



Bedford County Sheep and Wool Queen Tracy Henderson shows Nightstar, a Corridale, which won the Supreme Champion Ram title at the Bedford County Fair. Seldom does a wool breed achieve this honor when competing against meat breeds. Tracy and her mother Ellssa, raise Corriedales, Romneys, and registered natural colored sheep on their Woolly Wonders Farm in Schellsburg. They spin and knit from the fleeces. An enthusiastic promoter of wool, Tracy recently designed a sweater for the Leadline Contest for which she spun the wool from a black ewe and a white ewe and from her Angora rabbits.



## Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

### The One-A-Day Habit

Perhaps you are familiar with the "no-more-chocolate" diet that was supposed to begin yesterday. Or the "starting-next-Monday" vow to end constant snacking.

There is a better way to begin eating more nutritiously. The "one-a-day" way to revamp eating patterns in a commitment to establish one new and improved eating habit every day for a week. Here are seven ideas that you might want to make part of your plan for better eating:

**Shop Smart** - Focus on fresh fruits and vegetables as well as low-fat dairy products, lean cuts of meat, skinless chicken and fish. Other good choices are pastas and cereals.

**Break the Fast** - Start each day with a healthy breakfast. It will help keep you from ravenous splurging at lunchtime.

**Control Portions** - Target higher fat items, such as meat and certain condiments. Limit meat portions to 3 ounces or about the size of a deck of cards.

**Make Snacks Count** - Plan ahead for snacks, choosing tasty low-fat ones, such as pretzels, fro-

zen yogurt and animal crackers or plain popcorn.

**Cook for Health** - Grill, broil or bake rather than frying. Steam or poach instead of sauteing.

**Take Time to Eat** - Allow time to enjoy what you eat. It is easy to forget you ate when calories come from munching on the move.

**Manage Indulgence** - Set quotas on the size or amount of treats you will have. Offset high-fat or high-calorie treats with low-fat, low-calorie foods.

Changing just one habit a day can make it easier to revamp your overall way of eating.

### Build A Better Sandwich

A nutritious sandwich is more than a pile of sprouts on top of layers of turkey breast between two thin slices of bread. In fact, you may be surprised at the variety of low-fat, healthy sandwich makings that are available.

Preparing healthful sandwiches opens up opportunities for creativity and variety. Here are a few ideas to spark your creativity and get you started:

Choose enriched, whole-grain breads such as whole wheat,

multi-grain, rye, oatmeal, or bran bread.

Wrap fillings in soft tortillas or spoon into pita bread.

Prepare sandwiches with mustard, horseradish, fat-free mayonnaise or salad dressing or a drizzle of plain low-fat yogurt instead of high-fat spreads, such as butter or regular mayonnaise.

Substitute chicken or turkey breast, lean roast beef or lean ham for higher-fat fillings, such as bologna, salami and liverwurst.

Sprinkle on shredded cheese instead of adding thick slices. You will enjoy rich, cheesy flavor with less fat.

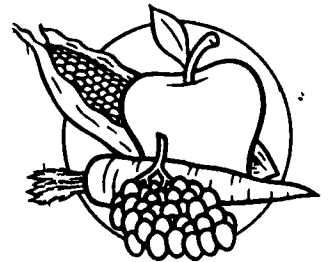
Pile sandwiches high with vegetables. Lettuce, spinach leaves, sliced tomatoes, onions, cucumbers, radishes and zucchini add flavor and texture.

Include chopped vegetables, such as celery, onion and green or red peppers, in chicken, tuna or egg salad.

Spoon coleslaw, made with low-fat dressing, onto chicken or turkey sandwiches.

Top lean roast beef or turkey with mushrooms, onions and green peppers sauteed in a small amount of olive oil.

Dice apples, pears or grapes and combine with chicken salad.



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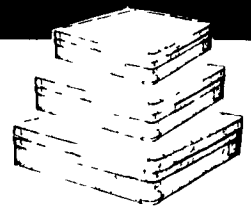
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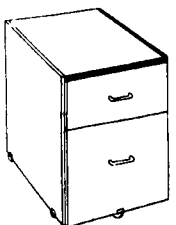
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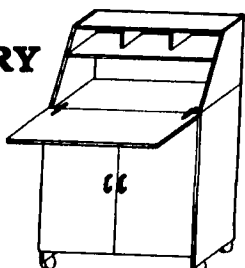
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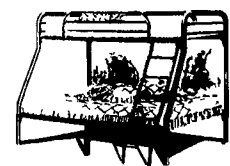
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