

## Choose Heart-Healthy Fats

HONESDALE (Wayne Co.) — First we were told of the evils of butter. Now newspaper articles are reporting that perhaps margarine isn't so terrific for us either.

Scott Murdoch, a nutritionist in Cornell's Division of Nutritional Sciences, offers these points to keep in mind when choosing fats for cooking or eating as a spread:

\* Saturated fat, which is associated with an increase in blood cholesterol, is the type of fat implicated in chronic illnesses, such as heart disease and cancer. Look for fats that are polyunsaturated or monounsaturated.

\* Don't be confused by products that are advertised as cholesterol free. Remember that no vegetable product contains cholesterol, which is found only in animal products.

\* Here's a list of fats with the least saturated ones at the top, the most at the bottom. Canola oil, for example, contains only 6 percent saturated fat, whereas butter is 66 percent saturated fat. Note that palm kernel and coconut oils,

although derived from plants, are higher in saturated fats than fats from animal sources.

canola oil  
safflower oil  
sunflower oil  
corn oil  
olive oil  
soybean oil  
peanut oil  
margarine (taken as an average of various brands)  
sesame seed oil  
cottonseed oil  
vegetable shortening  
chicken fat  
lard  
beef fat  
butter  
palm kernel oil  
coconut oil

\* Using cooking sprays made from some of the less saturated oils is one way to cut down fat intake. These can be used not only to lubricate pans but to spray directly on vegetables for oven browning. Using a pastry brush is another way to apply oil in a thin film.

\* We tend to think of margarine as better for us than butter because it's made with vegetable oils. But

to make those oils into a spread, they are treated by a process called hydrogenation. Hydrogenation also turns an unsaturated fat into a saturated one. "Not all margarines are alike," cautions Murdoch. "Some contain much more hydrogenated, that is saturated, fat than others." Read margarine labels carefully both for the types of oils used and for how many of them are hydrogenated.

\* Hydrogenation isn't the only way an unsaturated oil can become saturated. The use of heat or alcohol in extracting the oils from grains and seeds can also saturate the fat. Look for the words "expeller pressed," "naturally pressed," "cold pressed," or "naturally crushed" on the product labels. In the case of olive oil, look for "virgin" or "extra virgin." These extraction processes do not cause the oil to become saturated.

"There's no easy answer to finding the most heart-healthy fat," Murdoch says. "But the industry is beginning to pay attention to consumer demands for unsaturated, minimally processed oils that are not hydrogenated. I was served a cookie containing expeller-pressed canola oil on an airplane recently. This is the way consumers should urge the industry to go."

## Kutztown Folk Festival



No wonder this Pennsylvania Dutch lad is upset; he hoped to find lunch, but found soap boiling in a kettle. Soap making is just one of 200 craft demonstrations at the Kutztown Folk Festival scheduled for June 26-July 5. Visitors will find daily activities, 1,600 quilts on display and for sale, entertainment, and lots of Pennsylvania Dutch food. For more information, call (800) 447-9269.

## Old Foods In New Ways

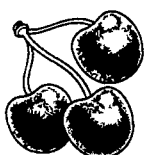
HONESDALE (Wayne Co.) — If you're a peanut butter fan, the future holds a new variation of peanut butter that you can look forward to according to the folks at USDA. It's a nutritious, low-fat peanut spread with the consistency of a pudding. The new spread is made from raw peanuts, rather than from roasted peanuts used in standard peanut butter.

In experiments, researchers at the U.S. Department of Agriculture ground raw peanuts, removed the oil and mixed the peanuts with water to make a slurry. They filtered it, collected the protein and sugar, and pressed out the water. They then added flavorings, including chocolate and tangerine. Because the spread is pasteurized, it can be stored on the shelf until it's opened. Then it must be refrigerated.


Another new food from USDA research is puffed mushrooms. They can be explosion puff-dried by a new process, stored for over a year, then restored for cooking. The mushroom flavor and texture remain intact. Uncooked, the mushrooms can be eaten as a tasty, nutritious, low-calorie snack. Puffed mushrooms are light, crunchy and flavorful. They also make good croutons. Cooked in boiling water, they retain their flavor and texture.

Puff-drying is considerably less expensive than freeze-drying. Puff-dried mushrooms can be stored indefinitely. Puff-drying is also a nutritive alternative to

canning where solids, vitamins and amino acids are lost.




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