

## Family Living Focus

by  
**Lois J. Killcoyne**  
Northampton County  
Cooperative Extension



**Healthy Eating — Healthy You**  
After a long, cold winter, spring has finally arrived. Along with the robins and thoughts of summer vacations, we celebrate National Nutrition Month in March.

The theme this year is "Healthy Eating — Healthy You." Goals are to make informed food choices, develop sound eating habits, and participate in regular physical activity.

Our health is strongly influenced by what we eat. Our bodies need more than 50 nutrients to function well. No single food contains all the vitamins and minerals necessary to maintain the en-

ergy and vibrant health that allows us to pursue a meaningful lifestyle.

Although there is some talk of revising the Food Guide Pyramid, it is still a valid model for healthy eating. To maximize the benefits to enhance health, individualize choices to your needs and preferences while utilizing the following strategies:

1. Eat the minimum number of servings from each food group. Consume at least 6 servings of grains, 3 servings of vegetables, 2 servings of fruit, 2-3 servings of milk products, 2 from the meat group, and small amounts of fats. Intake on a particular day may

vary, but overall intake over a period of time should balance out. If you have a busy schedule and miss out on vegetable intake one day, plan a vegetarian meal for dinner the next. You may have a baked potato topped with broccoli and cheese, carrots, a salad, and bean soup.

2. Make healthier choices within each food group. Choosing a bowl of oatmeal for breakfast versus a doughnut, nonfat milk or yogurt versus those made with whole milk, or broiled flounder (1 gram fat) versus prime rib (80 grams of fat) can make a huge difference in your total calorie and fat intake for the day.

3. Watch portion sizes! Servings both at home and in restaurants have increased tremendously over the past decades. Plates get bigger and bigger. Our lunch plate of today is the size of a dinner plate 30 years ago. Restaurants serve entrees that could serve a family! Recent studies by Dr. Barbara Rolls of Penn State University found that putting a larger portion of food on a plate or in the serving bowl resulted in eating more of the food. So ask for a doggie bag and have another meal free, or prepare smaller

amounts of food and save money as well as maintaining a healthier weight. There's nothing to lose!

4. Eat healthy snacks. Take foods with you in the car or to the office so you are not dependent on the office supply of doughnuts or vending machine candy bars and chips. Fruit, nuts, graham crackers or baby carrots provide nutrients as well as fewer calories.

5. Increase intake of foods with fiber. Most Americans consume only 10-12 grams of fiber a day instead of the recommended 25-30 grams. Dr. Rolls also found that fiber-rich foods result in feeling fuller for a longer period of time, decreasing the incidence of overeating calories. Fiber is also necessary to maintain colon health and decrease blood cholesterol and blood glucose levels. The milk and meat groups (except for nuts and beans) do not contain fiber. Neither do sugars or fats. Eating lots of fruits (not juice), vegetables, and whole grains is the way to go.

6. Read labels! In our world of highly processed and fast foods, it is the only way to make informed choices. Depending on your goals, you may want to

focus in on total calories, total fat, saturated fat, sodium, fiber or specific vitamins and minerals. Fat free is not calorie free — fat free desserts may contain more calories than the original version — a problem if you are working toward weight maintenance. Cholesterol-free does not mean the food is healthy for your heart. Look at total fat and saturated fat. They both affect your blood cholesterol. Buy foods higher in fiber. Some cereals have less than one gram of fiber, while bran cereals have 9 or more. Many "juices" are primarily sugar water and may contain only 10 percent juice. Look for 100 percent juice products.

As we celebrate the 30th anniversary of National Nutrition Month, resolve to be a wise consumer and reap the benefits of better health, as well as good taste. A healthy diet does not mean elimination of all sweets and fats — small portions of desserts or an occasional piece of fried chicken can fit into your menu plan.

Stay active — turn off the TV and go for a walk, dig in the garden, or dance with a child. Then sit down to a big bowl of fresh fruit topped with lowfat yogurt!

Get Ready for Fishing Season!

# Stream Maps

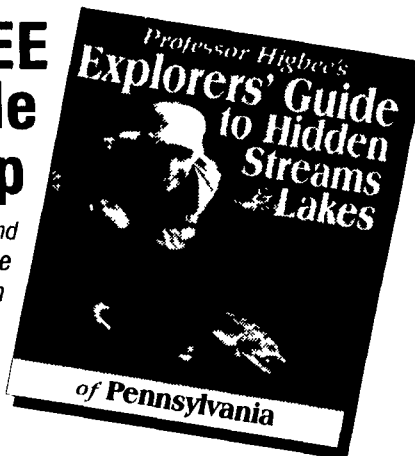
of Pennsylvania, New York  
New England, New Jersey, Ohio,  
& Maryland/Delaware

The First and Only Highly Detailed Map of Its Kind

The 3-foot-by-5-foot color map shows virtually all of the 45,000 miles of Pennsylvania streams plus lakes. The 3 1/2-foot-by-4 1/2-foot color map shows virtually all of the 65,000 miles of New York streams plus lakes. The 3-foot-by-4-foot color map shows virtually all of the 36,000 miles of New England streams plus lakes. The 2 1/2-foot-by-3-foot color map shows virtually all of the 8,300 miles of New Jersey streams plus lakes. The 3-foot-by-3-foot color map shows virtually all of the 29,000 miles of Ohio streams plus lakes. The 2-foot-by-3 1/2-foot color map shows virtually all of the 12,000 miles of Maryland/Delaware streams plus lakes.

