

Food & Fitness

Healthy Eating

As part of its 2001 March National Nutrition Month® campaign theme, "Food and Fitness: Build a Healthy Lifestyle," the American Dietetic Association (ADA) emphasizes that eating is one of life's greatest pleasures. Here's a reduced calorie version of a traditional favorite from *Skim the Fat*, The American Dietetic Association, 1995.

Traditional Tapioca

2 tablespoons quick-cooking tapioca
3 tablespoons sugar
1/8 teaspoon salt
1 egg, beaten
2 cups skim milk
1/2 teaspoon vanilla

1. Mix all ingredients (except vanilla) in a saucepan. Let stand 5 minutes.
2. Bring to a full boil, stirring constantly. Remove from heat. Stir in vanilla.
3. Stir again after 20 minutes. Chill.

4 servings, about 1/2 cup each
115 calories per serving; 1.5 grams of fat;
0.5 gram of saturated fat; 55 mg of cholesterol (AH)

On the Plate...What is Normal Eating?

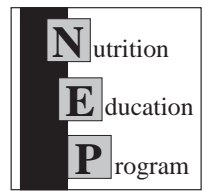
A discussion on what is normal eating was held at a retreat I was at recently. It seems that Americans have lost their balance in a number of ways when it comes to eating. We have more adults and children that are classified as obese and yet we also have an increase in the incidence of eating disorders and disordered eating behaviors. What has happened? Some say it is due to the increase in technology, the move from a rural to urban society, advertising, peer pressure and changes in the family unit. To say the least it probably was not one cause and unfortunately there is no easy solution to our eating imbalances.

Here are some statistics of what is going on in America. Eighty percent of all American women are on diets. American standards for ideal weight have become thinner and thinner over the past 20 years. During the same period of time, the

weight of the average adult has increased.

Ellen Satter defines normal eating with the following characteristics:

- Being able to eat when you are hungry and continue eating until you are satisfied.
- Being able to choose food you like and eat it and truly get enough of it- not just stop eating because you think you should.
- Being able to use some moderate constraint on your food selection to get the right food, but not being so restrictive that you miss out on pleasurable foods.
- Giving yourself permission to eat sometimes because you are happy, sad or bored, or just because it feels good.
- Choosing three meals a day or just to munch along.
- Leaving some cookies on the plate because you know you can have some again tomorrow or just eating more now because they taste so wonderful.



Nutrition Education Program

for Limited Resource Families

Dr. Wanda Koszewski
RD, LMNT

- Overeating at times and feeling stuffed and uncomfortable or undereating at times and wishing you had more.

Normal eating is trusting your body to make up for your mistakes in eating. Normal eating takes up some of your time and attention but keeps its place as only one important area of your life. In short normal eating is flexible. It varies in response to your emotions, your schedule, your hunger, and your proximity to food.

The bottom line is to remember that eating is suppose to be enjoyable. However, we also need to remember the basic concept of balance, variety and moderation. (MB)

FREE "Tips & Recipes for Fixing Healthy Food in a Hurry"

If you'd like to prepare healthy meals but feel short on time, you may enjoy attending a FREE workshop on "Tips & Recipes for Fixing Healthy Food in a Hurry." You'll learn how to plan "mix & match" meals; safely cook once and eat twice; select time-saving kitchen tools, use ingredient substitutions that save time and money; and much, much more. Each participant will receive an extensive handout giving tips and recipes for use after the class. The class is taught by Alice Henneman, a registered dietitian and Lancaster County extension educator.

This program is part of BryanLGH's "To Your Health Series" and will be held on Monday, April 2, 7 to 8:30 p.m. The program will be held at the Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48 Street. To register, call BryanLGH at 481-8886. (AH)

INGREDIENT SUBSTITUTIONS

Alice Henneman
MS, RD, Extension Educator

She laughed as she told the story on herself, but you could tell she was disappointed. She had baked fruit breads as gifts for her friends. She hadn't done much baking and this was a real labor of love. The gifts were never given.

It was such a small amount of an ingredient she was missing. And it was late. She wanted to get her baking done. Surely it couldn't matter. But it did.

The next time (if there was a next time!) she'd know to add the baking powder to the recipe.

