



## Have You Heard?

By Doris Thomas  
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instead of high-fat toppings like sausage and pepperoni.

The best bet for Mexican includes dishes made from soft corn tortillas. Chicken fajitas, rice and green salads — not to be confused with high-fat taco salads — also are healthy choices. For dessert, order flan instead of sopapillas. If possible, forgo the pre-meal chips.

At cafeterias, skip the fried dishes and help your children select broiled meats, grilled fish, baked chicken and steamed vegetables. Younger children tend to enjoy moist foods so you might consider

casseroles, meat loaf or macaroni and cheese.

Although gelatin and whipped cream parfaits, pies and cakes look inviting, remember, they are loaded with sugar and fat. Fruit salads are a much healthier choice.

Look beyond the "child menu." Restaurants tend to lead their "kids corner" with high-fat foods

such as corn dogs, fish sticks, French fries and chicken nuggets.

Fast foods in moderation will not sabotage an otherwise healthy diet. If you teach your children to enjoy a variety of foods, they will be able to make wise food selections and enjoy a lifetime of healthy eating.

### Steer Children Away For High Fat Foods

Taking your children out to eat does not mean giving up good nutrition. You can help your children make wise choices whether they are at fast food restaurants or sitting down to more traditional fare.

Foods high in fat, salt and empty calories can be avoided. Instead of a cheeseburger and French fries, try a grilled chicken sandwich or a broiled lean meat hamburger. Add lettuce and tomato but hold the high-fat toppings such as bacon, mayonnaise and special sauce.

To round out the meal choose low-fat milk or fruit juice. For dessert, treat the youngsters to low-fat yogurt or animal cookies rather than a fried pastry.

Pizza and Mexican food are also popular with the young set. If your family opts for pizza, order a

thin-crust version topped with ground beef or mushrooms, green peppers and other vegetables



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### Penn State Small Grain Trials Three-Year Performance Summary 1990-92 Lancaster County, Pa.

|             | Grain Yield | Bu. Weight | Test Wt. Loss (per acre) | Yield Loss (per acre) | Total Loss (per acre) |
|-------------|-------------|------------|--------------------------|-----------------------|-----------------------|
| Hoffman 89  | 98 bu/A     | 58.5 lb/bu | —                        | —                     | —                     |
| Mean        | 92.9 bu/A   | 55.6 lb/bu | \$7.43                   | \$15.30               | \$22.73               |
| % advantage | 5%          | 5%         |                          |                       |                       |

### University of Maryland Three-Year Performance Summary 1990-92

|             | Grain Yield | Bu. Weight | Test Wt. Loss (per acre) | Yield Loss (per acre) | Total Loss (per acre) |
|-------------|-------------|------------|--------------------------|-----------------------|-----------------------|
| Hoffman 89  | 87 bu/A     | 58.3 lb/bu | —                        | —                     | —                     |
| Mean        | 84 bu/A     | 55.7 lb/bu | \$6.72                   | \$9.00                | \$15.72               |
| % advantage | 3%          | 4%         |                          |                       |                       |

Loss calculations based on \$3.00 per bushel of #2 wheat with a test weight discount of 8¢ per bushel.



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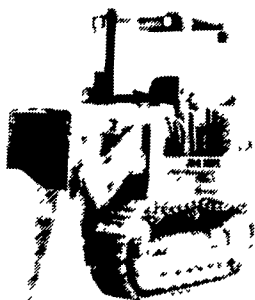
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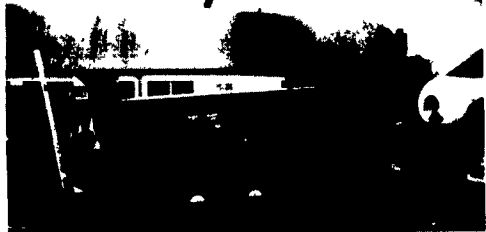
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