## FREE Explorers' Guide with Each Map

Pinpoint the best fishing in PA, NY, NE, NJ, OH and MD/DE with these valuable guides. Easily locate streams and lakes shown on the Stream Map both alphabetically and geographically. Your map and guidebook will take you to the select fishing waters.



### ORDER YOUR COLOR STREAM MAPS

Available rolled or folded. ALSO AVAILABLE in heavy gauge LIFETIME GUARANTEED, glass-like clear-lamination, write-on wipe-off surface, with brass eyelets for easy hanging.

PRICES INCLUDE PRIORITY MAIL

State	Stream Map	ROLLED	FOLDED	LAMINATED
PA	3 FT by 5 FT	\$25 95	\$25 95	\$45 95
NY	3 1/2 FT by 4 1/2 FT	\$25 95	\$25 95	\$45 95
NE	3 FT by 4 FT	\$25 95	\$25 95	\$45 95
NJ	2 1/2 FT by 3 FT	\$25 95	\$25 95	\$45 95
OH	3 FT by 3 FT	\$25 95	\$25 95	\$45 95
MD/DE	2 FT by 3 1/2 FT	\$25 95	\$25 95	\$45 95

Check or money order enclosed \$

Each map includes the FREE Explorers' Guide to Hidden Streams & Lakes. Each rolled and laminated map shipped in a sturdy storage tube.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

MAIL TO **LANCASTER FARMING**  
Dept. Map  
1 East Main St., P.O. Box 609, Ephrata, PA 17522  
Payable  Check Enclosed  Visa  MasterCard  Discover  
Card # \_\_\_\_\_  
Exp Date \_\_\_\_\_ Signature \_\_\_\_\_



### LOST STREAM MAP

The STREAM MAP OF OHIO resembles another map—known to Pennsylvania anglers as the "Lost Stream Map."

The "Stream Map of Pennsylvania" was completed in 1965 after a 30 year effort by Howard Higbee, a former Penn State Professor.

Professor Higbee succeeded in creating a map of the highest detail possible—a map that shows every stream and lake. He painstakingly plotted by hand, the location of 45,000 miles of streams onto a 3 by 5 foot map.

The map sold extremely well—until it was lost several years later. Incredibly, the printer entrusted with the original drawing and printing plates declared bankruptcy, then carelessly hauled Higbee's 30 years of work to the landfill.

The few remaining dog-eared copies became a prized fisherman's possession. Professor Higbee was offered \$400 for one of his last maps. And state agencies were forced to keep their copies under lock and key.

The experts had always told Professor Higbee that reprints were impossible, because the maps were printed in non-photographic blue.

Then, in 1991, at the age of 91, Howard Higbee's dream came true. Computers made it possible to reprint the map. Holding an updated map, Howard said, "I never thought I'd live to see this day."

Then, by combining Professor Higbee's knowledge with computer technology—the STREAM MAP OF OHIO was created.



### RAVE REVIEWS

"It is amazingly detailed and names some creeks in the Mohawk Valley that can't even be found on topographic maps."  
—John Pitarres, OBSERVER-DISPATCH, Utica

"If you're looking for the most definitive maps ever created depicting every single creek, river, stream, pond and lake, then 'Professor Higbee's Stream Maps' are without question the finest."  
—Howard Brant, THE NEWARK STAR-LEDGER

"It is in showing where to find out-of-the-way trout streams that makes the map such a treasure to the fisherman."  
—Joe Gordon, TRIBUNE-DEMOCRAT, Johnstown



### SIKING BROS. GLADIOLUS GROWERS

4158 Post Road Vineland, NJ 08360

Gladiolus Bulbs Available

856/691-9167 • Fax: 856/696-0077

Call or fax us for prices & more info.



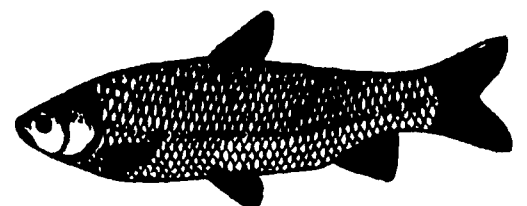
CLOSED SUNDAYS, NEW YEAR, EASTER MONDAY, ASCENSION DAY, WHIT MONDAY, OCT 11, THANKSGIVING, CHRISTMAS & DECEMBER 26TH

### FISHER FURNITURE

NEW AND USED FURNITURE  
Antique & Collectables

BUS HRS  
MON - THURS 8-5  
FRI - 8-8, SAT 8-12

BOX 57  
1129 GEORGETOWN RD  
BART, PA 17503



## BARLEY STRAW NATURAL POND TREATMENT

REDUCES ALGAE GROWTH ENVIRONMENTALLY FRIENDLY

SAFE FOR FISH & PLANTS  
COMPLETE KIT INCLUDED  
TREATS UP TO 10,000 SQ. FT.

**HEIDEL HOLLOW FARM**

PHONE 888-422-5243

www.baleinabag.net

