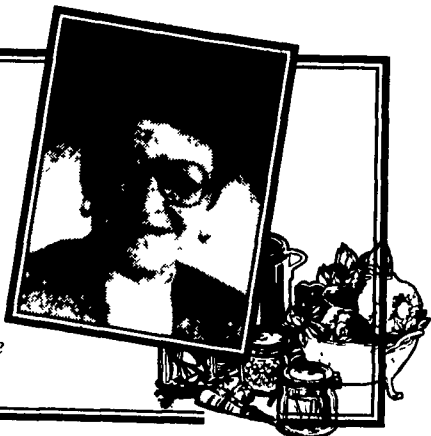


Consuming Thoughts

by
Fay Strickler

Penn State Extension Home Economist For Berks Co.



Each day we are learning more and more about the role key nutrients play in our body. For instance, we now know that too much sodium and fat in our diet can contribute to hypertension and heart disease.

Take a close look at your family's favorite recipes that you use on a regular basis. Do they contain a lot of fat, sugar or salt? If so, it is time to learn to update your old family favorites for more healthful eating. Try some of the following suggestions.

To Decrease Total Fat and Calories

Reduce the fat by one-fourth to one-third in baked goods such as quick breads, muffins and cookies.

Reduce or eliminate added fat in casseroles or main dishes. Use a non-stick pan or cooking spray when browning meat and eliminate the need to add extra fat.

Skim off hardened fats from

chilled soups. Then reheat and serve.

Try reduced calorie mayonnaise or sour cream or, for even fewer calories, used plain, low-fat yogurt, buttermilk or blended cottage cheese in place of regular sour cream or mayonnaise for sauces, dips and salad dressing.

To Decrease Sugar

Reduce sugar by one-fourth to one-third in baked goods and desserts such as quick breads, cookies, pie fillings, custard and fruit crisps. Do not decrease the small amount of sugar in plain yeast breads, as the sugar provides food for the yeast and helps rising.

Reduce or eliminate sugar when canning or freezing fruits.

To Decrease Sodium

Reduce or eliminate salt in most recipes. Do not reduce the salt in cured meats or pickles, however, as the salt acts as a preservative. Do not reduce the

salt in yeast breads because the salt controls the rising action of the yeast.

Reduce the salt in recipes gradually and you will adjust to a less salty flavor.

Use herbs and spices to flavor rather than salt.

Now, how do you begin? First look at the ingredients in your recipe, consider the general guidelines and gradually make a note of changes you made and your reaction to the changes. Keep trying until you get a recipe which is tasty and good for you and your family.

Compare the following recipe for fish chowder with the modified version. The substitutions for the modified version are listed in bold and parentheses. These changes resulted in fewer calories, 75 percent less fat, one third less cholesterol and two-thirds less sodium (only 108 mg. in each cup of vegetable fish chowder).

Original Vegetable Fish Chowder - (Modified Recipe Substitutions)

- 3 tablespoons butter (1 T. vegetable oil)
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 2 medium potatoes, peeled & cubed
- 2-1/2 cups water
- 1 teaspoon salt (omit and add **1 bay leaf, 1/2 teaspoon thyme, 1/2 teaspoon dill**)
- 1-1/2 pounds firm white-fleshed

fish as cod or haddock, cut into bite sized chunks
1-1/2 cups half-and-half (12 oz. **can evaporated skim milk**)
pepper to taste

Heat oil in 4-quart saucepan and saute' onions about 5 minutes Add carrots, celery, pota-

toes, water and herbs; cover and gently simmer about 5-10 minutes more; until fish is just cooked. Stir in evaporated skim milk and heat just to serving temperature. Add pepper to taste. Makes about 10 cups

Old Fiddler's Picnic



MC slim Walker performs on the fiddle for the upcoming Old Fiddler's Picnic.

LANCASTER, (Lancaster Co.) - Saturday, August 1, the Lancaster County Department of Parks and Recreation will hold its 18th annual "Old Fiddler's Picnic." In addition to

square dancing, food and music, the event will feature antique tractors brought in by the "Boys from Waterloo," of South Eastern Pennsylvania, as well as special guest, MC Slim Walker. This year's feature band will be "Fiddle for Fun" from Jacobus.

The event will be held in the Conestoga area of Central Park, located at 1050 Rockford Road in Lancaster. Music will begin at 10:00 a.m. and last until 5:00 p.m. Any Bluegrass band is welcome to play during open periods. However, playing is on a first-come, first serve basis. Admission to the event is free. parking will be \$3. per car. For more information, contact the Park Office at 299-8215.



(Continued from Page B16)

ANSWER — M.V. Runkles III wanted to know where to get parts of a Warm Morning coal stove. Thanks to Lydia Stoltzfus, Leola, for writing that parts can be purchased at Leacock Coleman Center, 89 Old Leacock Rd., P.O. Box 307, Ronks, PA 17572-0307.

ANSWER — Evan Weidman, Westfield, wanted information about old cookers that he has. Thanks to Lydia Stoltzfus, Leola, who writes that their is an American Cooker Co. by the name of Wisconsin Aluminum Foundry Co. Inc., Customer Service Dept., P.O. Box 246, Manitowoc, WI 54221-0246.

ANSWER — Different types of sewing machine belts can be purchased at Cedar Lane Dry Goods, 204 Orlan Rd., New Holland, PA 17557.

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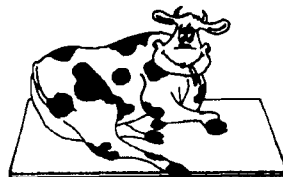
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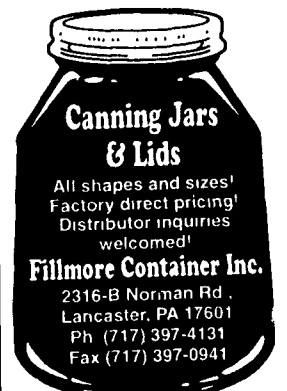
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