

Family Living Focus

by
Centre Co.
Extension Agent

Beth Van Horn



FOOD FOR BUSY PEOPLE

"I am lucky if I get to eat breakfast before I go to sleep at night!" Does this sound like you? Are you too busy to cook and eat traditional meals?

It's a challenge to live a busy lifestyle and still eat nutritionally. Many people do not eat three-balanced meals a day. But, rather, they "graze."

Although grazing can be fit into a healthy diet, I need to point out that a time/motion expert found that in the long run, eating three meals a day takes less time than grazing. Grazers sometimes forget what they have eaten. At the end of the day, they might have consumed much more than planned.

To avoid this, grazers should have planned snacks. Select nutrient-dense foods. Examples of healthy snacks include: fresh and dried fruits, juice, low-fat crackers, raw vegetables, rice cakes, and unsweetened cereal.

Don't go for more than five hours without eating. Primarily your body will use up its store of glucose. Ultimately, this means you will probably have diminished mental abilities. Skipping meals, especially breakfast, will lower your metabolism, and you will gain weight. Many people will eat one large meal a day. This overwhelms the body with calories, thus the body needs to store the calories it doesn't need. That

can result in increased fat — on the waist, the hips, the thighs, etc.

Use the food pyramid as a guide to healthy eating. One easy way to remember the food pyramid is to think "6-5-4-3-2." You need six servings of grains, five servings of fruits and vegetables, four to seven ounces of meat, three servings of beans a week, and two servings of milk products. (I'm not sure you need to have three servings of beans a week, but it fits the equation!)

Frozen meals are another quick option. Be careful because many frozen meals are high in fat, as well as sodium. The following tips come from Evelyn Tribble's book, *Eating on the Run*.

- Oriental style meals tend to be lower in fat and calories.

- Cheese sauce dishes and potpies are usually high in fat and calories.

- Plain frozen vegetables are an easy nutritional bargain.

- Salisbury steaks generally have excessive fat.

- Avoid breaded chicken or fish and hearty man types of meals.

It takes some work, but you can eat a healthy diet while on the run.

Schaefferstown Cherry Fair

SCHAEFFERSTOWN (Lebanon Co.)—Schaefferstown's 27th Annual Cherry Fair will be held on June 24, from 10 a.m. to 5 p.m. The 89-acre historic farm with its strong link to the Ephrata Cloister, will provide the setting for a day of fun for the whole family.

Homemade cherry items will include hand-turned cherry ice cream, cherry fritters, cherry pies, cherry dumplings, cherry opera fudge, and much more.

Music will be provided by the Holt Twins and Tony T. There

will be arts and crafts, pie and cake walks, children's games, and train rides.

The Sit and Spit Contest and the Cherry Pitting Contest will be held in the early afternoon.

The 3 p.m. raffle includes three prizes: First prize is the 1995 Cherry Quilt made by a local quilter. Second prize is a hand-painted pine chest by Elsa Huber. Third prize is a \$50 gift certificate for the Franklin House Restaurant.

Admission and parking are free.

Washington Searches For Dairy Princess

WASHINGTON CO., Maryland — The Washington County Dairy Princess Committee is searching for contestants for its annual pageant to be held at the Washington County Extension office on Saturday, June 10, at 7:30 p.m.

Contestants must be 16 years old by January 1 of the contest year but not reach her 22nd birthday by

December 31.

She should be the daughter or a farmer or a dairy-related industry. Or, she herself may be employed by a dairy-related industry and the owner of at least one dairy animal or enrolled in a dairy foods project in 4-H or FFA.

For more information, call Carolyn Downey at (301) 223-7148 or Christine Forsythe at (301) 582-4884.

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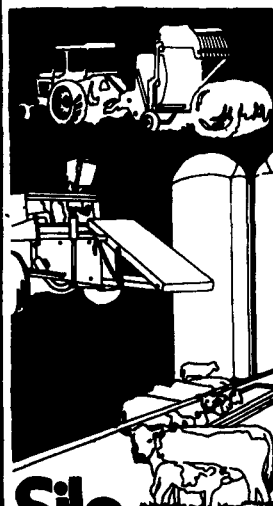
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