

IDEAS FOR BETTER EATING

Menus and Recipes to Make Use of the Dietary Guidelines

Extension Bulletin 469

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EB-469 **Nutrition and
Your Health**

Dietary Guidelines for Americans



Eat a Variety of Foods



Maintain a Healthy Weight



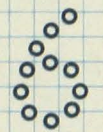
Avoid Too Much Fat, Saturated Fat, and Cholesterol



Eat Foods with Adequate Protein and Fiber



Avoid Too Much Sugar

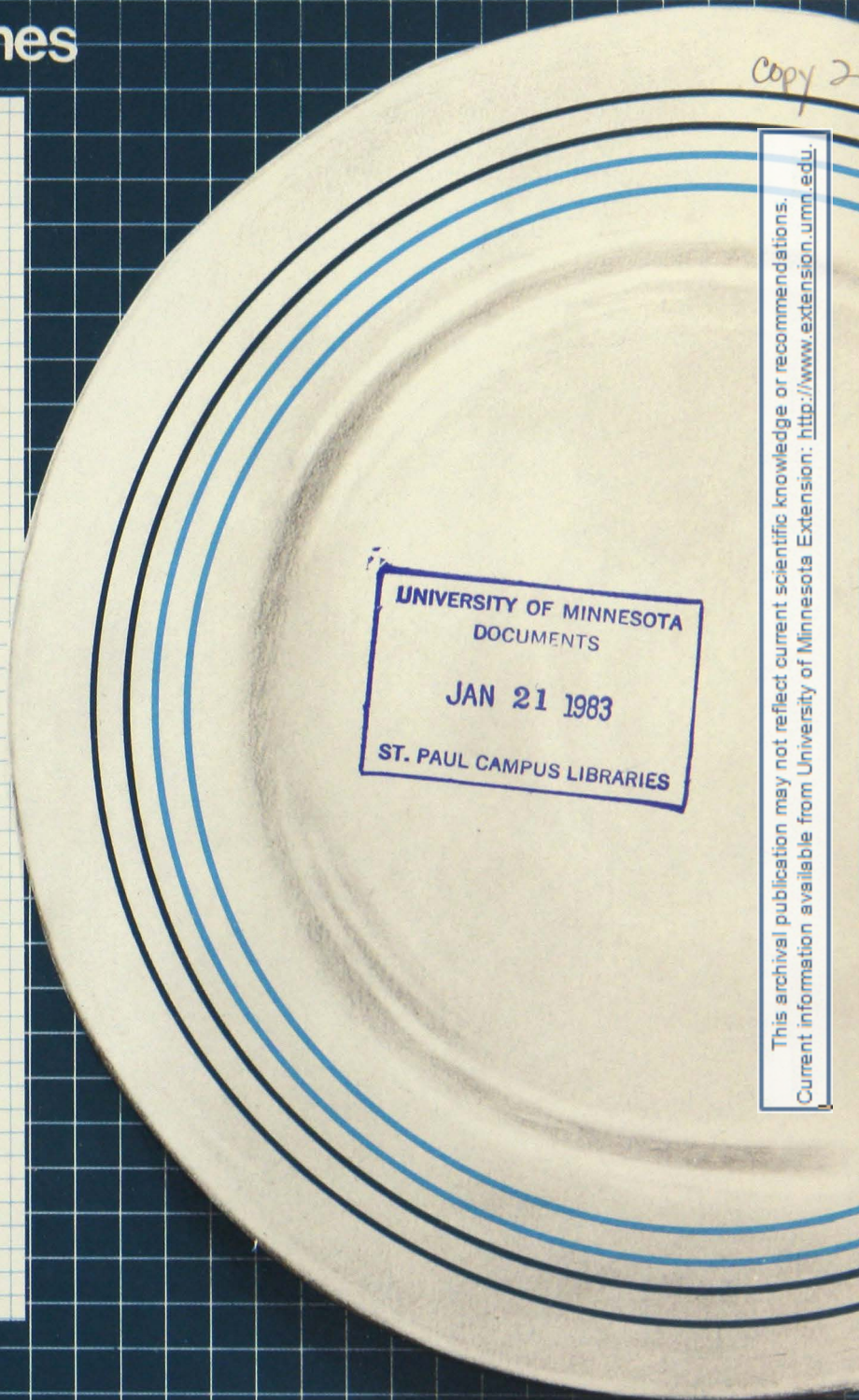


Avoid Too Much Sodium



If You Drink Alcohol, Do So in Moderation

Agricultural Extension Service
University of Minnesota



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About the Menu Guides

In the past few years, many nutritionists have concluded that we can maintain our health, and even improve it, by modifying our diets. In February 1980, the U.S. Departments of Agriculture and Health and Human Services recommended dietary guidelines in the publication, *Nutrition and Your Health—Dietary Guidelines for Americans*.

This publication, *Ideas for Better Eating*, offers ideas and recipes to help use the guidelines in our daily choices of food—when we eat at home and away from home.

There are a lot of good things about the way we eat now. There are also many unanswered questions about the relation of diet and health and of diet and disease—things science has yet to discover. Why should we change the way we eat now?

Many nutritionists recommend we make some prudent changes in our diets based on the best available knowledge. For instance, we know that we need to eat a wide range of nutrients to maintain good health. We know there is a relationship between obesity and eating more calories than we need and between hypertension and eating a lot of salt. Although there is some controversy, many experts believe there is a relationship between heart attacks and eating too much of foods high in fat, saturated fat, and cholesterol.

Nutritionists also recognize that people do not eat for nutritional benefits alone. Food must be appealing and enjoyable or no one will eat it. These menu guides and recipes were developed to help keep our diets appealing and enjoyable as well as healthful.

A final word—moderation is the best guide in eating to maintain health.

I. MAKING A START

By and large, Americans have an adequate diet. With very little effort, they could have a better one. In the process, they would increase their chances of staying healthy.

Nutritionists in the Federal Government have developed a set of guidelines that can help many Americans improve their eating habits. The guidelines are the joint effort of the Departments of Health and Human Services and Agriculture.

Based on what we know today about the relationship of diet to good health, the guidelines recommend that we:

- Eat a variety of foods.
- Maintain ideal weight.
- Avoid too much fat, saturated fat, and cholesterol.
- Eat foods with adequate starch and fiber.
- Avoid too much sugar.
- Avoid too much sodium.
- If you drink alcohol, do so in moderation.

The guidelines help us make informed choices about our food. The object is to get the right balance of vitamins, minerals, and fiber without overdoing the salt or the calories, especially the calories from fat and sugar.

Many adults, especially women, fall short of recommended levels of some nutrients, according to the findings of recent surveys conducted by the Department of Agriculture and the Department of Health and Human Services. The suggested menus and panel-tested recipes in this publication illustrate some ways to select and prepare foods. These suggestions could add up to a better diet for you and your family.

