

Good Nutrition

by

Dorothy M. Rathmann, Ph.D.



The Prudent Diet

Q. Our doctor has advised my husband to follow the Prudent Diet. How long has this diet been in use, and what is its purpose?

A. The name, Prudent Diet, was first used over twenty years ago in the New York City Anti-Coronary Club. This was one of the many early tests of diet modification proposed to help save lives — lives which might otherwise be lost to heart attacks associated with atherosclerosis. Even thirty years ago there were indications that the formation of fatty deposits within the arteries is related to high serum cholesterol levels and to the amount of saturated fat we eat. So the Prudent Diet emphasized foods that are low in saturated fat. Since then, this type of diet has been evaluated frequently and found to be effective in helping reduce body weight and lower serum cholesterol levels.

The Prudent Diet appears in many forms and under various different names, as for example:

- A famous reducing diet program uses these principles but tightens up calorie allowance.
- The American Heart Association diet recommendations add up to a Prudent Diet.
- U. S. Dietary Goals written by the Senate Select Committee on Nutrition includes key features of this diet.
- Several concerned food companies (Best Foods includ-

ed) provide helpful menu plans and recipe books giving immediate practical Prudent Diet-type advice.

Whatever the name, this is a normal, helpful varied diet supplying all necessary nutrients. Its special feature is a restriction on the amount of saturated fat eaten.

The overall guidelines are:

- Adjust caloric intake and expenditure so as to avoid obesity.

- Eat plenty of fruits and vegetables. Feature plain breads, cereals and other grain products.

- Limit total fat intake, primarily by decreasing the use of saturated fats such as those found in red meats, butter, lard and whole-milk dairy products.

- Use polyunsaturated vegetable oils — for example, Mazola corn oil — in cooking.

- Limit the use of foods rich in cholesterol, such as eggs, liver and other organ meats.

- Limit sugar, salt and alcohol.

This diet plan provides for all your needs, and you can maintain excellent health while following it. Why not join your husband on his diet? It could be a change for the better for the whole family!

For more specific suggestions, send for "A Diet For Today," Dept. DT-GN, Box 307, Coventry, CT 06238.

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Fruit And Jelly Grill



Making sandwiches extra special isn't hard work. It comes naturally. Try it yourself with Fruit and Jelly Grill.

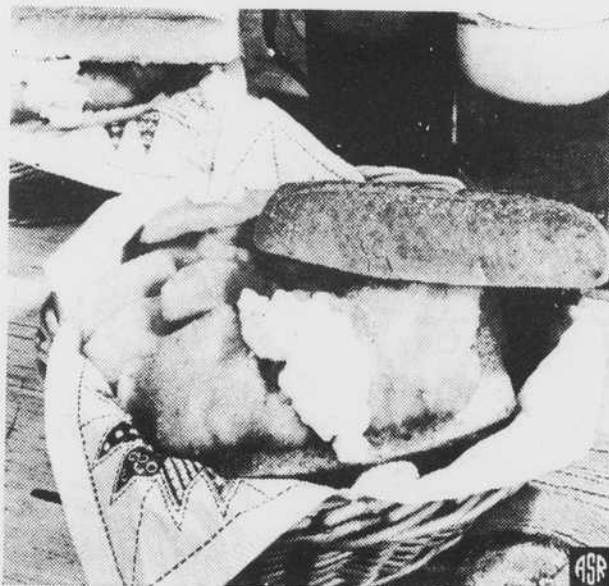
This version of the popular grilled cheese sandwich shows how Mother Nature can help by adding the taste of natural fruit. For a rich, tangy flavor cover one side of a piece of bread with your choice of either Kraft grape jelly or strawberry preserves. On the other piece, place a layer of thin, unpeeled apple rings. Slip process cheese spread in between and grill. When the bread is a toasty brown and the cheese spread begins to melt, you've got a fruit-filled sandwich with a natural crunch.

