutrients. Wise substitutions can also stretch food dollars.

When selecting substitutes for servings in the meat group you should consider their approximate protein content. They should supply a total of 30 grams per day. For example, 2 eggs supply about 15 grams of protein, one cup of macaroni and cheese supplies 15, and cornbread and one cup of beans, supplies about 20 grams.

Meat substitutes can be made up of complete proteins such as milk and eggs. They can be extended proteins -- that is, milk, meat, and eggs cooked with or added to grains, beans, and nuts. They can even be a combination of incomplete proteins which together make up a complete protein. Cereal with milk, cheese pizza, rice pudding, tuna rice casserole, chili, and many other combinations are familiar extended dishes in many households. They are good to eat and relatively inexpensive to prepare.

So are those incomplete protein combinations that supplement

each other. Here's a list of hearty, inexpensive meatless dishes to help you get through the remaining weeks of the winter.

- * Baked beans/cornbread
- * Black-eyed peas/rice
- * Beans, tortillas or brown bread
- * Beans/barley soup
- * Lima beans/corn
- * Beans/pasta
- * Refried beans/rice or tortilla
- * Pita bread/chick pea puree

You may not have considered these dishes to be adequate meat substitutes, but they are. Served as part of a well-balanced menu from the four food groups, these substitutes will help you maintain your health without costing a fortune.

START GOOD EATING HABITS EARLY

Do you know that experiences children have between the ages of two and six often become the basis for their food habits later in life? Keep this thought in mind there are some important things to remember about food and your children.

Most importantly, remember that children learn by imitating. If you as parents set a good example in your eating habits, your children will learn from you.

Children may eat less during this period of their lives than you think they should. Remember that they are growing more slowly than during the first two years of life and require less food.

Kids who feel well are reliable judges of how much they want to eat. Insisting that they always "clean the plate" encourages overeating.

Your youngsters may have definite food preferences which

change from time to time. Don't worry too much about temporary food jags.

A relaxed, calm atmosphere where they are not forced to eat will most likely contribute to good eating.

New foods will be more readily accepted if they are introduced one at a time and in very small serv-

ings. If your child refuses a new food, try it again later and perhaps in a different form.

Kids handle small glasses, cups, forks and spoons easier than adult size. Food cut in bite-size pieces and finger foods are easier for them to eat.

Offer your children water occasionally between meals. Thirst can

be mistaken for hunger.

Sometimes children cannot eat enough at a meal to last until the next one. Choose between meal snacks carefully. Foods such as milk, pieces of raw fruit and vegetables, fruit juices (not sweetened fruit drinks), cheese, and plain crackers are food nutritious snacks.

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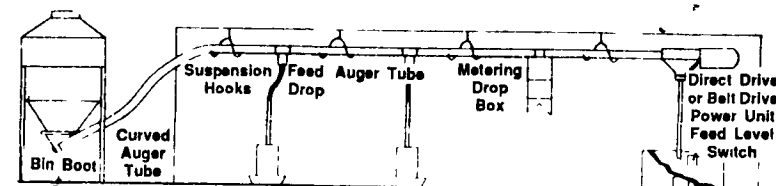


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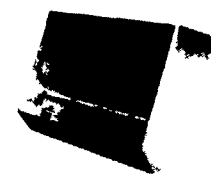
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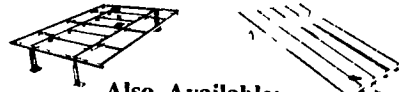
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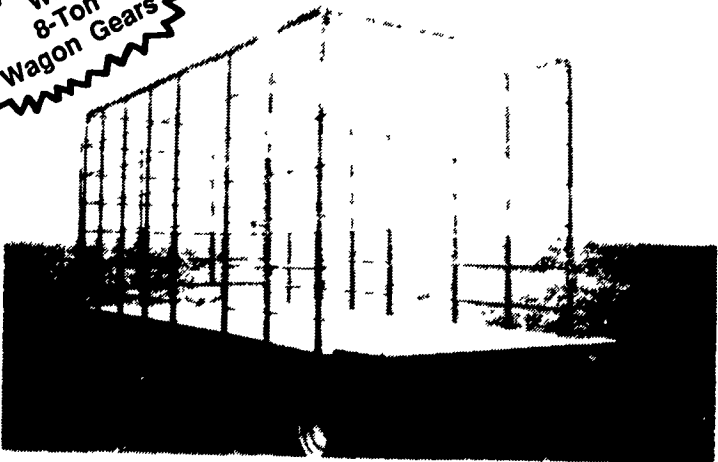
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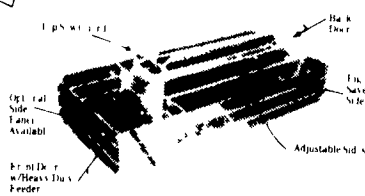
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