The menus are designed for healthy adults. They can be modified for children and teenagers. The menus are not, however, planned for the use of toddlers, for pregnant or nursing women, for convalescents, or for others with special health or nutrition problems.

There are two versions of each day's menu. One provides 1,600 calories and the other 2,400 calories. They reflect the amounts of food that women and men say they eat, on the average, as reported in the surveys.

They also represent the foods we commonly eat and the way we usually eat them.

The calorie level in the sample menu is not necessarily right for you, since we all vary greatly in our need for calories. If you are physically active, you may need more calories than the amounts shown. If you aren't very active, you may need fewer calories to maintain normal weight. You have to judge your own needs depending on your weight and activity.

There are limits to how far you can go. The less food you eat, the harder it is to get all the vitamins and minerals you need. That is particularly true for iron and zinc. The zinc and iron content of a diet that is low in calories can be improved by eating more of the foods that are good sources of the two minerals: lean meat, shellfish, whole grain breads and cereals, some fortified breads and cereals, and dry beans and peas.

Recent studies suggest that the body more readily absorbs the iron in meat, poultry, and fish than it does the iron in plant foods. But foods containing vitamin C—a glass of orange juice, for example—consumed along with plant foods increase the amount of iron absorbed.

There are other ways to cope with calories. Be more active. The more active you are the more you can eat while still maintaining your weight. It's easier to get the vitamins and minerals you need—while keeping the pounds off—if you regularly take part in a sport or some other activity which you enjoy and find convenient. Walking, biking, or jogging are good possibilities. Your doctor can tell you the level of activity that's right for your age and physical condition.

In addition to using up some calories, regular exercise pays other dividends. It develops strength and endurance and increases your agility. It can improve your posture and your appearance in general. Exercise also relieves tension and reduces the risk of developing heart disease. It does more. Exercise may result in better mental performance, less drowsiness, and sounder sleep.

The menus reflect common eating patterns and use ordinary foods. The menus are simply examples of ways to eat for good health and good nutrition. They are consistent with the objectives of the dietary guidelines. The menus are *not*, however, prescriptions that must be followed in every detail. They couldn't be. No one knows your favorite foods or your own style of eating. From pages 6 to 9 we talk about the principles used in developing the menus. When you understand them, you should be able to shape the menus more to your own eating habits.

You could start by looking for those menus that most closely resemble your style of eating. By switching foods from one meal or snack to another, you can create a menu you like better. Foods that can be substituted for those in the menus are listed on pages 19 to 23.

Snacks are part of the total nutrition picture in the menus. If you prefer you can tuck them into your meals and forget about snacking.

You aren't going to make all the changes suggested by the guidelines overnight. Start small. Make one change. When you've adjusted to that one, try another.

Don't be too hard on yourself. The important thing is to stay on track—or to get back on it. When you've succeeded in making one change for the better, pat yourself on the back. But don't stop there. Take another step. Keep at it until you've gone the distance.

The menus are based on ordinary foods and standard recipes unless otherwise indicated. The hamburger and french fries in menu 2, for example, are the kind you would eat in a restaurant or in a fast food establishment. Despite their higher sodium and fat content, they fit in with the guidelines. To compensate for the higher fat and sodium content, other foods during the day balance them out.

The recipes provided for items in the menus were developed in our test kitchens to moderate the amount of fat, cholesterol, salt, and sugar. If you follow your own recipe, or use different ingredients, you may end up with more calories, fat, cholesterol, salt, or sugar.

The 1,600- and 2,400-calorie menus are most alike at breakfast and dinner, when everyone in the house tends to eat "out of the same pot." Differences are the result of tailoring the menus to the nutritional needs of women and men. On the average, women need fewer calories than men, but have similar requirements for many vitamins and minerals. For women, that leaves less room for calories that don't carry their share of nutrients—calories from fat, sugar, and alcohol.

To adapt the menus to the needs of school-age children and teenagers, add 1 to 2 glasses of fortified milk for 7-to-10-year-olds. Add 2 to 3 glasses for teenagers. For guidance on feeding infants, toddlers, pregnant or nursing women, and convalescents, consult a physician, public health nurse, nutritionist, dietitian, or Extension nutrition specialist.



Eat a Variety of Foods.

You can get the vitamins and minerals you need for good health with a variety of foods. Choosing a wide selection of fruits, vegetables, breads and cereals, dairy products, and meat, fish, and poultry products will do the job.

Adding variety to our diets isn't that hard. Most of us vary the way we eat from day to day. It's a good idea nutritionally. If you pick different foods from within each group of foods, you increase the range of nutrients in your diet. Over a period of days, you should come out about right.

To increase the variety of foods, the menus:

- provide more servings of fruits and vegetables than many of us are accustomed to.
- frequently include dark-green vegetables, dry bean dishes, and starchy vegetables.
- use more grain products, especially whole grains.



Maintain Ideal Weight.

If you want to lose weight:

- start by cutting back on fats, sugars, and alcohol in your diet.
- cut back on serving sizes.
- increase your physical activity.

3

Avoid Too Much Fat, Saturated Fat, and Cholesterol.

Several factors have been linked to heart disease. Among them are high levels of blood cholesterol, high blood pressure, diabetes, a history of heart disease in the family, and obesity. Many scientists believe that certain habits and characteristics raise the risk of heart disease. These traits include smoking, reaction to stress, physical inactivity, and immoderate consumption of fats, saturated fat, cholesterol, and sodium.

Higher levels of blood cholesterol are generally associated with a greater risk of heart disease; lower levels with a lower risk. High levels of blood cholesterol can lead to atherosclerosis (hardening of the arteries), the underlying problem causing most heart and blood vessel diseases. Although levels of blood cholesterol vary among individuals, populations with high consumption rates for saturated fat and cholesterol generally tend to have high levels of blood cholesterol. Differences in heredity explain why some people can follow diets that are high in fat and cholesterol and still maintain relatively low levels of blood cholesterol. Others, consuming less fat and cholesterol, have relatively high levels of blood cholesterol. Your physician can evaluate your blood cholesterol status.

There is debate about whether it is sound to make a general recommendation that people should reduce their dietary fat and cholesterol. Many scientists, including the Surgeon General of the United States, believe it is sensible to consume only moderate amounts of fat and cholesterol. They also believe that this moderation poses no known health risk, and may reduce your risk of heart attack. No diet, however, will insure against heart disease.

Most of the fat and cholesterol in our diets comes from fats and oils, meat, poultry, egg yolks, and dairy products. The menus lower the amount of fat and cholesterol by:

- selecting lean hamburger and lean roasts, chops, and steaks—trimmed of visible fat.
- draining meat drippings.
- limiting the amount of margarine or other fats used on bread and vegetables.
- emphasizing lowfat and skim milk and reducing the amount of fat in other foods when whole milk or cheese is used.
- cutting down the amount of fat used in recipes, added to foods in cooking, or added at the table.
- limiting the number of fried foods, especially breaded or batter-fried foods.
- moderating the amounts of organ meats and egg yolks.
- using fewer creamed foods and rich desserts.
- watching the amount of salad dressing used.