Sandwich-making can be easy, when you let nature take its course.

Fruit And Jelly Grill

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| White bread slices | Velveeta pasteurized processed cheese spread, sliced |
| Kraft grape jelly or strawberry preserves | Soft Parkay margarine |
| Thin apple rings | |
- For each sandwich, cover slice of bread with jelly, process cheese spread, apple rings and second slice of bread. Spread bread with margarine; grill on both sides until lightly browned.

Lenten Dinner In A Basket



Crispy Cod fillets from the icy waters of the North Atlantic, topped with a quick mix cheesy sauce and served on a crusty hard roll, make a no-fuss, change-of-pace Lenten meal. The new no-defrost oven bake method cuts cooking time to a minimum.

Cheesy Fish Sandwich

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| 1 lb. frozen North Atlantic Cod or Haddock Fillets | 1/4 cup milk |
| 2 cups fine cracker crumbs | Flour |
| 1 teaspoon salt | 1/4 cup melted butter or margarine |
| Pepper | 4 large hard crusted dinner rolls (or 4 wiener buns) |
| 1 egg | |

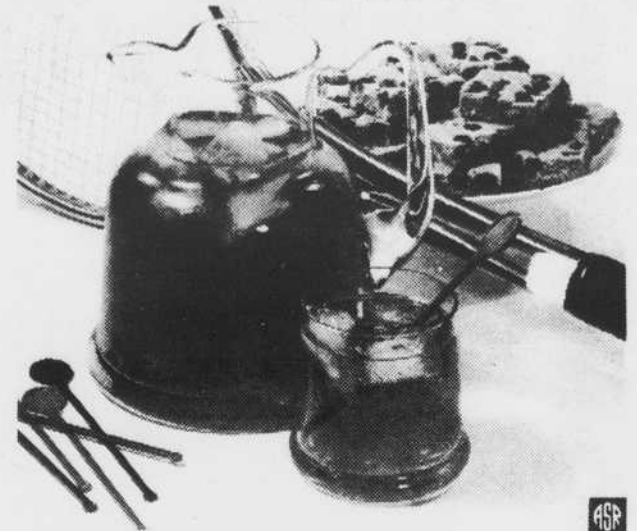
Allow frozen fillets to stand at room temperature 30 minutes. Cut in 4 equal portions. Pre-heat oven to 400°F. Combine cracker crumbs, salt and pepper. In shallow dish, beat egg and milk together. Dip fish in flour to coat, then in egg-milk mixture and then in seasoned cracker crumbs. Place on lightly greased baking sheet and drizzle with melted butter. Bake 20 to 25 minutes or until fish becomes opaque and flakes easily with fork. Serve with Cheesy Topping.

Cheesy Topping

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| 1 package cheese sauce mix | 2 tablespoons pickle relish |
| 1 cup milk | 1/2 teaspoon dry mustard |
| 4 hard cooked eggs, chopped | |

Add mix to milk in saucepan. Bring to a boil, stirring constantly. Lower heat and simmer for 1 minute. Remove from heat and stir in chopped eggs, pickle relish and dry mustard.

Take A Break



Even the spectator sports will appreciate this refreshing midday break. Strawberry Honey Quencher, easily prepared with Kool-Aid brand unsweetened soft drink mix, makes a winning match with rich Blonde Brownies.

Strawberry Honey Quencher

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| 1 envelope strawberry flavor unsweetened soft drink mix | 1/2 cup honey | 1/2 cup sugar | 2 quarts water with ice cubes |
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Combine all ingredients in pitcher and stir until soft drink mix and sugar are dissolved. Makes 2 quarts or 16 servings, 1/2 cup each, or 8 servings, 1 cup each.

Note: Unsweetened soft drink mix should be prepared in a plastic or glass container.

