



Have You Heard?

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Delicious, Nutritious Summer Fruits

Health and fitness are lifetime pursuits. A diet that provides variety and balance of nutrients is essential to good health. Summer fruits with a variety of other foods eaten in moderation are beneficial to healthy lifestyles. For many Americans, a decrease in the percentage of calories obtained from fats, proteins and refined sugar and an increase from complex carbohydrates and natural sugars are healthy dietary recommendations. Summer fruits are virtually sodium and fat free, contain little protein and provide almost 100% of their calories from carbohy-

drates in the form of fructose (fruit sugar) and dietary fiber.

No one food supplies all the essential nutrients. Fresh fruits are sources of vitamins A, C complex and C. They also contain numerous minerals, including potassium, and are excellent sources of dietary fiber and water.

Consumption of foods in moderation and physical activity are important in the maintenance of desirable body weight. Fresh summer fruits are low in calories and are appropriate choices in weight reduction and maintenance diets. For fewer calories, their dietary fiber content helps create a feeling of fullness.

Dietary fiber, the term used for a group of nondigestible complex carbohydrates and lignin, helps maintain a healthy digestive tract and decreases the risk of several bowel diseases. Other possible benefits of certain dietary fiber are a decrease in elevated blood glucose levels, lower serum cholesterol levels and a decreased risk of developing colon cancer.

Fiber is found only in plant sources, such as fruits, vegetables, legumes and whole grains. Fresh summer fruits are excellent sources of dietary fiber.

Fat is the most concentrated source of energy (calories), providing more than twice the number of calories found in carbohydrates and protein. Many Americans are decreasing their fat intake due to the increased risk of cardiovascular and other diseases. Fresh summer fruits are virtually fat free (less than 1 gram of fat per medium fruit), and are recommended for low fat and low cholesterol diets.

Water is an essential nutrient in life. Consumption of approximately eight glasses of water daily is important in replacing body fluid losses and for the maintenance of good health. Fresh summer fruits are more than 80% water. They are also thirst-quenching and nutritious.

Good Canning Techniques Protect Rangetop

Are you planning to can some of this summer's fresh crop of fruits and vegetables? If so, heed this advice to help protect yourself and the top of your kitchen range.

Use flat-bottomed canners. Ridged bottoms make poor contact with electric surface units, causing elements to severely overheat.

Use a canner that fits the surface unit, with little overhang. Oversized canners trap heat, and that can damage the cooktop.

Never balance a large canner over two surface units.

Start with hot tap water and bring to a boil. Keep burner controls at the lowest setting needed to maintain boiling.

Keep reflector bowls clean for best heat reflection.

Can small batches to keep the weight of the canner to one that is easy to handle by you and the surface unit.

Keep canning sessions to a reasonable time. Canning for eight hours in a row is hard on the cook and the cooktop. Alternate use of your surface units.

Never can on glasstop surface units. They are not designed for canning and may be damaged in the process.

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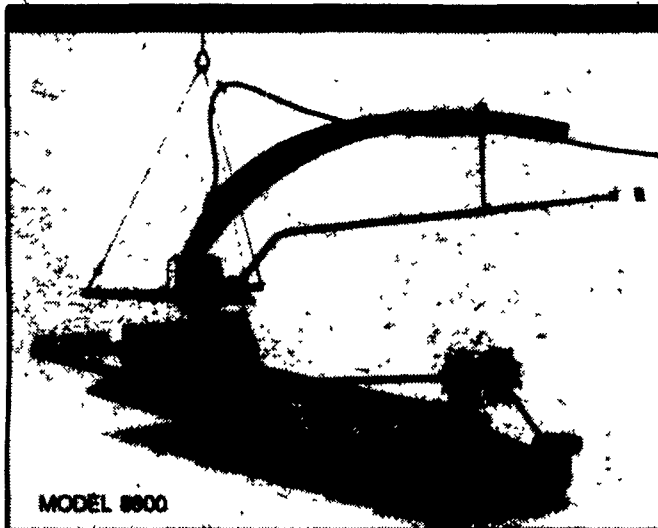
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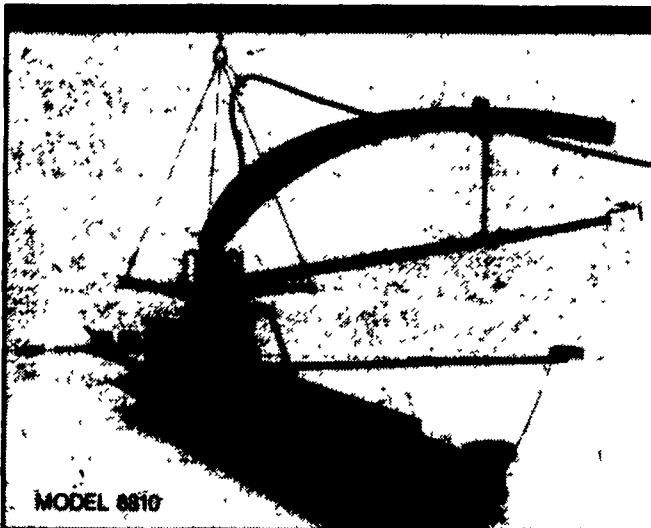
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