

Eat To Live, Live To Eat

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LEBANON (Lebanon Co.)

Did you know that the average person eats the fat equivalent of 22 pats of butter daily?

Of course, people aren't actually sitting down and eating pats of butter. Instead, they are mostly eating fat in processed foods such as snacks of crackers, chips, and French fries.

Recently Paula Lewenberger, a registered dietician, held a workshop at the Lebanon County Extension Office. The focus was on Eat to Live in order to give participants good basic nutrition.

Workshop participants learned how to read the new nutrition labels that are required by law, how to choose nutritious and lower fat foods, and how to adapt their own recipes to make food with lower fat content.

Recent studies point more and more to fat intake being the culprit in weight gain. The same amount of calories from carbohydrates results in less weight gain from those in fat calories.

It has been estimated that 53 percent of Americans eat more cholesterol than they should and have high cholesterol levels.

The average American eats 89 grams of fat compared with the 65 grams suggested for a 2,000 daily caloric intake. If you hold to less than 2,000 calories a day, the grams of fat should be less than 65 grams. Preferably a sedentary woman should have about 1,600 calories with 53 grams of fat. If you are on a restricted diet for cholesterol control, your fat intake should be even less.

The four foods highest in cholesterol are liver, brain, kidney, and caviar. But you don't need to eat foods containing cholesterol to make your own cholesterol levels rise.

Saturated fat is the biggest culprit. While you need to eat meat and some foods that contain saturated fats, these may be lowered considerably by substituting such items as canola oil for shortening or palm oil.

Food labels differentiate between saturated fat and fat that is unsaturated or monounsaturated. For complete information on understanding food labels and the three different types of fat, contact your county Penn State extension office.

"Diet is only one of many factors that can reduce the risk of certain diseases. The relationship between diet and disease is complex and must be viewed in the context of overall lifestyle," Lewenberger said.

Here are some ideas to reduce fat in your diet.

- Fat in recipes may be greatly reduced by substituting vegetable oil for lard or shortening. In cakes, muffins, and brownies, substitute applesauce for the amount of shortening, butter or margarine.

- Replace cream and whole milk with skim.

- Steam, boil, bake, or microwave vegetables rather than fry.

- Season vegetables with herbs and spices instead of fatty sauces, butter or margarine.

- Try flavored vinegars or lemon juice on salads or use smaller servings of oil-based or lowfat salad dressings.

- Use vegetable oil in place of solid shortening, margarine, and butter whenever possible. Use less oil than shortening in baked products.

- Try whole-grain flours to enhance flavors of baked goods

made with less fat and cholesterol-containing ingredients.

- Replace whole milk with low-fat or skim milk in puddings, soups, and baked products.

- Substitute plain lowfat yogurt of blender-whipped lowfat cottage cheese for sour cream or mayonnaise. Compare the fat and calories for each cup of the following.

Low-fat yogurt — 140 calories and 4 grams fat

Non-fat yogurt — 110 calories 0 grams fat

Regular sour cream — 480 calories, 48 grams fat

Light sour cream — 220 calories, 32 grams fat

Fat free sour cream — 120 calories, 0 grams fat

Regular Miracle Whip — 1,120 calories, 112 grams fat

Light Miracle Whip — 720 calories, 64 grams fat

Miracle Whip Free — 192 calories and 0 grams fat.

- Choose lean cuts of meat and trim fat from meat before and after cooking. Remove skin from poultry before or after cooking.

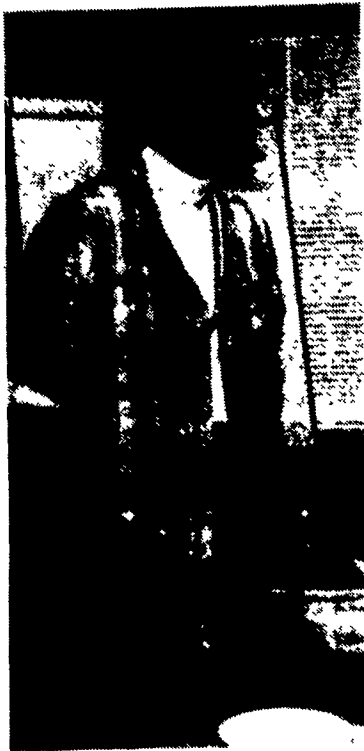
- Roast, bake, broil or simmer meat, poultry or fish rather than fry.

- Cook meat or poultry on a rack so the fat will drain off. Use a non-stick pan for cooking so added fat is unnecessary.

- Chill meat or poultry broth until the fat becomes solid. Spoon off the fat before using the broth.

- Limit egg yolks when making scrambled eggs. Use additional egg whites for larger servings.

- To lower cholesterol, try substituting egg whites in recipes call-



Paula Leuenberger, a registered dietician, teaches a free program "Eat to Live — Live to Eat" at the Lebanon County Extension office. The same program is repeated six times every month. Call (717) 270-4391 if you want to attend. Here she offers samples of dip to participants to compare. One is made with lowfat ingredients and the other with high fat ingredients.

ing for whole eggs. Use two egg whites in place of each whole egg in muffins, cookies, and puddings.

For lower fat brownies, use a box mix but substitute the vegetable oil by using an equal amount of either applesauce or plain lowfat yogurt.

You can learn to adapt your recipes. Compare these two recipes to grasp the idea of how recipes can be changed for lower fat content.

