

# No Reason To Avoid White Foods

COLOMBUS, Ohio — Someone addressed the following question to Martha Filipic, who writes *Chow Time for the Ohio Extension*: "I want to lose weight, and a friend of mine told me that a good trick is to avoid eating anything white. Is that really a good rule of thumb?"

As you probably suspect, that guideline has "fad" written all over it. In some cases it might prove to be useful, but not very often, Filipic answered.

On one hand, some products such as rice and flour are refined

to achieve their traditional white color. That processing removes nutrients that the original products possessed.

Although the end products are usually enriched with some of the nutrients they lost during processing, they don't get everything back.

For example, brown rice has its bran, husk and germ removed to make white rice. Even after it's enriched, white rice has less fiber, vitamin E, phosphorus, and calcium than brown rice.

Still, a cup of cooked long-

grain brown rice contains 216 calories, compared with 205 in a cup of cooked long-grain white rice. Brown rice might be more nutrient-dense, but it's very similar in calories to white rice.

Wheat undergoes a similar process when flour is made. However, when buying breads and other grain products, you can't always rely on color to be your "healthfulness meter."

Many brown-colored breads are not made with the whole grain — and the whole grain is what you want. Whole-grain breads give you more fiber, more vitamins and more minerals than breads made with refined flour.

White sugar, potatoes, and pasta are also usually named as culprits in this odd guideline. However, brown sugar offers no weight-loss advantages over white sugar, and potatoes and pasta can be healthful parts of a weight-loss regimen when eaten, like everything else, in moderation. Just watch those toppings!

Besides, if you really took this piece of advice to heart, you could find yourself enjoying a half-gallon of chocolate ice cream, satisfied that you passed up that cauliflower sitting in the refrigerator. That wouldn't do anyone any good at all.

## On Being a Farm Wife

(and other hazards)

Joyce Bupp



Comfort food.

What's your favorite?

Food plays a large role in most of our lives. Certain things we ate growing up, things that Mom and Grandma, special aunts or friends, fixed for regular and special occasions, are part of the heritage each of us carries into our adult life.

Many of us who graduated from being "the fed" to "the feeder" carried many of those favorites along into our own cooking routines. Along the way, we've added recipes we may have picked up from friends, publications, the internet, special occasions — or out of desperation.

Cold, dark, wintry days especially seem to bring out a need for those comfort foods, many of which are hot, filling and satisfying, both to stomach and to the psyche.

Macaroni and cheese — beloved by the grandkids as "mac and cheese" — seems to be a perennial favorite. The baked version, with buttered bread crumbs crispy and brown on top, was a special treat for me as a child. As a younger mom, I found a recipe for an enhanced version, which includes loose sausage, browned along with chopped green pepper and onion, and the cheese melted in a white sauce.

"Ooh, one of grandma's specialties," our daughter tells the grandchildren when I fix a double batch to share of this favorite casserole.

On a chilly day last week, I tucked some round steak into a pan to roast, enhanced with some brown gravy mix, while I trotted between house and barn sketching calves for registry. Just before lunch, milk-fixed instant mashed potatoes went into the microwave as an accompaniment.

After years of vowing never to slide into instant potato use, I went over the wall from potato peeling. They must be whipped up with lots of milk and butter, never, ever, ever, with water. Some days they show up with pork and sauerkraut, sometimes with meatballs and gravy.

Soups and stews are great comfort food, too. Beef vegetable is a personal wintertime favorite, simmered for a couple of hours on the stove while various additions join the base-starter beef and broth. Sometimes it's chicken or turkey corn soup, maybe with a handful of noodles crushed for extra body.

My dad's choice was always tomato soup, made with Mom's home-canned tomatoes, a pinch of baking soda and milk. Fixing it never fails to bring his memory to mind, while recalling how much he enjoyed this quick, healthy and satisfying simple food. Grilled cheese sandwiches — with the family tradition of adding sweet pickles or relish — were the expected accompaniment.

Meatloaf is another standard comfort food, usually fixed in my kitchen with an "icing" of catsup, just the way mom used to make it. Scalloped potatoes make a great side dish, but baked ones — white or sweet — are a quicker and tasty alternative.

Though I've rarely heard it mentioned as a comfort food, The Farmer appreciates a bowl of fruit salad fixed in the refrigerator. So our shelves usually hold a few cans of the requisite canned pineapple and canned mixed fruit, to which bananas, grapes, fresh oranges, maybe some kiwi, or extra home-canned fruits might be added. The last few spoonfuls usually become part of a glorified gelatin dessert.

While we enjoy sampling new dishes, few folks I know seek out culinary comfort in the likes of raddichio or capers, artichokes or argula.

Just let us stoke up against the chill of January with meat and potatoes, fresh homemade bread, and a hearty bowl of steaming hot soup.

And, even in January, it's never too cold cold for ice cream. Or too hot in July for chocolate.

The ultimate two comfort foods for this cook.

## New Weigh Of Life Classes

LANCASTER (Lancaster Co.) — If you're planning on improving your health or losing weight in the new year you can attain your resolution in classes offered by Penn State Cooperative Extension in Lancaster County.

You'll learn how to make simple changes in your eating and activity habits to reduce high levels of blood pressure and cholesterol. Borderline diabetics can also benefit. Small improvements can make a big difference in your health. Both day and evening classes will be offered beginning the week of Jan. 28 at the Farm

and Home Center, as well as the Conestoga Valley Community Center near Leola. The cost is \$70 (\$55 for each additional family member) which is covered by many insurance plans.

The workshop at the Farm and Home Center will be from 9:30 to 11:30 a.m. on Tuesdays, Jan. 29, Feb. 5, 12, 19, 26, March 5, 12, 19, 26, April 2 and 9.

The workshop at the Conestoga Valley Community Center will be from 6:45-8:45 p.m. on Mondays, Jan. 28, Feb. 4, 11, 18, 25, March 4, 11, 18, 25, April 1 and 8.

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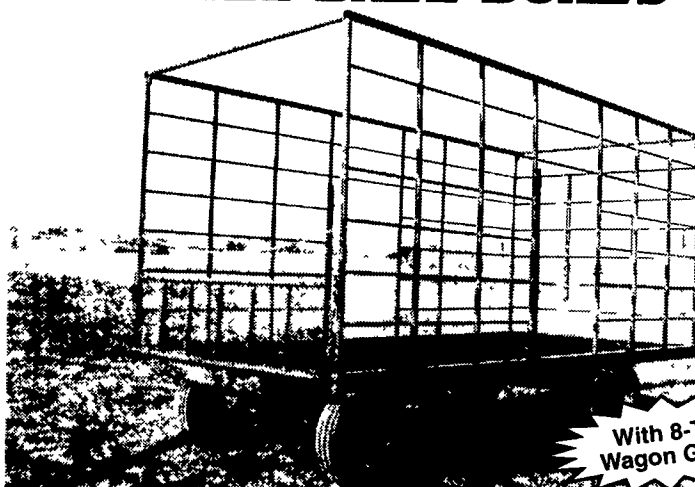
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