Often for lack of an ingredient, a recipe is ruined or an extra trip to the store is required. Sometimes, you need to buy a large container of an ingredient for just a teaspoon or two needed in a recipe.

To the rescue: **INGREDIENT SUBSTITUTIONS!** Several Internet discussion groups of dietitians, home economists, chefs and other food professionals were asked their most helpful ingredient substitutions. The response was tremendous! Read, enjoy and benefit from their suggestions.

BASIC INGREDIENT SUBSTITUTIONS

Here are some of the suggestions cited most frequently. The substitution tips for which there was the most general consensus and which used the most common ingredients are listed.

Your final product made with the substituted ingredient may differ slightly from the original food, but still be acceptable in flavor, texture and appearance.

Allspice
Amount: 1 teaspoon
Substitute: 1/2 teaspoon cinnamon plus 1/2 teaspoon ground cloves

Apple Pie Spice
Amount: 1 teaspoon
Substitute: 1/2 teaspoon cinnamon plus 1/4 teaspoon nutmeg plus 1/8 teaspoon cardamom

Baking Powder, Double-Acting

Amount: 1 teaspoon
Substitute: 1/4 teaspoon baking soda plus 5/8 teaspoon cream of tartar

Baking Soda
There is NO substitute for baking soda

Butter
Amount: 1 cup
Substitute:
• 1 cup regular margarine
• 1 cup vegetable shortening (for baking)
• An equal amount of oil

can be substituted for a similar portion of MELTED butter if the recipe specifies using MELTED butter.

TIP 1: According to the National Association of Margarine Manufacturers, you can tell "if the product is regular margarine by checking the Nutrition Facts: a one tablespoon serving will have 100 calories." Products that contain less than 80 percent fat often give the fat percentage on the front of the package.

If the margarine is labeled "light," "lower fat," "reduced fat," "reduced calorie/diet" or "fat-free" or is called a "vegetable oil spread," you may be less successful substituting it for butter OR for regular margarine in baking and in some cooking procedures. These products are higher in water and lower in fat content and won't perform in the same way as regular butter or margarine.

For additional information about using the various forms of margarine in recipes, check the Web site of the National Association of Margarine Manufacturers: <http://www.margarine.org/howtousemargarine.html>

TIP 2: There is no standard

procedure to substitute liquid oil for solid shortening in cooking. Oil is 100 percent fat, while butter, margarine and other solid shortenings are lower in fat on a volume-for-volume basis.

Also, for some recipes, solid shortening helps incorporate air into the batter when it is whipped with other ingredients such as sugar and eggs. If you try to whip these ingredients with oil, your baked product is likely to be more compact and oily in texture. Your most successful substitution occurs if your recipe calls for MELTED butter, in which case you can usually substitute an equal amount of oil.

Buttermilk
Amount: 1 cup
Substitute: 1 tablespoon lemon juice or vinegar plus enough regular milk to make 1 cup (allow to stand 5 minutes)

Chili Sauce
Amount: 1 cup
Substitute: 1 cup tomato sauce, 1/4 cup brown sugar, 2 tablespoons vinegar, 1/4 teaspoon cinnamon, dash of ground cloves and dash of allspice

Chocolate, Unsweetened
Amount: 1 ounce
Substitute: 3 tablespoons

cocoa plus 1 tablespoon butter or regular margarine or vegetable oil

Cornstarch (for thickening)
Amount: 1 tablespoon
Substitute: 2 tablespoons flour

TIP: Liquids thickened with cornstarch will be somewhat translucent while flour gives a more opaque appearance. Cornstarch will thicken a liquid almost immediately. A flour-based sauce or gravy must be cooked longer to thicken and will have a floury taste if undercooked. "Joy of Cooking" cookbook (Scribner, 1997) advises when using flour as a substitution for cornstarch in sauces and gravies, that you simmer it for about 3 minutes AFTER it has thickened to help avoid a raw taste of flour. Cornstarch-thickened liquids are more likely to thin if overheated or cooked too long. Regardless of whether you use cornstarch or flour, mix it with a little cold water or other cold liquid, about two parts liquid to one part thickener, before adding it to the rest of the liquid. (Note: when you mix flour with fat to make a roux for use as a thickener, you would not dissolve it in liquid first.)

See **INGREDIENTS** on page 11