4

Eat Foods with Adequate Amounts of Starch and Fiber.

In order to have enough starch and fiber, the menus:

- provide more vegetables and fruits.
- include potatoes, sweet potatoes, yams, corn, peas, and dried beans more often.
- emphasize whole grain cereal products, such as brown rice, oatmeal, and whole wheat cereals and breads.

When you try the menus, it may seem like more food than you are used to. You are cutting down on the “concentrated calories” from fats and sweets and adding more servings of fruits, vegetables, and whole grains. Your diet is bulkier. There are no more calories, but the volume is larger. Nutritionally, it’s an advantage. You are getting more nutrients and fiber for your calories. Since the bulkier diet makes you feel full, it may help curb your appetite. Even so, it may take getting used to.

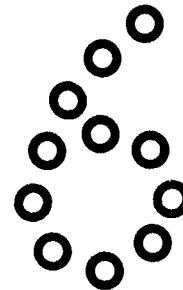
People who count calories often won’t touch starchy foods like potatoes, breads, and grains. They think starches are “fattening.” Actually starches are no more fattening than any other food. The question is how much you eat and how much fat or sugar and other sweeteners you add to the starches. Fats have more than two times the calories of starch. Sugar has no more calories than starch, but sugary foods add little more than calories to your diet.

5

Avoid Too Much Sugar.

We get most of our “added sugar” from soft drinks, candy, and desserts, not from the sugar bowl. The menus limit the amount of added sugar by:

- avoiding or cutting down on very sweet foods.
- reducing the amount of sugar in recipes for baked goods and desserts.
- relying more on fresh fruit and canned fruits packed in juice or light sirup.
- limiting the amounts of sugar, jams, jellies, and sirups.



Avoid Too Much Sodium and Salt.

Sodium is a component of salt. Aside from the salt we add at the stove and at the table, much of the sodium we consume comes from the salt and other sodium compounds in commercially prepared foods. So choose carefully when you are eating out. When you shop, read the label. Avoid obviously salty foods. Keep the salt shaker off the table. Your appetite for salty foods may be curbed if you make an effort to break the salt habit.

To limit the amount of sodium and salt, the menus:

-
- use few salty, processed foods.
 - use little or no salt and assume that none is added at the table.
 - make only sparing use of commercially prepared sauces and condiments; these include such foods as catsup, barbecue sauce, Worcestershire or soy sauce, mustard, relishes and pickles, bouillon cubes, meat tenderizer, monosodium glutamate, gravy mixes, and canned soups.
 - use more fresh and frozen vegetables than canned or seasoned frozen vegetables which have salt added.
 - limit the use of salty snack foods such as chips, pretzels, and crackers.



If You Drink Alcohol, Do So in Moderation

Alcoholic beverages tend to be high in calories and low in other nutrients. Even moderate drinkers may need to drink less if they wish to achieve ideal weight.

On the other hand, heavy drinkers may lose their appetites for foods containing essential nutrients. Vitamin and mineral deficiencies occur commonly in heavy drinkers — in part, because of poor intake, but also because alcohol alters the absorption and use of some essential nutrients.

Sustained or excessive alcohol consumption by pregnant women has caused birth defects. Pregnant women should limit alcohol intake to 2 ounces or less on any single day.

Heavy drinking may also cause a variety of serious conditions, such as cirrhosis of the liver and some neurological disorders. Cancer of the throat and neck is much more common in people who drink and smoke than in people who don't.

One or two drinks daily appear to cause no harm in adults. If you drink you should do so in moderation.

- **Remember, if you drink alcohol, do so in moderation**

MENUS

II. MENUS TO GET YOU GOING

Foods alone can't make you healthy. But good eating habits based on moderation and variety, along with regular physical activity, will certainly help.

The menus in the booklet generally meet or exceed recommended allowances for most nutrients.¹ At the 1,600-calorie level, they fall short of recommended levels for vitamin B₆, folacin (another B vitamin), iron, and zinc. However, the levels of these nutrients in the menus exceed the average amounts consumed at similar levels of calorie intake, according to national surveys. In diets of fewer than 1,800 calories, it is hard to get the recommended levels of all essential nutrients. That is particularly true of vitamins and minerals which are present in many foods but only in low concentrations. To approach the recommended levels of these nutrients at low calorie levels, it is necessary to be more moderate in the use of fat, sugar, and alcohol than many of us are accustomed to, and to eat more nutrient-dense foods.

After you have looked at the menus, you will find suggestions for alternate foods on pages 19 to 23.

¹Nutrient allowances are based on the Recommended Dietary Allowances developed by the Food and Nutrition Board, National Academy of Sciences, Washington, D.C. The Allowances are revised periodically to reflect the latest scientific findings. The most recent RDA's were published in 1980.

Each menu in this booklet illustrates all the principles suggested in the dietary guidelines, including the principles of moderation and variety. Each menu gives specific examples of modest changes which can be made in your food choices to meet the

dietary guidelines. It makes good nutritional sense to choose different foods from meal to meal as well as from day to day.

These menus are not intended to be followed day after day. Choose the menus closest to your style of eating and try the changes

suggested to meet the dietary guidelines.

In addition to the variety of foods used in this menu and in all the others, you will find a wide range of fruits and vegetables on pages 19 to 23 that could be used as substitutes. The

kinds of meat, fish, and poultry are also changed from menu to menu, as are the types of dairy products and grains. However, some whole grains appear in each menu.

1600
CALORIES

MENU 1

2400
CALORIES

★ BREAKFAST ★

3/4 cup	Orange juice (fresh or frozen)	3/4 cup
None	Egg (soft cooked)	1 large
2 slices	Banana nut bread ²	2 slices
1/2 cup	Milk (skim, fortified)	1 cup
	Water, tea, or coffee	

★ BROWN BAG LUNCH³ ★

1 sandwich	Tuna salad sandwich: 2 oz tuna, packed in water; 1 tbsp chopped celery; 1 tsp chopped onion; 2 tps mayonnaise; 2 slices whole wheat bread	1 sandwich
1 medium	Pear (fresh)	1 medium
1 cup	Milk (skim, fortified)	1 cup

★ DINNER ★

4 oz	Pot roast (chuck, lean only)	4 oz
3/4 cup	Mashed potatoes	3/4 cup
1/2 cup	Green beans (fresh or frozen)	1/2 cup
1 cup	Spinach salad	1 cup
1 tbsp	Italian dressing	1 tbsp
1 slice	Italian bread (enriched)	2 slices
1 tsp	Margarine (soft)	1 tbsp
1/2 cup	Orange-pineapple cup ²	1 cup
	Water, tea, or coffee	

★ SNACKS ★

3/4 cup	Chili bean dip ²	1/2 cup
1 cup	Raw vegetable sticks: carrot, celery, and green pepper sticks	1 cup
None	Whole wheat crackers	5 to 6 average
None	Juice or alternate ⁴	12 oz
	Water, tea, or coffee	

Banana nut bread is a change of pace from plain toast. The 2 slices have about the same number of calories as a sweet roll, but more vitamins and minerals. The banana nut bread has less fat and sugar and is made with whole wheat flour.

