

Food

PROTEIN FACTS

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Protein is something we hear a lot about. But even many scientists find this essential nutrient hard to understand.

Though diseases related to protein deficiencies are almost unknown in the United States, it is important to know what protein does, how much we need, and which foods are good sources.

The most important function of proteins is the building and repair of body tissues. Proteins from the base of every cell in the body. Thus, it is easy to see why adequate protein is important, especially during stages of growth when cells are growing rapidly. Infancy, childhood, adolescence and during pregnancy are critical times.

Protein is needed to supply raw material for the formation of new tissues, such as for hair and nail growth. It is also needed to replace tissue lost through burns, injury, illness or through natural cell degradation. Protein also maintains the water balance and the acid balance in the body and in an essential part of hormones and antibodies.

The need for protein varies with age and stage of growth, sex, size, health and diet. A very rough estimate of protein need is to divide the body weight by three. Thus, a person weighing 150 pounds would need about 50 grams of

protein per day.

The body is highly adaptable and can tolerate levels of protein up to two to three times the recommended daily allowance. However, there is no evidence that there are any beneficial effects from eating more than the recommended amount of protein. In fact, diets high in protein and low in carbohydrates can create potentially deadly changes in metabolism and can place a severe burden on kidneys and the liver.

Proteins are complex nutrients made up of a number of substances called amino acids. Some of these amino acids can be manufactured by the body. However, eight can be obtained only from foods we eat, thus they are called essential amino acids.

Foods that contain all the essential amino acids include eggs, milk, cheese, meat, poultry and fish. Cereals, grains, seeds, nuts, dry beans and peas lack one or more of the essential amino acids, but are still good sources of protein when combined with foods from an animal source or combined with other vegetable proteins.

Scientists suggest using less protein from animal sources and more protein from plant sources to reduce consumption of cholesterol and saturated fats and

increase fiber.

Using plant proteins can also help cut the weekly food bill because they are much less expensive. By combining a plant protein with a small amount of an animal protein, you can get all the essential amino acids and save money.

Many of the combinations that offer high qual-

ity nutrition are also familiar favorites, like macaroni and cheese, cereal and milk, and noodle or rice casseroles.

For more information or recipes on alternate protein sources, call the Clark County Cooperative Extension Service at 731-3130.

STRETCHING YOUR PROTEIN POWER THREE-BEAN HOT DISH

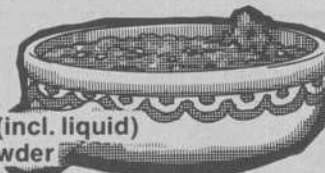
1 lb. ground beef
1 lb. can kidney beans, drained
1/4 cup brown sugar
2 tablespoons vinegar
1 lb. can pork and beans
1 lb. can lima beans, drained
1/2 cup catsup
Mustard to taste

Brown ground beef in large skillet. Pour off drippings. Add the remaining ingredients. Mix together. Pour into greased baking dish. Bake in 350 degree F. oven for 35 minutes. Serves 8.

CHILE CON CARNE WITH MACARONI

1 tablespoon fat or oil
1/2 lb. hamburger
1 small onion, chopped
2 cups canned tomatoes
1 cup water
16 oz. can kidney beans (incl. liquid)
2 or 3 teaspoons chili powder
1 teaspoon salt
3/4 cup uncooked elbow macaroni

Heat fat in a large fry pan. Add meat and onions. Cook and stir until lightly browned. Drain off fat. Add rest of



ingredients. Boil gently about 20 minutes, until macaroni is tender. Stir only to keep from sticking. Add a little water during cooking, if desired.

CORNMEAL QUICHE

Crust:

3/4 cup all-purpose flour
1/2 cup cornmeal
1/4 teaspoon salt
A dash of pepper
1/3 cup shortening
3 tablespoons cold water

Filling:

5 eggs, slightly beaten
3/4 cup milk
1 16 oz. can whole kernel corn; drain well or quiche will be runny!
1 1/4 cups shredded process American cheese
1/2 teaspoon salt
1/8 teaspoon cayenne

For crust, combine flour, cornmeal, salt and pepper. Cut in shortening. Sprinkle water over mixture and stir lightly with fork until mixture forms a ball. Roll out on lightly floured board. Fit loosely into 9-inch pie pan. Fold in edges and flute. For filling, stir together eggs and milk; stir in corn, cheese, salt and cayenne. Pour into crust. Bake at 425 degrees F. for 15 minutes. Reduce oven temperature to 350 degrees F., and continue baking 25 to 30 minutes. Let stand 10 minutes before cutting. Makes six servings, 410 calories each.

REMINDERS!

Use dried beans instead of canned beans to save money.
Use dried milk instead of liquid milk to cut recipe costs.
Refrigerate cooked beans up to four or five days.
Freeze cooked beans and bean dishes in covered containers up to six months.

SOCIAL

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talented young lady is a former music student of mine who always reminds me (appreciatively) that I was her first music teacher.

To Jackie and her glorious choir I say "Hang On In There," and "Keep on Climbing."

According to Lucille Gee, Chairperson for the NAACP Freedom Fund Banquet, another rich program is planned for Sunday, Feb. 19 at 3 p.m. at the Second Baptist Church, 500 W. Madison Ave. Featured speaker will be Rev. Dr. Booker Guyton, Stockton Unified School District. The public is invited to attend and bring a good-

will offering.

AKA TALENT SEARCH PROGRAM

Nikki Giovanni, famed Black poetess and distinguished member of Delta Sigma Theta Sorority, Inc., will be the guest speaker at a special Black History program sponsored by Theta Theta Omega Chapter of Alpha Kappa Alpha Sorority, Saturday, Feb. 25 at the Sahara Hotel Space Center.

The program, which will last from 9:30 a.m. to 2:30 p.m., will be enhanced with superior talent numbers from students of the various High Schools who were screened in a talent search contest devised

by AKA Sorority in conjunction with CCSD, Love All People, and NCCJ.

The program is free of charge and everyone is invited.

For further information please call Billie Knight at 870-1330 or Willa Bywaters at 453-1330.

DEEPEST SYMPATHY

On behalf of the members of Delta Sigma Theta Sorority and my immediate family, I wish to express our deepest sympathy on the passing of Soror Margaret Bennett, sister of Rev. Marion Bennett, Pastor Zion Methodist Church. May she rest in sweet peace.

PMS Workshop Scheduled

On Feb. 18, from 12 noon to 4 p.m., a workshop on premenstrual syndrome will be presented by the PMS Research Foundation at

Breuners Furniture, 4450 W. Spring Mountain Rd. Registration is open to the public. For registration call 369-9248.

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