Blonde Brownies — mix 1 cup all-purpose flour with 1/2 teaspoon double-acting baking powder, 1/2 teaspoon salt and 1/8 teaspoon baking soda; mix in 1/2 cup chopped nuts. Melt 1/3 cup butter or margarine in saucepan; mix in 1 cup firmly packed brown sugar. Blend in 1 slightly beaten egg and 1 teaspoon vanilla. Add flour mixture, a small amount at a time, mixing well after each addition. Spread in greased 9-inch square pan and sprinkle with 1/2 cup chocolate flavor baking chips. Bake at 350° for 20 to 25 minutes. (Do not overbake.) Cool in pan; cut into bars. Makes about 2 dozen.

Toppings Add Variety To Hot Dogs



Break away from the old catsup and mustard routine for hot dogs and serve them buffet style with a variety of toppings. Just supply the franks and buns, the toppings and a few hearty eaters!

Sour Cream Topping: Stir together 1/4 cup dairy sour cream, 1/4 cup Best Foods Sandwich Spread, 2 tablespoons prepared horseradish and 1/4 teaspoon dried dill weed. Cover, refrigerate. Makes about 1/2 cup.

Bean Topping: Stir together 1/4 cup baked beans, 1/4 cup Best Foods Sandwich Spread, 2 tablespoons chopped onion and 1 tablespoon beer (optional). Cover, refrigerate. Makes about 1/2 cup.

Cole Slaw Topping: Stir together 1 cup shredded cabbage, 1/2 cup Best Foods Sandwich Spread and 1/4 cup shredded Swiss Cheese (optional). Cover, refrigerate. Makes about 1 1/4 cups.



Escapologist Harry Houdini's real name was Ehrich Weiss.



The soda fountain was invented by an American, John Matthews, in 1832.

New Ideas For That Old Brown Bag

The brown bag lunch isn't just for schoolchildren any more. People of all ages and occupations are carrying their lunches in record numbers. The trend has even hit the executive suite, where a fast light lunch is ideal for busy men and women. Packing a lunch is not only cheaper and faster than eating out but also lets you choose your favorite foods or stick to a diet. With today's variety of packaged foods and insulated containers, you may even be able to eat better — in terms of taste and nutrition — at your desk than in a restaurant. Here are some tips for better brown bagging:

Keep lunch box needs in mind when you shop for groceries. Along with standbys like coldcuts and lettuce you will find many foods — soups, desserts, snacks, fruit juices, meat products and cheeses — are packed in single-serving portions, perfect for portable lunches.

Plan for variety in lunches. Nothing will put you off brown bagging faster than the same old sandwiches day after day. Some alternatives are soup — hot or cold — from a thermos and a julienne salad; a breadless sandwich of cold cuts wrapped around cheese; hot stew or chili and French bread; even a lunch of all canned goods that needs no preparation at all. Or, experiment with unusual sandwich ideas like combinations of bananas and peanut butter or cream cheese and radishes on black bread.

Nothing is worse than trying to pack a lunch when there's no time. Do as much as possible the night before. Eggs can be hard-boiled, salads made and refrigerated in plastic containers, and so



on. Sandwiches made in advance sometimes tend to get soggy, but fillings such as lettuce, cheese and meat, can be wrapped flat in wax paper, then inserted between the bread. Remove the wax paper just before eating and you'll have a freshly made sandwich.

Packaging is important too for freshness and eye appeal. Small plastic containers are good for pickles, salads and canned fruits. Plastic bottles will hold salad dressings or condiments if you can't find individual packets, and sandwiches and baked goods should be wrapped in wax paper to help keep them fresher longer.

A box lunch spread can cause a messy desk. If you're eating in the office, a few sheets of ScotTowels will make wiping up crumbs or spills a cinch. Keep a roll in a drawer or tuck several right in the bag.

Lunch can be a relaxing — and welcome — break in any work routine. Take your brown bag feast to the nearest park — the change of scenery and exercise will make it worthwhile, and your digestion and afternoon's work may profit, too.