OLD-FASHIONED CARROT CAKE

16 servings

2 cups grated carrots
1½ cups all-purpose flour
1 cup whole-wheat flour
1½ teaspoon baking powder
1½ teaspoon baking soda
¼ teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
8-ounces crushed pineapple
3 eggs
1½ cups light-brown
½ teaspoon vanilla extract
1½ cups oil

Frosting:

3 cups confectioners' sugar
6-ounces unsalted butter, at room temperature
8-ounces cream cheese, at room temperature
Salt

Heat oven to 350 degrees. Butter and flour two 9-inch cake pans. Grate carrots. Combine pecans with ¼ cup flour. Combine the remaining 1¼ cups all-purpose flour, the whole wheat flour, baking powder, soda, salt, cinnamon, and nutmeg.

Drain pineapple, reserving 2 tablespoons juice. With an electric mixer set at medium speed, beat eggs until foamy. Beat in sugar and vanilla until smooth. Add oil slowly, beating all the while. Reduce speed and beat in flour mixture. With a spoon, stir in the carrots, pineapples, the reserved juice and the floured pecans. Put batter in prepared pans. Bake until a tooth-

pick stuck in the center comes out clean, about 30 minutes. Cool 10 minutes. Remove from pans and cool completely.

Frosting: Sift the confectioners' sugar. With an electric mixer set at medium-low speed, beat butter. Cream cheese and a pinch of salt until completely smooth. Reduce speed to low and gradually beat the sugar into the cream-cheese mixture until smooth. Put one cake layer on a serving plate. Spread a third of the frosting on top. Top with remaining cake layer and frost top and sides.

LIGHT CARROT CAKE

4 carrots, about 2 cups grated
1½ cups all-purpose flour
1 cup whole-wheat flour
1½ teaspoon baking powder
1½ teaspoon baking soda
¼ teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
2 eggs
2 egg whites
1½ cups light-brown sugar
¼ cup oil
1 cup applesauce
½ teaspoon vanilla extract
8-ounces crushed pineapple, drained
½ cup raisins

Frosting:

3½ cups confectioners' sugar
8-ounces light processed cream cheese

Heat oven to 350 degrees. Spray two 9-inch cake pans with nonstick cooking spray. Grate carrots. Combine both flours, baking powder, soda, salt, cinnamon, and nutmeg. With an electric mixer set at medium speed, beat eggs and egg whites until foamy. Beat in sugar.



Lancaster Society 18

Lancaster Society of Farm Women #18 gathered in the meeting room of Kreider's Restaurant, Manheim on October 15. The meeting was hosted by Mrs. John Hess. Martha Stoner called meeting to order, acting for the absent president. Devotions by Lettie Nissley included poems learned in our childhood and also a list of scripture references as "First Aid" in times of need. Historical Spots in Lancaster County were named as roll call answers. Committee Reports were followed by a resume of the October 14, "Farm Women's

Day" by Ruth Rohrer. 80 years ago Farm Women's Board of Directors was formed and Farm Women Societies became a reality. A donation of \$75 was sent to the Farm and Home Center for the purpose of helping the Fund for the installation of an Elevator.

Carol Mylin showed many Floral Arrangements designed by her and available in her shop at 1592 Old Line Road, Manheim, Pa. Two guests and 17 members were present. The Farm Women's Theme Song closed the meeting "Brighten The Corner Where You Are."

Berks Society 4

In observance of Farm Women's Day, Berks Society 4 members and a guest, Kay Youse, spent an evening of fellowship and refreshments with Evelyn Becker at Leader Nursing Center in Pottstown

where she is a resident.

Members were reminded to bring bingo prizes for Berks Heim to the next meeting at the home of president Mary Fizz, Powder Mill Hollow Road, Boyertown.

York Society 26

York County Farm Women Group 26 entertained 10 members of Group 25 at Dover Family Restaurant. After a luncheon, Violet Staley, a nurse at Pleasant Acres, gave a very interesting talk on hummingbirds and butterflies. She is a member of the master garden program.

Three members had October birthdays.

The York County Convention will be held on November 3 at Wisheaven Hall.

The group's Christmas banquet will be held at the Iron Kettle Restaurant at Camp Hill.

The next meeting will be held on November 8 at Jolly Copper-smith Restaurant at Etters. Shirley Miller will be hostess.

Battenburg Lace Class

WEST CHESTER (Chester Co.) — Try your hand at the art of Battenburg lace made with tape and thread. No experience is necessary. Join Kerry L. Reynold at the Penn State Cooperative Extension office in Suite 370 of the Government Services Center, 601 Westtown Road, West Chester, on Thursday, November 3, 9:30 a.m.-12:30 p.m. and make a delicate heart that can be used as an ornament or applied to a garment or pillow.

The \$15 registration fee includes supplies and instructions. Call the Extension office at 610-696-3500 for registration details.

'Das Kochbuch'

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PECAN PIE I

1 pastry shell
1 cup pecans
3 eggs, well beaten
1 cup corn syrup
½ cup brown sugar
¼ teaspoon salt
¼ cup butter, melted
Mix together all ingredients. Pour into pie shell. Bake at 425 degrees, 10 minutes. Reduce heat to 350 degrees. Bake 40 minutes longer.

COPPER COIN CARROT SALAD

2 pounds carrots, sliced and cooked
2 medium onions, sliced and chopped
1 medium green pepper, chopped
Dressing:
¼ cup vinegar
½ cup salad oil
1 teaspoon Worcestershire sauce
1 can tomato soup, undiluted
½ cup granulated sugar
1 teaspoon mustard
½ teaspoon salt
Combine dressing with the vegetables. Let set overnight. Drain off sauce if preferred and enjoy.