

Have You Heard?

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Home Economist



REDUCE FAT TO 30% OR LESS OF TOTAL CALORIES

That simple warning has been repeated hundreds of thousands of times in newspapers, magazines, on television and radio and in hundreds of booklets and recipes since the Surgeon General's report was released in 1988.

But how can the average consumer be expected to convert grams and ounces to cups and tablespoons with little idea of whether they are hitting the mark?

With the help of the following basic fat arithmetic almost everyone, who wants to, can learn how to limit their total caloric intake from fat to 30% or less.

Rule #1. With some very minor differences, all fats and oils are high in calories. Whether a recipe calls for heavy cream, butter, margarine, or vegetable oil the caloric count jumps significantly for each tablespoon used. One tablespoon of vegetable oil has 125 calories and one cup has 1,925 calories.

Rule #2. Nutrition information found on food packages is provided in grams. To understand how to use this information, you need to know that each gram of fat has nine calories. Therefore, if the calories per serving listed on the package is 300, and there are five grams of fat per serving, the calories from fat are 45. By dividing 45 by 300, you discover that only 15 percent of the calories in that food come from fat.

Rule #3. Some cookbooks, magazines and newspaper articles list the fat and calories in each serving. Others do not. Get a cookbook that does.

Rule #4. Many favorite recipes do not give you a clue as to how many calories there are per serving. But you can make an educated guess if you can remember that carbohydrates such as the sugar or starch found in fruits, vegetables, breads and cereals, grains, flour and sweeteners have four calories per gram. Proteins found in meat,

fish, poultry, beans and other foods also have four calories per grams. Fat has more than twice the calories of carbohydrates and protein. Remember, however, that high protein foods also often contain fat, so choose leaner cuts of meat, trim fat and remove skin from poultry to keep the fat calories down.

The following two recipes provide excellent substitutes for traditional high-calorie, high-fat favorites.

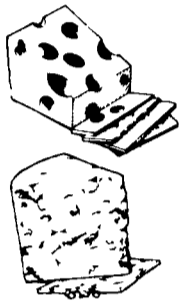
MOCK MAYONNAISE

2 tablespoons cornstarch
1 cup cold water
4 tablespoons non-fat milk powder

1 teaspoon corn oil
2 tablespoons plain low-fat yogurt

1 teaspoon Dijon mustard
1 tablespoon lite mayonnaise
1/2 teaspoon prepared horseradish

1 teaspoon sugar
4 teaspoons cider vinegar
1/2 teaspoon dry mustard
Whisk together cornstarch, cold



water and milk powder. Bring to a boil, stirring constantly, and boil for two minutes. Remove from heat and cool completely. Transfer to food processor or blender when cool. Add remaining ingredients and blend for several seconds until smooth. Chill thoroughly before using. Makes one cup. (Has only 15 calories per tablespoon compared with regular mayonnaise at 100 calories per tablespoon).

CREAM CHEESE SUBSTITUTE

1 cup plain low-fat yogurt

3 tablespoons part-skim ricotta cheese

2 teaspoons powdered sugar.

Combine all ingredients. Blend well. Place in sieve lined with three thicknesses of cheesecloth or plain paper toweling and allow to drain in refrigerator for 24 hours. Remove carefully and blend again before using. Consistency should be very thick and resemble cream cheese in texture. Makes 1 cup. (Has less than 12 calories per tablespoon compared with regular cream cheese at about 50 calories per tablespoon).

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MONTGOMERY (Montgomery Co.) — Applications for the Montgomery County Cooperative Extension Homemakers Scholarship are now available for interested Home Economics students. To be eligible, students must be a resident of Montgomery County, be entering their junior or senior year of college, and be enrolled in a

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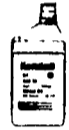
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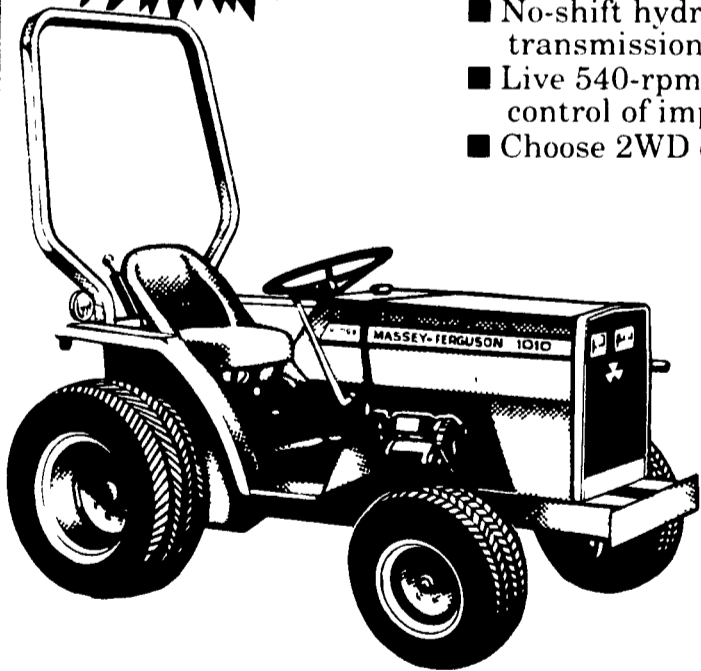


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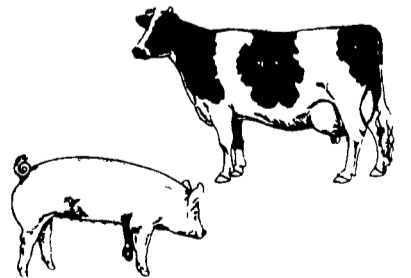
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