The beef is trimmed of fat. The tuna at lunch was packed in water. Each step lower the overall fat content of the menu.

NOTE: Foods and quantities highlighted in yellow indicate a difference between the 1,600- and the 2,400-calorie menus. As you can see, the menus are pretty much the same. It is mostly a matter of a little more of this, a little less of that.

²Recipe included; see pages 25 to 30.

³For more information about safety at lunch time, send for a copy of *Safe Brown Bag Lunches*, FSQS Information, Outreach Services, U.S. Department of Agriculture, Room 3612-So., Washington, D.C. 20250.

⁴See page 6 for list of alternates.

Moderation can take the form of a balancing act—balancing more of something at one meal

with less at the next. Take the fast food lunch in Menu 2. The somewhat higher fat content at

lunch is balanced out by lower fat at breakfast and again at dinner.

1600
CALORIES

MENU 2

2400
CALORIES

★ BREAKFAST ★

½ cup	Strawberries (fresh or frozen, unsweetened)	½ cup
2 biscuits ½ medium	Shredded wheat with sliced banana	2 biscuits ½ medium
None	Sugar	1 tbsp
1 cup	Milk 2% lowfat, fortified whole	1 cup
	Water, tea, or coffee	

The kind of milk is your choice. When you use whole milk in one meal, you might be more moderate in your use of other fats.

★ FAST FOOD LUNCH ★

2 oz None 1 bun	Hamburger/cheeseburger ground beef American process cheese enriched bun	3 oz ¾ oz 1 bun
½ cup	Coleslaw, with mayonnaise-type salad dressing	½ cup
1 small serving	French fries	1 large serving
8 oz	Juice or alternate ⁴	8 oz

Check the recipe. The skin is removed to lower the fat content. No fat or oil used in cooking, either.

★ DINNER ★

1 serving	Chicken cacciatore ²	1 serving
½ cup	Spaghetti, enriched	1 cup
½ cup	Zucchini, cooked fresh	½ cup
1½ cups	Mixed green salad: iceberg lettuce, spinach, green onions, cucumbers	1½ cups
1 tbsp	Italian dressing	1 tbsp
1 slice	Italian bread (enriched)	2 slices
1 tsp	Margarine (soft)	2 tsps
None	Pear (fresh)	1 medium
None	Pineapple juice (unsweetened)	1 cup

No fat or salt added to the zucchini. For added zest, try lemon juice, caraway seed, or marjoram.

★ SNACKS ★

None	Graham crackers	2 squares
½ cup	Milk 2% lowfat, fortified whole	½ cup
1 medium	Tangerine	1 medium

Salad dressings add calories and sodium. Be moderate in your use of them.

²Recipe included; see pages 25 to 30.

⁴See page 6 for list of alternates.

You have cut down on the fats in your diet. Now you have more room for carbohydrates—preferably foods containing starch or fiber or both. Vegetables and grain products are good examples of these foods.

Whole grain foods contain all the edible parts of the cereal seed, including the fibrous outer covering and the vitamin and mineral-rich germ. Milling and refining remove some of the vitamins and minerals along with

the bran. Some of the vitamins and minerals may be returned as the food is processed. The label will usually tell you which were returned to the food through enrichment or fortification. Vegetables and raw fruits are good

sources of fiber and some vegetables, such as potatoes and dry beans or peas, are also good sources of starch.

1600
CALORIES

MENU 3

2400
CALORIES

★ BREAKFAST ★

3/4 cup	Orange juice (fresh or frozen)	3/4 cup
None	Scrambled egg	1 large
1 bagel	Bagel	1 bagel
1 tbsp	Cream cheese	2 tbsps
None	Jam	1 tbsp
1 cup	Milk (fortified skim)	1 cup
	Water, tea, or coffee	

★ BROWN BAG LUNCH ★

1 sandwich	Sliced chicken sandwich	2 sandwiches
2 oz	sliced chicken	3 oz
1 leaf	lettuce	2 leaves
2 tsps	mayonnaise-type salad dressing	3 tsps
2 slices	whole wheat bread	4 slices
1 serving	Bean salad ²	1 serving
None	Apple (fresh)	1 medium
	Water, tea, or coffee	

★ DINNER ★

1 serving	Vegetable chowder ²	1 serving
1 serving	Baked fish with spicy sauce ²	1 1/2 servings
1/2 cup	Broccoli spears (fresh or frozen)	1/2 cup
1/2 cup	Brown rice	1/2 cup
1 1/2 cups	Mixed green salad: iceberg lettuce, spinach, green onions, cucumbers	1 1/2 cups
1 tbsp	French dressing	1 tbsp
1/2 cup	Grapes (seedless)	1 cup
	Water, tea, or coffee	

★ SNACKS ★

1 serving	Gingerbread ²	1 serving
None	Pear (fresh)	1 medium

For safety sake, keep the bag lunch cold until ready to be eaten.

The bean salad adds starch and fiber to the meal. So does the whole wheat bread in the sandwich.

Raw and cooked vegetables are good sources of fiber.

The brown rice and the whole wheat flour in the gingerbread add starch and fiber to the day's menu.

Fruits with edible skins and seeds are good for their fiber.

²Recipe included; see pages 25 to 30.

A lighter hand with sugar and sweeteners leaves extra room for calories that contribute more to your nutrient needs. The fewer total calories you consume, the

more important this rule is. The quantity of sweets and sugars in the 1,600-calorie menu is about half the level of the 2,400-calorie menu. Some sweets or foods

with added sugar were simply left out. Others appear in smaller portions.

