



Have You Heard?

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Pack Your Snacks With Nutrients

Snacks have become the fourth meal for many people. The problem with many of our snack foods is that they contain calories from fat and sugar, but little protein, vitamins, or minerals.

Research has proven that diets loaded with high calorie-low nutrient foods contain too many calories to maintain a desirable weight, and not enough of the right kind of foods to meet nutritional needs.

Nutritious snack food options may be greater than you think. Unbuttered popcorn is a good snack for people who like to munch but want to keep their calorie count under control. It may also be wise to use a light hand with the salt shaker the next time you settle down with a bowl of popcorn. High levels of sodium in the diet have been associated with hypertension or high blood pressure.

Carrot and celery sticks or apples and bananas are excellent snack choices, but so are a number of other fruits and vegetables. How long has it been since you had a piece of fresh pineapple, a nectarine or an apricot? Have you tried raw broccoli and cauliflower, or rolled cabbage leaves around cheese?

A soda is not the only answer to the unquenchable thirst for something cold. Unsweetened fruit juice is refreshing and contains vitamins and minerals. Be sure to choose a fruit juice and not a fruit flavored drink that is often fortified with vitamins and minerals but contains far more sugar.

For the milkshake fans at your house, try beating one banana into one cup cold milk until the mixture is smooth and creamy. Another childhood favorite is one-half cup orange juice mixed with one-half cup of milk and a dash of nutmeg.

Bread and bread products,

which are part of the complex carbohydrate family, offer variety as well as nutrients for the frequent snacker. Peanut butter spread on a slice of whole wheat bread, for example, has protein, iron and B vitamins along with its 160 calories.

Muffins can be quick and easy snacking favorites and can be enhanced by adding different fruits and vegetables to the batter. Substituting some whole wheat flour for the flour called for in a recipe (you can safely substitute up to one-half of the flour and achieve good results) will create a flavor change. Try adding some wheat or oat bran or sunflower seeds for a nutty texture. All of these variations will increase the fiber content of the muffins.

Expanding your snacking selections by selecting food for health can be an adventure. Take time each week to plan and prepare nutritious snacks and you will receive dollar savings as well as nutritional benefits. Snacking wisely does not take away the fun.

Try the following recipe for Oatmeal Apple Muffins. One of these muffins has 102 calories compared to 275 calories for a Danish pastry or 205 for a glazed doughnut. It also provides you with important nutrients, while the pastry and the doughnut provide little more than calories.

Oatmeal Apple Muffins
¾ cup rolled oats, quick cooking
¾ cup plus 2 tablespoons milk

Ida's Notebook

Ida Risser



We were blessed with ample rain the last half of July. Our corn was planted late but now is growing rapidly and developing ears. Even the alfalfa made a remarkable recovery from the drought.

And, the rains made everything in my garden grow—especially the weeds. I spent most of the last two weeks pulling weeds by hand as the ground was too wet to hoe. It is difficult to believe the speed at which the weeds grew. Finally I have everything in control again and I'm harvesting lots of vegetables.

This morning I dug one-half bushel of potatoes from ten plants and pulled one-half bushel of yellow onions for next winter's use. The cucumbers are keeping me busy canning every other day and my cantaloupes have grown extra large this year.

When I work outside, I see and hear a lot of birds in our large trees. There are blue jays, cardinals, thrush and song sparrows. The other day I saw an Eastern Kingbird for the first time and had to go to my bird book to identify it.

Our geese have not had good luck hatching their eggs this summer. First they made a nest on a sandbar and high water destroyed it. Then they built two nests on a small island in the Conestoga River and the recent rains, which caused two floods to cover our meadow, also covered the island.

We reduced our twenty geese to just six and it appears that that will be the number we have this winter. They are quite noisy but when they glide down the river they are a beautiful sight and almost look like swans.

