



Have You Heard?

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Home Economist

Eating For The 90s

As we continue to search for a "perfect" diet, we are bombarded with advice from health experts both real and professed. Each new research study seems to indicate a food or foods that are the cause or cure-all for every disease affecting

mankind.

According to the American Dietetics Association, the key to the American diet is still variety, moderation and balance. Although they recommend limiting fat in the diet to 30% or less of daily calories consumed, fat plays an impor-

tant role. Fat carries vitamins such as A, D, E and K within our body and protects the internal organs. Women particularly need fat to keep the endocrine system functioning properly.

It is extremely important to maintain fat in children's diets as fat provides more calories in denser form so they can consume enough calories for nervous system development and proper growth. Most pediatricians do not recommend limiting fat in the diet of children under 2 years of age.

When the original warnings concerning dietary cholesterol were issued, dairy and meat products were restricted. Now with the recognition that dietary cholesterol may not be the culprit in excess blood cholesterol, experts tell us that shortfalls exist in

such areas as the B-vitamins, zinc, calcium and iron. Where did we once find these nutrients? Red meat and dairy products. Unfortunately consumers have not necessarily replaced these products wisely. Fried snacks and sodas are not the best substitutions for meat and milk.

According to the USDA's Food Pyramid guide, 2-3 servings of meat, poultry, fish, dry beans, eggs and nuts can be consumed daily. Where does red meat fit into this plan? Choose the leanest cuts which will be found in the loin and hind-quarter cuts.

Choose any of the lean cuts to add to your pastas and stir-fry cooking. Smaller amounts of meat combined with vegetables and grains are excellent combinations for today's menus. Slices of

sauteed or grilled red meat make excellent combinations with greens for a salad. Remember to use lowfat or no-fat dressings on your salad or you may ruin your attempt to manage the fat in your diet.

Remember there are no "good" foods or "bad" foods. Never eliminate foods from your diet but learn to include the foods that you enjoy in moderation. Don't eliminate your favorite dishes, but learn to cook them in a healthier manner or save them for special occasions. Supermarkets carry an overwhelming choice of fresh fruits, vegetables and meats. Food labels make excellent reading and you need to understand what those labels say. Learn how to use the new label information in your menu planning.

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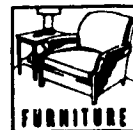


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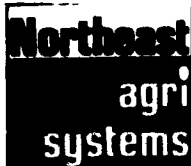
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