1600 CALORIES

MENU 4

2400 CALORIES

★ BREAKFAST ★

¼ medium	Cantaloupe	¼ medium
1 large	Egg (soft cooked)	None
1 average	Corn muffin	2 average
None	Margarine (soft)	2 tsps
None	Jelly	2 tsps
	Milk	1 cup
	whole	
½ cup	1% lowfat, fortified	

Water, tea, or coffee

★ TWO DIFFERENT LUNCHESES OUT ★

1 sandwich	Ham and cheese sandwich: 1 oz lean ham; 1 oz natural swiss cheese; 2 slices rye bread; 2 tsps mayonnaise-type salad dressing; lettuce
1¼ cups	Tossed salad: lettuce, tomato, carrots, green onions
1 tbsp	Italian dressing
1 medium	Orange
	Water, tea, or coffee

	Pork chop (lean only)	1 large chop
	Black-eyed peas	½ cup
	Rice (enriched)	½ cup
	Hard roll (enriched)	1 large roll
	Margarine (soft)	1 tsp
	Sliced peaches (canned in sirup)	½ cup
	Apple cider	¾ cup

★ DINNER ★

1 serving	Flounder Florentine ²	1 serving
1 medium	Baked potato	1 medium
2 tsps	Sour cream	2 tsps
½ cup	Green peas (frozen)	½ cup
1 small roll	Whole wheat roll	1 small roll
1 tsp	Margarine (soft)	1 tsp
4 oz	Vanilla yogurt (lowfat) mixed with:	8 oz
½ cup	strawberries (fresh or frozen, unsweetened)	½ cup
	Water, tea, or coffee	

★ SNACKS ★

1 whole muffin	English muffin (enriched)	1 whole muffin
None	Margarine (soft)	2 tsps
1 tbsp	Marmalade	1 tbsp

Some sugars in the diet are easy to spot - jelly and marmalade, for example. Others are not so obvious like the sugar in muffins and yogurt.

The higher calorie diet has more room for added sugar, such as the sweetened sirup in canned peaches.

The sugar in flavored yogurt raises the calorie count. Yogurt with fruit preserves has even more sugar in it. We have added our own fruit.

²Recipe included; see pages 25 to 30.

The salt shaker represents only a part of the sodium in our diets. Sodium is a natural constituent of many foods. It is added to others during processing. Generally, the more calories in a diet, the more sodium. For example, the 1,600-calorie menu here has

about two-thirds the sodium of the 2,400-calorie menu. As in all the menus, sodium has been adjusted by modest changes in food choices. Fresh or frozen fruits and vegetables contain little sodium. But salt is generally added to canned vegetables.

Meat, fish, poultry, eggs, and dairy products all have a natural supply of sodium. Salt is added in making cheese. Curing meat, fish, or poultry (or other forms of processing) usually adds more sodium. There is salt in margarine, butter, salad dressing,

and even peanut butter. Grains start out low in sodium but frequently pick some up as they are turned into breads, cakes, or ready-to-eat cereals. Crackers vary.

1600
CALORIES

MENU 5

2400
CALORIES

★ BREAKFAST ★

1/2 medium	Grapefruit (fresh)	1/2 medium
2 slices	Whole wheat toast	2 slices
1 tsp	Margarine (soft)	1 tsp
None	Jelly	1 tbsp
1 cup	Milk (fortified skim)	1 cup
	Water, tea, or coffee	

★ BROWN BAG LUNCH ★

6 oz	Tomato juice (canned)	6 oz
1 serving	Luncheon salad	1 serving
None	turkey	2 oz
None	ham	1 oz
1 1/2 cups	mixed greens	1 1/2 cups
1 1/2 oz	swiss cheese (natural)	1 1/2 oz
1 tbsp	French dressing	1 1/2 tbsps
1 serving	Corn bread ²	1 serving
1 small	Peach (fresh)	2 small
	Water, tea, or coffee	

★ DINNER ★

4 oz	Broiled ground beef (lean)	4 oz
1/2 cup	Corn (fresh or frozen)	1 cup
1/2 cup	Green beans (fresh or frozen)	1/2 cup
None	Rye rolls	2 rolls
None	Margarine (soft)	1 tsp
1 serving	Baked apple with 2 tps brown sugar	1 serving
	Water, tea, or coffee	

★ SNACKS ★

None	Peanut butter sandwich: 2 slices whole wheat bread; 2 tbsps peanut butter; 2 tps jelly	1 sandwich
3 squares	Graham crackers	None
8 oz	Juice or alternate ⁴	8 oz

There's salt in the tomato juice, as there is in most canned vegetables.

Ham, like most cured or processed meats, adds salt. So a moderate amount is used.

Check the recipe—less salt than usual.

No condiments added to the ground beef to keep the amount of sodium down.

No catsup, mustard pickles or the like.

Try some chopped fresh onions or tomato for a do-it-yourself relish.

Instead of salt, experiment with lemon juice, spices, and herbs for flavor.

²Recipe included; see pages 25 to 30.

⁴See page 6 for list of alternates.

It can be something of a problem for women to get the recommended amount of iron even though iron is available in a variety of foods. Foods of vegetable origin, for example,

can be valuable sources of iron. Enriched and whole grain foods, dry beans and peas, dark leafy greens, and some starchy vegetables are good examples. However, the iron in these foods is

in a form that is less available to the body than is the iron in such foods as meat, poultry, and fish. New research shows us how to improve the situation. If you combine a food rich in vitamin C

with an iron-containing food, the body can use more of the iron. You can accomplish the same thing by combining some meat, poultry, or fish with some of the vegetable sources of iron.

1600
CALORIES

MENU 6

2400
CALORIES

★ BREAKFAST ★

3/4 cup	Orange juice (fresh or frozen)	3/4 cup
2 cakes	Whole wheat pancakes ²	3 cakes
1/2 serving	Blueberry sauce ²	1 serving
1 cup	Milk (1% lowfat, fortified)	1 cup
None	Margarine (soft)	2 tsps
	Water, tea, or coffee	

Orange juice, a rich source of vitamin C, improves the body's ability to use the iron in whole wheat

★ LUNCH AT HOME ★

1 taco	Beef taco ²	2 tacos
3/4 cup	Fresh fruit cup: oranges, apples, banana	3/4 cup
1/2 cup	Milk (1% lowfat, fortified)	1 cup

The lean roast pork makes the iron in the sweet potato, collards and biscuit more useful.

★ DINNER ★

4 oz	Roast loin of pork (lean only)	4 oz
1 small	Sweet potato (baked)	1 medium
1/2 cup	Collard greens (fresh or frozen)	1/2 cup
1 1/4 cups	Tossed salad: lettuce, tomato, green onions, carrots	1 1/4 cups
1 tbsp	Italian salad dressing	1 tbsp
1 biscuit	Biscuits (enriched)	2 biscuits
None	Honey	1 tbsp
1 tsp	Margarine (soft)	2 tsps
	Water, tea, or coffee	

★ SNACKS ★

4 squares	Graham crackers	4 squares
8 oz	Juice or alternate ⁴	12 oz
None	Apple (fresh)	1 medium

²Recipe included; see pages 25 to 30.

⁴See page 6 for list of alternates.

When it comes to calories, each individual is different. In addition, women in general need fewer calories than men. Adults

need fewer calories as they grow older. The menus show you how you can use essentially the same foods to meet different calorie

needs, mostly by varying the size of portions.

