



Have You Heard?

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There's More To Fiber Than Oat Bran

Americans are eating smart for good health. It's more than a trend; it's becoming a lifestyle.

The current interest in the cholesterol-lowering effect of oat bran is because oat bran is a soluble fiber. Numerous research studies confirm that as part of a low-fat, low-cholesterol diet, soluble fiber can help reduce blood cholesterol levels. Soluble fiber simply means that this type of dietary fiber dissolves in water.

Many people do not like the taste of oat bran, but do not realize that there are other foods high in soluble fiber. Some fruits, such as apples and oranges, barley bran, and dried beans and peas (also known as legumes) contain significant amounts of soluble fiber.

Dried beans are rich in protein, iron and other nutrients, low in fat and high in soluble fiber. You get the same cholesterol-lowering effect from the soluble fiber in one-half cup of cooked beans as in a bowl of oatmeal or 15 slices of

oat bran bread.

People have eaten legumes for thousands of years. Nearly every culture on the planet makes regular use of them. However, bean consumption in this country has edged downward in recent decades. For one thing beans are perceived as requiring tedious preparation and, the most common complaint, "They give you gas."

Both perceptions are inaccurate. The first perception arises from the fact that beans require lengthy cooking when prepared by conventional methods rather than by microwave. True, beans cannot be prepared on the spur of the moment, but few foods require less actual time in the kitchen. Most of the work is in the soaking and in the cooking time, not in complex culinary skills.

"They give you gas" is a common complaint. The truth is, that many people can eat fairly large quantities of beans without experiencing this problem. The secret is to introduce yourself to beans gradually. You need to let your system get used to beans slowly by

eating small amounts of them frequently, and then you will be able to make them a part of your diet.

It is well worth the effort to increase your consumption of peas and beans because legumes could be considered "the perfect food." There are few foods that can provide the nutritional value of beans and the variety of tastes, colors and textures. There are many ways to use beans: as dips, on salads, in a main dish, in soup, in a burrito, as a sandwich filling, for snacks, and even for dessert (see recipe that follows). So why not explore the vast world of beans?

Pinto Fiesta Cake

1 cup sugar
1/2 cup margarine

2 egg whites
2 cups cooked pinto beans
1 cup all-purpose flour
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon allspice
2 cups diced raw apples
1 cup raisins
1/2 cup chopped walnuts
2 teaspoons vanilla

Preheat oven to 375 degrees. Cream sugar and margarine, add beaten egg whites. Add mashed beans. Mix well, Sift all dry ingredients (including spices) together and add to sugar mixture. Add apples, raisins, chopped walnuts and vanilla. Pour into lightly oiled 10-inch tube or bundt cake pan and bake for 45 minutes.

Chicken Industry Begins Decade As Meat Choice

WASHINGTON, D.C. — At the same time that chicken is becoming the nation's number one meat choice, it's also being rated by consumers as offering the most value for the money.

Americans are more satisfied with the value they get from chicken than from 50 different products and services, according to a recent nationwide survey of 7,000 families conducted by National Family Opinion, Inc. for The Conference Board. Chicken tops the list with the highest level of consumer acceptance.

So it's no coincidence that in 1990, for the first time, chicken consumption per capita is expected to surpass that of both beef and pork.

This year, Americans will spend about \$20 billion for chicken while consuming an average of 73 pounds each, according to

Albin Johnson, chairman of the National Broiler Council, which represents the nation's chicken producers.

"We attribute chicken's continuing growth in popularity to the fact that it is one of the best nutritional values available, being low in calories, fat and cholesterol while remaining extremely economical," said Johnson. "New cuts and products have also boosted both the convenience and versatility of chicken, adding to the value factor."

Chicken now accounts for almost one-third of total meat consumption, Johnson said that in 1934, the first year broiler production figures were recorded by the U.S. Department of Agriculture, 34 million broilers were produced. "This year the industry will process that number in less than one working day."

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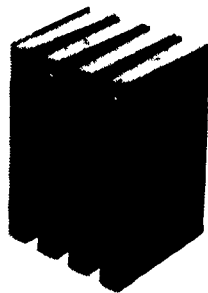
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