

Good Nutrition

by

Dorothy M. Rathmann, Ph.D.



Questions About High Blood Pressure

Q. What is normal blood pressure?

A. Two numbers are recorded in a blood pressure measurement: *systolic*, the pressure at the moment the heart beats to force blood through the arteries, and *diastolic*, the pressure between heart beats. Blood pressure varies with age, sex, muscular development, diet, worry, fatigue. It is usually lower in women than men. In healthy young persons, normal systolic values are 100-120 and diastolic 60-80. With advancing age, blood vessels tend to lose elasticity; systolic values over 140 are not unusual in apparently healthy older persons.

Q. What is hypertension?

A. Hypertension is another word for high blood pressure. An occasional high reading associated with excitement, for example, is normal. However, most doctors regard readings persistently over 140 systolic and over 100 diastolic as being too high. Hypertension is of concern because it is linked with increased risk of heart attacks and strokes. Perhaps 25 million Americans have some degree of hypertension. Probably 20 million of these have no symptoms.

Q. If I have mild hypertension, how can I help correct it?

A. Some changes in lifestyle — how you eat, work and spend leisure time — can help

correct mild hypertension:

1. Lose excess weight. This may mean merely eating smaller portions, consuming less alcohol and eating fewer sweets.

2. Reduce salt intake. Use less in cooking and at the table. Avoid salty snacks.

3. If you smoke, stop.

4. Adopt a prudent diet containing less animal fat and cholesterol. High blood cholesterol levels coupled with hypertension increase the risk of heart attacks. Ask your doctor to tell you about the prudent diet. Some essential features are eating less cheese, whole milk and butter and using polyunsaturated fats (like Mazola corn oil) in salads and in cooking.

5. Exercise regularly.

6. Try meditation-relaxation; reduce exposure to stress.

If you have not had your blood pressure checked recently, do so. If you find you have a mild hypertension, don't worry, but do take action under your doctor's guidance. Changing the way you eat and live will usually make significant changes in your blood pressure readings.

For more about sensible eating, send for the Mazola booklet, "A Diet for Today," Dept. DT-GN, Box 307, Coventry, CT 06238.

Dr. Dorothy M. Rathmann is Director of Nutrition for Best Foods, a Division of CPC International Inc.

SPICED CUPCAKES FOR KIDS' PARTIES



Spiced cupcakes can easily be the center of attraction at children's birthday parties, and especially when the kids can join in and make the cakes themselves. These are easily prepared from a handy mix, with chocolate chips, cinnamon and a dash of nutmeg and cloves stirred in. Those sweet spices are the ones youngsters have always loved and they smell so good they like using them, too.

SPICED CHOCOLATE CHIP CUPCAKES

- 1 package (1 lb. 1 oz.) pound cake mix
- 1 teaspoon ground cinnamon, divided
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1 package (6 oz.) semi-sweet chocolate chips
- 1 package (3 oz.) cream cheese, softened
- 1/3 cup butter or margarine, softened
- 4 cups confectioners' sugar
- 1 teaspoon pure vanilla extract
- 1-1/2 to 2 tablespoons milk or water

Preheat oven to 375°F. In a medium mixer bowl blend cake mix with 1/2 teaspoon of the cinnamon, nutmeg and cloves. Prepare cake mix according to package directions. Fold in chocolate chips. Line 24 cupcake pans with paper liners. Fill up cake pans with batter. Bake until a cake tester inserted into the center of a cupcake comes out clean, about 15 minutes. Remove from pans; cool. Spread with Cinnamon Frosting. To prepare Cinnamon Frosting beat in a medium bowl cream cheese and butter until well blended. Gradually add confectioners' sugar, mixing until smooth. Stir in remaining 1/2 teaspoon cinnamon and vanilla. Gradually add milk, beating until frosting is of spreading consistency. YIELD: 24 cupcakes.

DEVILED CHICKEN IN 'TWO SHAKES'



All you need for this superbly deviled chicken is some melted butter or margarine, one clove of garlic, and a few quick shakes of Worcestershire sauce. And of course the chicken. Remember that the bottle of Worcestershire is a whole flavor shelf in one—a unique blending of eschalots, tamarinds, molasses and other fragrant things. This combination does wonders for chicken—among other things. And in this recipe you don't even have to brown the chicken pieces first. Just mix the sauce ingredients together, pour over the cut-up chicken in a pan and bake until done, basting with the sauce. It's a dish which takes little time and no fuss!

DEVILED CHICKEN

- 1/2 cup butter or margarine
- 1 garlic clove, crushed
- 1/3 cup Lea & Perrins Worcestershire Sauce
- 1/4 teaspoon salt
- 2-1/2 pound chicken, cut in serving pieces

Preheat oven to 375°F. In a small saucepan melt butter. Add garlic; simmer for 1 minute. Stir in Worcestershire sauce and salt. Place chicken in a foil-lined baking pan. Spoon sauce over chicken. Bake until chicken is done, about 45 minutes, basting occasionally. YIELD: 4 portions.