1600
CALORIES

MENU 7

2400
CALORIES

★ BREAKFAST ★

½ cup	Pineapple chunks (packed in own juice)	¾ cup
½ cup	Oatmeal with cinnamon with raisins	1 cup 3 tbsps
None		
1 tsp	Brown sugar	2 tps
	Milk	
	whole	1 cup
½ cup	1% lowfat, fortified	
	Water, tea, or coffee	

The lowfat milk used here reduces calories without reducing essential nutrients.

At 1,600 calories, you can't afford many foods that are high in sugar and low in vitamins and minerals.

★ LUNCH AT HOME ★

1 serving	Split pea soup ²	1 serving
1 serving	Chicken salad stuffed tomato: 2 oz cooked, chopped chicken; 1 tbsp chopped celery; 1 tsp chopped onion; 2 tps mayonnaise; 1 medium tomato	1 serving
3 crackers	Rye crackers	6 crackers
None	Margarine (soft)	2 tps
None	Lemon sherbet	¾ cup
	Water, tea, or coffee	

The apple crisp fits in because the recipe is lower in fat and sugar than one you may be using.

Snacks are for eating anytime. You could eat the banana nut bread and milk at bedtime, the orange in the afternoon. You could drink the milk at lunch or during your break, instead of coffee.

★ DINNER ★

1 serving	Beef with Chinese-style vegetables ²	1½ servings
½ cup	Rice (white, enriched)	¾ cup
1 serving	Apple crisp ²	1 serving

★ SNACKS ★

2 slices	Banana nut bread ²	2 slices
	Milk	
	whole	1 cup
1 cup	1% lowfat, fortified	
1 medium	Orange	1 medium

²Recipe included; see pages 25 to 30.

III. MAKING UP YOUR OWN MENUS

The menus show you how to put together nutritious meals and snacks. They are examples, not commandments. Use them as guides. Pick the ones that suit your own eating habits best, and adapt them to your needs. When you make substitutions, choose foods from the same food group as the ones in the menu. Be varied in your choices.

The menus stress three concepts: moderation, variety, and the avoidance of imbalanced or excessive consumption.

There are two main ideas behind the menus:

- getting enough of the basic foods and nutrients without overdoing the calories.
- cutting back on ingredients or foods which we may eat too much of: fats and oils, salt, and sugar.

To get yourself started, try listing the foods you ate yesterday. Group them according to the same food categories we use. Check your food intake for the number and variety of fruits, vegetables, grains, milk, and meats. Consider the size of servings. Note how frequently you consume fat, sweets, or alcohol.

The menus may not include your favorite foods. Feel free to substitute. While the foods listed below are not exactly equivalent in nutrient content, they are close enough.

Fruits

All fruits contribute fiber and nutrients to your diet, but in different quantities. Citrus fruits and most melons and berries are good sources of vitamin C.

Choices in the menus

Apples
Apple cider
Apple crisp²
Baked apple
Bananas
Cantaloupes
Fruit cup
Grapefruit
Grapes
Oranges
Orange juice
Orange-pineapple cup²
Peaches, fresh and canned
Pears
Pineapple, canned in juice
Raisins
Strawberries
Tangerines
Tomatoes and tomato juice

²Recipe included; see pages 25 to 30.

Count as a serving an average size, whole piece of fruit, a melon wedge, 6 ounces of juice, 1/2 cup of berries, or 1/2 cup of sliced or cooked fruit.

Two to three fruits have been included in the menus each day, more in some of the 2,400-calorie menus.

Other suggestions

Applesauce
Apricots
Blueberries and other berries
Cherries
Figs
Honeydew melon
Lemons
Mangos
Nectarines
Papayas
Plums
Prunes
Watermelon
Other fruit and fruit juices

Vegetables

There are three types of vegetables to look for in the menus: dark-green vegetables, starchy vegetables, and other vegetables. Each type makes a somewhat different contribution to your diet.

Dark-green vegetables.

They are low in calories, good sources of fiber, and provide vitamins A and C, along with riboflavin and folacin (B vitamins), and the minerals iron and magnesium.

Choices in the menus

Broccoli
Collard greens
Spinach (cooked or raw)

Other suggestions

Chicory
Endive
Escarole
Greens
Beet
Chard
Dandelion
Kale
Mustard
Turnip
Romaine lettuce
Watercress

Starchy vegetables.

In addition to the starch they contribute, dried beans and peas are generally good sources of fiber, protein, iron, zinc, magnesium, phosphorus, thiamin, vitamin B₆ and folacin. The other vegetables in this group are also sources of these and other nutrients.

Choices in the menus

Black-eyed peas
Chili bean dip²
Corn
Green peas
Kidney bean salad²
Potatoes
Baked
French fried
Mashed
Split pea soup²
Sweet potatoes

Other suggestions

Chickpeas or garbanzos
Lentils
Lima beans
Navy beans
Parsnips
Plantain
Rutabaga
Yams
Other types of dried beans and peas

²Recipe included; see pages 25 to 30.

Other vegetables. These vegetables are sources of fiber. Their nutrient content varies. All dark-green or deep-yellow vegetables are reliable sources of vitamin A.

Choices in the menus

Carrots
Celery
Cole slaw (cabbage)
Cucumbers
Green beans
Green peppers
Lettuce (iceberg, bibb)
Onions (mature and green)
Tomatoes and tomato juice
Vegetables in main dish recipes
Vegetables in vegetable chowder²
Zucchini

Other suggestions

Artichokes
Asparagus
Bean and alfalfa sprouts
Beets
Brussels sprouts
Cauliflower
Chinese cabbage
Eggplant
Mushrooms
Okra
Pumpkin
Radishes
Turnips
Vegetable juices
Winter squash
Yellow squash
Other vegetables

²Recipe included; see pages 25 to 30.

You will find a minimum of three servings of vegetables in the daily menus. At least one is a starchy vegetable or a bean dish. Dark-green vegetables show up often.

Vegetables are included in the menus as separate items and as ingredients in main dishes and in soups. The menus and recipes suggest ways to use a variety of vegetables.

Bread, cereals, and grain products

The menus include many different foods made from whole or enriched grain. They are important sources of starch, the B vitamins thiamin, riboflavin, and niacin, and iron. Whole grain products also contribute fiber, vitamin B₆, magnesium, and zinc.

Choices in the menus

Bagel
Banana-nut bread²
Biscuits
Brown rice
Corn bread²
Corn muffins
English muffins
Gingerbread²
Graham crackers
Hamburger bun
Italian bread
Oatmeal
Ready-to-eat cereal
(shredded wheat)
Rice
Rye bread
Rye crackers
Rye rolls
Spaghetti
Taco shell
Wheat crackers
Whole wheat bread
Whole wheat pancakes²
Whole wheat rolls

²Recipe included; see pages 25 to 30.

