

FOR THE LADIES...

The KITCHEN BEAT

High Blood Pressure Is #1 Health Problem In Black Community

In today's Black American home, cooking is no longer the responsibility of one person. Because of busy and varied schedules, usually every member of the family at some time or another has to prepare personal meals or meals for other members of the family. The KITCHEN BEAT is designed to meet some needs of the various cooks in the modern Black family.

Twenty-six percent of Black males and twenty-eight percent of Black females have high blood pressure (hypertension). It is a symptomless disease, but a very serious one when left untreated. There's a simple test to measure blood pressure. Be sure to have yours checked regularly.

While the exact cause of hypertension is unknown, it is recognized that there is a relationship between it and high sodium intake. Thousands of people with high blood pressure have been placed on a low-sodium diet by their doctors.

Vegetables are an important part of everyone's diet because they provide essential vitamins and minerals and are usually very low in calories. But they can pose a problem to people placed on sodium-restricted diets. Most fresh vegetables are naturally low in sodium, but there are a few exceptions--artichokes and celery have a high sodium content. Canned vegetables should also be avoided since salt is usually added during processing. There are special low-sodium canned vegetables on the market, however, which can be substituted.

When you can't use salt to season your vegetables, a flavorful sauce will perk them up. Another way to add rich taste to all foods is to cook with a salt-free margarine, such

as Fleischmann's. We thank them for sending these recipes to us for our readers.

Mixed Vegetable Saute

- 1 lb. (about 1 quart) thinly sliced zucchini
- 1 cup thinly sliced green pepper
- 2 cloves garlic, minced
- 2 Tablespoons unsalted margarine
- 1 cup sliced mushrooms
- 1/4 tsp. pepper

Saute zucchini, green pepper and garlic in margarine until zucchini is tender crisp, about 10 minutes. Add mushrooms and pepper; saute about 5 minutes longer, until vegetables are done. [Serves 8.]

NUTRITION INFORMATION (per serving): Calories, 55; Sodium 5; Saturated Fat (gm), 0.8; Polyunsaturated Fat (gm), 1.4; Cholesterol (mg), 0.

Curried Corn

- 2 Tablespoons unsalted margarine
- 3/4 teaspoon curry powder
- 2 cans (8-1/2 oz. each) dietetic corn, drained

Melt margarine in small saucepan. Blend in curry powder. Stir in drained corn. Cook covered, over medium heat for 3 to 5 minutes, or until corn is heated through. [Serves 4.]

National Medical Association Commends Sullivan

Charles Johnson, M.D., of Durham, NC, newly installed president of the National Medical Association, (NMA) recently commended U.S. Department of Health and Human Services Secretary Louis W. Sullivan, M.D. on his "forthrightness in raising the level of awareness of all Americans to the large disparity in health care available to the poor, minorities, and the underserved as compared to the majority population..."

Dr. Johnson stated that the NMA is well aware that it would be "unrealistic and naive" to believe that Sullivan or any other individual could single-handedly change the many years of neglect of health care by both political parties.

During its 95th annual convention, held recently in Las Vegas, Nevada, the NMA House of Delegates approved plans and policies to expand access to health care to the

30 to 40 million Americans who are uninsured or underinsured.

Dr. Johnson and the NMA hope, in the next few months, to build adequate coalitions to prompt the U.S. Congress to pass national health insurance legislation.

The NMA, founded in 1895, speaks for some 16,000 minority physicians residing throughout the United States, as well as Puerto Rico and the Virgin Islands. It is headquartered in Washington, D.C.

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