CHEF'S SALAD

A salad is a light, low-calorie and inexpensive change of pace as a main dish. A chef's salad incorporates greens, cheese and meat; it's a balanced meal in a salad bowl.

Tearing salad greens, rather than cutting them, is the best way to prepare them. Try to make the pieces easy to eat in one bite. Cut the meats and cheese into slices, and then into slivers about 1 1/2 inches long and 1/4 inch wide. These are called Julienne strips.

The dressing for this salad goes well on most salads and can be made in larger quantity than is called for in this recipe. Use a vegetable oil such as peanut oil and it will keep for weeks outside of the refrigerator. Refrigeration tends to make it cloudy which doesn't impair the flavor, but makes it difficult to pour.

Serve with plenty of warm French bread and a chilled dry white wine such as a California Chablis.

Chef's Salad

- | | |
|------------------------------------------------------------|---------------------------------------------|
| <i>Degree of difficulty: Moderate</i> | <i>Servings: Four to six</i> |
| <i>Time: 1/2 hour</i> | <i>Cost: Inexpensive</i> |
| Ingredients: | |
| 2 quarts of salad greens (mixed varieties or all the same) | 3 thick slices white bread |
| 2 hard boiled eggs, chopped | 3 tablespoons butter |
| 1/2 pound Swiss cheese, cut into strips | 1 large tomato, peeled and cut into eighths |
| 1/2 pound boiled ham, cut into thin strips | 2 ounces tarragon vinegar |
| 1/2 pound chicken breast, cooked and cut into thin strips | 1 teaspoon salt |
| | 1 teaspoon powdered dry mustard |
| | 6 ounces vegetable oil |
| | 1 clove garlic, minced |
| | 1/2 teaspoon freshly ground black pepper |
| | 1/2 teaspoon dried tarragon |

• Wash and dry the greens, then tear them into small pieces. Combine in a salad bowl with eggs, cheese, ham, chicken and tomato. Toss to mix well. Refrigerate.

• Cut the crusts off the bread and spread each side of each slice with butter. Cut into squares and saute in a skillet over medium heat until brown.

• In a bowl or glass jar, mix the vinegar, garlic, salt, pepper, mustard and tarragon. Let stand for a few minutes.

• Add the oil and shake vigorously to combine.

• When ready to serve, sprinkle the crisp bread croutons over the salad and pour about 1/2 cup of the dressing over the greens. Toss well to combine. Serve.

A Consumer Service from the CYANAMID Agricultural Division.

THINK THIN!



Entertaining can be a mouth-watering, low-calorie affair with our zesty curry-flavored Indienne Tuna Dip. Serve it with crisp, flavorful Wheat Thins snack crackers.

Calling only for low-calorie ingredients, the dip totals about 16 calories per tablespoon. It combines water-packed tuna, lowfat yogurt and chicken-flavored broth with curry powder for a true Indian taste treat.

So, Think Thin! Serve easy-to-prepare Indienne Tuna Dip with the always popular Wheat Thins snack crackers.

INDIENNE TUNA DIP

- 1 (7-ounce) can tuna, packed in water
- 1/3 cup chopped tomato
- 1 (8-ounce) container plain lowfat yogurt
- 1/4 cup minced celery
- 1 envelope instant chicken flavored broth
- 2 teaspoons sweet pickle relish
- 1 teaspoon curry powder or to taste
- 1/4 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- Wheat Thins snack crackers

Drain and flake tuna. Reserve 1 tablespoon tomato; combine remaining tomato with tuna, and next seven ingredients until blended. Chill 1 hour, or until serving time. Garnish with reserved tomato. Serve with Wheat Thins snack crackers. Makes about 1-3/4 cups dip.

'EASY HOMEMADE DESSERTS' CLASSIC



Prepare this classic Irish Coffee Pie in 15 minutes or less without cooking. The recipe is in the new Jell-O brand pudding recipe book, "Easy Homemade Desserts," now available in supermarkets and bookstores. Jell-O brand puddings—instant and cooked—are the featured ingredients in recipes for a countless number of pies, cakes, between-meal treats, old-fashioned favorites and international classics. Each recipe has preparation time stated to guide you in selecting just the "right" dessert for any occasion.

IRISH COFFEE PIE

- 2-1/2 cups cold milk
- 2 tablespoons Irish whisky
- 1 package (6-serving size) vanilla flavor instant pudding and pie filling
- 2 teaspoons instant quality or decaffeinated coffee
- 1 baked 9-inch pie shell, cooled

Pour milk and whisky into deep narrow-bottom bowl. Add pie filling mix and instant coffee. Beat slowly with rotary beater or at lowest speed of electric mixer for 1 minute. Pour at once into pie shell. Chill 3 hours. Garnish with prepared whipped topping, if desired.