The menus for each day have a minimum of four servings of bread and cereals with more in the 2,400-calorie menus. Some are always whole grain. Before making your choice, check the ingredient label or the recipe for added salt, sugar, or fat. Quick breads, such as muffins, biscuits, and corn bread, have more fat than most yeast breads. Think about how much fat you add in cooking or at the table.

Other suggestions

Barley
Buckwheat groats
Bulgur
Cornmeal
Grits
Muffins
Noodles, macaroni
Popcorn
Pumpnickel bread
Waffles
White bread
Wild rice
Other breads and cereals

Meat, poultry, fish, eggs

The menus offer a variety of choices from this group. The important thing is to select and prepare these foods to moderate the amount of fat. To do so, select lean cuts of meat, trim off the visible fat, and remove skin and fat from poultry. It is also important to be moderate in the use of salted meats like ham. Organ meats and egg yolks are sources of many nutrients, but they are also well supplied with cholesterol.

Meat, fish, and poultry products are valued sources of protein, phosphorus, vitamins B₆ and B₁₂, iron, and zinc.

Choices in the menus

Baked fish with spicy sauce²
Beef pot roast
Beef taco²
Beef with Chinese-style vegetables²
Chicken
Chicken cacciatore²
Eggs, scrambled and soft cooked
Eggs in recipes
Flounder Florentine²
Ground beef (lean)
Ham
Pork chop
Pork loin roast
Tuna fish
Turkey

²Recipe included; see pages 25 to 30.

Two servings of these foods were included almost every day. Dried beans and peas can be used as alternatives for meat, poultry, fish, and eggs. Count the tradeoff as:⁷

1 cup of cooked dried beans or peas + 1 teaspoon fat = 2 ounces lean meat, poultry, or fish + 2 slices of enriched or whole grain bread.

⁷The tradeoff is based on a similar calorie and nutrient content, except for vitamin B₁₂. This vitamin is not found in plant foods.

Other suggestions

Beef, macaroni, and tomato casserole
Beef stew
Beef, other lean cuts
Chili
Lamb chop or roast (lean)
Lamb stew
Meat loaf
Pork, other lean cuts
Shellfish and other fish
Veal

Milk, milk products, and cheese

Milk and cheese are as popular with most people as they are important to a balanced diet. Adults as well as children need the nutrients found in milk and cheese, particularly calcium and riboflavin. Milk and cheese also contribute protein, vitamins A, B₁₂, and, if fortified, vitamin D.

Choices in the menus

American cheese
Lowfat milk (1% and 2%)
Milk in vegetable chowder²
Skim milk
Swiss cheese
Vanilla lowfat yogurt
Whole milk

Other suggestions

Buttermilk
Chocolate milk
Cottage cheese⁵
Lowfat yogurt, plain
Milk custards
Milk puddings
Other cheeses

²Recipe included; see pages 25 to 30.

⁵Cottage cheese contains considerably less calcium than other cheeses.

One-half cup of cottage cheese contains only as much calcium as is found in one-quarter cup of milk, while providing considerably more calories and sodium.

Some tradeoffs you can make:⁶

1 cup whole milk = 1 cup skim milk + 2 teaspoons fat

1 cup 2% milk = 1 cup skim milk + 1 teaspoon fat

1 1/2 ounces natural cheese = 1 cup whole milk + 1 teaspoon fat

8 ounces plain lowfat yogurt = 1 cup 2% milk

1 cup lowfat (2%) chocolate milk = 1 cup 2% milk + 3 teaspoons sugar

8 ounces lowfat vanilla yogurt = 1 cup 2% milk + 4 teaspoons sugar

8 ounces lowfat fruit yogurt = 1 cup 2% milk + 7 teaspoons sugar

1/2 cup ice cream = 1/3 cup skim milk + 2 teaspoons fat + 3 teaspoons sugar

1/2 cup ice milk = 1/3 cup skim milk + 1 teaspoon fat + 3 teaspoons sugar

1/2 cup lowfat frozen yogurt = 1/3 cup skim milk + 4 teaspoons sugar

Milk, cheese, or other milk products are included at least twice in each day's menus.

⁶Tradeoffs are approximations based on calories, calcium, protein, fat, and total carbohydrate content. Individual products vary.

Fats and oils

Animal fats are higher in saturated fat than are most vegetable oils. The exceptions are coconut and palm oil. These vegetable oils are highly saturated. It is not a good idea to use highly saturated fats exclusively. Soft (tub) margarine is a good choice as a spread for bread and vegetables. It is made from liquid vegetable oils that have been only partially hardened (hydrogenated). Remember to use fats and oils with moderation.

Choices in the menus

Cream cheese
French and Italian salad dressing
Margarine (soft)
Mayonnaise
Mayonnaise-type salad dressing
Oil (in recipes)
Sour cream

Some alternates

Bacon
Butter
Cream
Half and half
Nondairy creamers
Margarine (hard)
Other types of salad dressing

Sugars and sweets

Sugars and sweets are listed in the menus. They are also found in prepared foods like salad dressings, peanut butter, vanilla yogurt, lemon sherbet, and quick breads. The amount of sugar we include in the recipes is lower than you will find in many cookbooks.

Calorie levels are somewhat similar for the sugars and sweeteners listed below. They can be substituted, teaspoon for teaspoon. It is hard to tell how much sugar has been added to foods like peanut butter, catsup, or ready-to-eat cereal. Read the label. Ingredients are listed in order of predominance. If sugar or some other caloric sweetener⁸ comes first, you know there is more sugar than anything else. It is a great deal easier to control the amount of sugar in your food if you add it yourself. Honey and brown sugar are used for their flavor and color. They have no other special value.

⁸Words used on labels to describe sugar and caloric sweeteners include sugar, sucrose, dextrose, fructose, corn sirups, corn sweeteners, natural sweeteners, honey, and invert sugar.

Choices in the menus

Blueberry sauce²
Honey
Jam
Jelly
Marmalade
Sugar (white and brown)
Sirup on peaches

²Recipe included; see pages 25 to 30.

Other suggestions

Corn sirup
Maple sirup
Molasses
Sugar sirup

Juices and alternates

Several menus list a juice or alternate. An 8-ounce glass of juice contributes about 110 calories. The following alternates contribute about the same number of calories:

8 ounces fruit punch
8 ounces soft drink
1/2 cup sherbet (also contains some fat)
1 popsicle
3/4 cup sweetened gelatin
2 average cookies (also contain some fat)
2 tablespoons sugar, jam, jelly, honey, sirup
1 ounce candy (some contain fat)
8 ounces beer⁹
4 ounces table wine⁹
1 1/2 ounces whiskey⁹

⁹We're not advocating the use of alcoholic beverages. We are only indicating where they fit if you choose to use them.