- 1 egg
 - 2 tablespoons oil
 - 2 tablespoons molasses
 - ¾ cup grated apple
 - 1¼ cups flour
 - 1 tablespoon baking powder
 - ½ teaspoon cinnamon
- Preheat oven to 400 degrees. Grease 12 muffin tins. soak oats in milk for 15 minutes. Add egg, oil, molasses, and apple, and mix well. Sift flour, baking powder, and cinnamon together and add to the oats mixture. Stir until just combined. Fill muffin tins ½ to ¾ full. Bake for 20 minutes. Makes 12 muffins.

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I'm very happy to report what the Golden Pride products have done for me. Forty-three years ago the doctor diagnosed me as having rheumatoid arthritis in my wrists and shoulders. It gradually progressed until I had it in all my joints from the bottom of my feet to the base of my skull including my muscles, heart, kidneys, and eyes. I have tried the route of aspirin (18 a day), anti-inflammatory drugs and 11 years of cortisone including injections. Pain was so excruciating that I could only sleep 2-3 hours each night. I became nauseated, even faint and my nerves went bad.

Now with Golden Pride, I'm very happy to say, I feel good. I started taking FORMULAS FOR HEALTH, January 18, 1987. In just 2 weeks I started to see health benefits, but it took 9 months before I felt any relief from my pain. I had tried every thing I could find but had received no relief until I started on FORMULAS FOR HEALTH. My pain is now getting down to where there are days that I hardly know I have arthritis. I am using Formulas 1-2-3 4 & 6 and I increased them to get these results.

The mobility of my entire body was very poor due to the arthritis. It was such a struggle to use any part of my body, I was partially bedridden. Now, I have a very active life with no canes or crutches, I can even RUN!! My whole outlook on life has changed. I have become very happy!

I also had Psoriasis, a Hiatus Hernia and Heart Palpitations that FORMULAS FOR HEALTH have helped tremendously. My Psoriasis was all over my legs, elbows, hands and in my ears. Now it's nearly all gone. My Hiatus Hernia is now under control. I have not been nauseated since last September and I have been eating with no problems. My heart palpitations were so bad that my doctor told me that I just might not make it. I went back to the doctor last November just to be checked over and she said, "There has been a big change in you! Keep up the good work." My heart feels like it is back to normal. I thank the Lord for leading me to these FORMULAS FOR HEALTH.

Vivian Martinson

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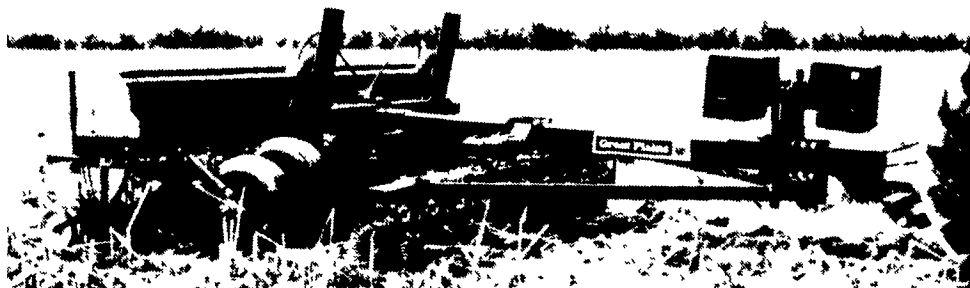
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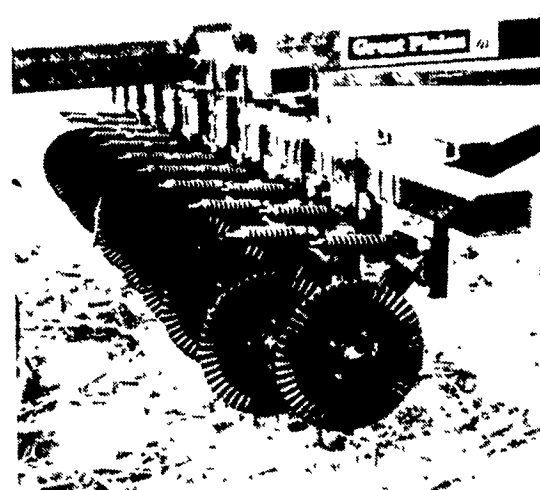
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