



## Have You Heard?

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**At the Heart of Cholesterol**  
It's 1994. Do you know what your blood cholesterol level is? While experts continue to study the significance of blood cholesterol, they do agree that most Americans could help control or even lower their blood cholesterol by reducing the intake of fat, especially saturated fat and dairy cholesterol.

There are two important dietary guidelines to help control blood cholesterol levels:

- The American Heart Association suggests that daily intake of dietary cholesterol should be 300 mg or less.
- Total fat intake should be no higher than 30 percent of daily calories with only 1 percent coming from saturated fat.

## Best Cookies

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third in last year's competition. Needless to say, she's planning for a return visit next year for a blue ribbon.

To come up with her entry, Lisa baked several different recipes of chocolate cookies and took them to a family outing on Memorial Day. The purpose was to find out what guests liked best, but according to Lisa, everyone chose something different. So Lisa combined three of the recipes to come up with the prize winning entry.

Lisa is the daughter of Wayne and Kay Weaver.

Third place went to Heather Ulrich, 14, who won at the New Holland Fair. The Garden Spot ninth grader said that she got the recipe from a friend, and then made a mistake when she was making it. She refused to divulge her mistake but it obviously turned out to be a mistake in her favor.

The competition is co-sponsored by Hershey's Foods and the Pennsylvania State Association of County Fairs.

Here is the first-place recipe.  
**CHOCOLATE CARAMEL  
COOKIE BARS**

¼ up butter

¼ cup cocoa powder  
2½ cups shredded coconut  
1 can condensed milk  
½ cup creamy peanut butter  
14 caramels  
2 teaspoon butter  
2 teaspoon water  
2 cups graham cracker crumbs  
½ cup confectioners' sugar  
½ cup slivered almonds  
12-ounce bag chocolate chips  
In microwave, melt butter and mix with graham cracker crumbs, cocoa powder and confectioners' sugar. Spread mixture evenly in a 9x13-inch pan. Drizzle condensed milk over the crust layer. Put ½ cup coconut on crust. Drizzle condensed milk on coconut. Place ½ cup slivered almonds on top of coconut layer. Drizzle some condensed milk on almonds. Put the other ½ cup coconut on almonds. Drizzle remaining condensed milk and pat down to compact. Bake for 20 minutes. Over a hot stove, melt 12 ounces chocolate chips and ½ cup creamy peanut butter. Spread this mixture over warm bars. Cool. When chocolate is firm, put the caramel mixture on top. Melt caramels, butter, and water for this top mixture. Bake at 350 degrees for 20 to 25 minutes.

A diet low in fat does not need to leave you feeling deprived. Today, a number of foods are available in reduced-fat version, making it relatively easy to lower your daily intake of fat. There are many basic food alternatives that can help you cut back on fat.

Here are some suggestions:

- Drink skim or 1 percent milk instead of whole milk and select reduced-fat salad dressings instead of regular.
- Use plain nonfat yogurt to top a baked potato instead of sour cream, butter or margarine.
- Buy leaner, lower fat cuts of meat. Select beef round and loin instead of chuck or rib cuts.
- Select lower grades of meat. For example, choice or good grades have less fat than U.S. Department of Agriculture prime grades.
- Try lower fat foods, such as skinless chicken instead of beef; fruit instead of premium ice cream, and whole grain cereal instead of sausage and eggs.
- Choose tuna packed in water versus tuna in oil. You will cut that fat in a single serving by 6 grams.
- Instead of adding cream, use

pureed potato or rice to thicken soups.

- When making omelets or scrambled eggs, use two to three egg whites in place of each whole egg.

- Salsa, jam, mustard, and barbecue sauce have no fat. Use them instead of gravy, hollandaise

sauce, butter, margarine, and mayonnaise.

- Use herbs and spices versus high fat flavor enhancers.

When selecting foods, be sure to consider all of your alternatives. You will be surprised at the number of lower fat options available to you.

## Milk Commercials

ROSEMONT, Ill. — The combined fluid milk advertising program of United Dairy Industry Association (UDIA) and the National Dairy Board will launch a second phase of 30-second "It Shows" commercials for airing on television beginning the week of Jan. 31.

The two new advertisements, shot in an urban setting and a rural setting, respectively, celebrate traditional values connected to milk. Each commercial uses both images and words to communicate

the nutritional benefits — bright eyes, soft skin and strong bones — and the good taste of milk. They show everyday people of all ages — such as a grandfather dancing with his grandson — who look and feel their best drinking milk.

"The ads offer a broad spectrum of the population a personal sense of reward, of doing something good for yourself by drinking milk," says Steve Dohrmann, UDIA vice president of marketing planning.

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