RECIPES

IV. RECIPES

The 15 recipes in this booklet have been tested by a taste panel to make sure they will meet with general approval. They are good in their own right. But that doesn't mean they always taste the same as your own favorite version. Try them. Give yourself a chance to enjoy new tastes and flavors.

The recipe for apple crisp, for example, is noticeably different from traditional recipes; it uses much less sugar and combines two whole grain cereals for extra fiber. So, too, the banana nut bread. It uses whole grain flour and cuts back on the sugar. The bean salad recipe calls for less oil than is often used. The chili bean dip and the split pea soup show you other ways to use dried beans and peas.

Beef with Chinese-style vegetables introduces stir-frying, a flavorful way to prepare very lean meat. Our recipe calls for less soy sauce than is traditional, however. Chicken cacciatore cuts calories and fat mostly by removing the skin from the chicken breasts. Herbs and spices are counted on for flavor, rather than salt and fat.

The stone-ground cornmeal in the corn bread is a whole grain cereal. The recipe also uses less salt and fewer eggs than usual. The gingerbread recipe uses whole wheat flour. The honey and molasses in the corn bread and gingerbread are included for their flavor. They offer no caloric or nutrient advantage over other sweeteners. You'll see no salt added to the split pea soup. There's already enough sodium in the ham or ham hock for flavor. The vegetable chowder offers yet another way to increase the number and variety of vegetables in your diet. It is also a good way to use up leftovers. Whole wheat flour is used to thicken the soup. Even the blueberry sauce topping for the whole wheat pancakes has been trimmed of some of its sugar, and thus the number of calories is lower than in most pancake sirups.

So eat and enjoy—new foods and familiar foods, with perhaps a slightly different look or taste.

APPLE CRISP

4 servings, 1/2 cup each.

Calories per serving: About 230.

Tart apples, pared, sliced	4 cups
Water	1/4 cup
Lemon juice	1 tablespoon
Brown sugar, packed	1/4 cup
Whole wheat flour	1/4 cup
Old-fashioned rolled oats	1/4 cup
Ground cinnamon	1/2 teaspoon
Ground nutmeg	1/4 teaspoon
Margarine	3 tablespoons

1. Place apples in 8 × 8 × 2-inch baking pan.
2. Mix water and lemon juice, pour over apples.
3. Mix sugar, flour, oats, and spices.
4. Add margarine to dry mixture; mix until crumbly.
5. Sprinkle crumbly mixture evenly over apples.
6. Bake at 350°F (moderate oven) until apples are tender and topping is lightly browned, about 40 minutes.

BANANA-NUT BREAD

1 loaf, 18 slices.

Calories per slice: About 135.

Whole wheat flour	1 3/4 cups
Sugar	1/2 cup
Baking powder	1 tablespoon
Salt	1/4 teaspoon
Walnuts, chopped	1/2 cup
Oil	1/3 cup
Eggs	2
Bananas, mashed	2 medium, (about 1 cup)

1. Preheat oven to 350°F (moderate).
2. Grease 9 × 5 × 3-inch loaf pan.
3. Mix flour, sugar, baking powder, salt, and nuts thoroughly.
4. Mix oil and eggs together. Mix in bananas.
5. Add dry ingredients to banana mixture. Stir until just smooth.
6. Pour into loaf pan.
7. Bake 45 minutes or until firmly set when lightly touched in center top.
8. Cool on rack. Remove from pan after 10 minutes.

BEAN SALAD

4 servings, 3/4 cup each.

Calories per serving: About 280.

Kidney beans, canned, drained	1 cup
Garbanzo beans, canned, drained	1 cup
Carrots, very thinly sliced	1/2 cup
Onion, chopped	1/4 cup
Sweet pickle, chopped	3 tablespoons
Salt	1/4 teaspoon
Pepper	1/8 teaspoon
Dry mustard	1/2 teaspoon
Vinegar	3 tablespoons
Honey	1 tablespoon
Oil	1/4 cup

1. Mix vegetables and pickle in a bowl.
2. Thoroughly mix remaining ingredients.
3. Pour over vegetable mixture. Mix gently.
4. Chill at least 1 hour before serving.

BEEF TACOS

6 servings, 2 tacos each.

Calories per serving: About 340.

Taco shells, fully cooked	12
Ground beef, lean	1 pound
Onion, chopped	1/4 cup
Tomato sauce	8-ounce can
Chili powder	2 teaspoons
Tomato, chopped	1 cup
Lettuce, shredded	1 cup
Natural sharp Cheddar cheese, shredded	1/2 cup (2 ounces)

1. Brown ground beef and onion in a frying pan. Drain off excess fat.
2. Stir in tomato sauce and chili powder. Bring to a boil.
3. Reduce heat. Cook 10 to 15 minutes uncovered, stirring occasionally, until mixture is dry and crumbly.
4. Fill taco shells with approximately 2 tablespoons of meat mixture.
5. Mix tomato, lettuce, and cheese. Spoon about 2 tablespoons over beef in taco shells.

BEEF WITH CHINESE-STYLE VEGETABLES

4 servings, 1/2 cup of meat and 1/2 cup vegetables each.
Calories per serving: About 200.

Beef round steak, lean, boneless	1 pound
Green beans, cut in strips	2/3 cup
Carrots, thinly sliced	2/3 cup
Turnips, thinly sliced	2/3 cup
Cauliflower florets, thinly sliced	2/3 cup
Chinese cabbage, cut in strips	2/3 cup
Boiling water	2/3 cup
Oil	2 teaspoons
Cornstarch	4 teaspoons
Ground ginger	1/2 teaspoon
Garlic powder	1/8 teaspoon
Soy sauce	1 tablespoon
Sherry*	3 tablespoons
Water	1/2 cup

1. Trim fat from beef. Slice beef across the grain into thin strips, about 1/8 inch wide and 3 inches long. (It is easier to slice meat thinly if it is partially frozen.)
2. Add vegetables to boiling water. Simmer, covered, for 5 minutes or until vegetables are tender but still crisp. Drain.
3. While vegetables are cooking, heat oil in nonstick frypan. Add beef and stir-fry over moderately high heat, turning pieces constantly until beef is no longer red, about 2 to 3 minutes.
4. Mix cornstarch, garlic powder, ginger, soy sauce, sherry, and water.
5. Stir cornstarch mixture into beef. Heat until sauce starts to boil.
6. Serve meat sauce over vegetables.

*Sherry may be omitted if desired. Use 3 tablespoons water in place of sherry. About 185 calories per serving when made without sherry.

CHICKEN CACCIATORE

4 servings, 1 breast half each.
Calories per serving: About 155.

Onion, chopped	1/2 cup
Boiling water	1/4 cup
Tomatoes	8-ounce can
Tomato puree	1/2 cup
Garlic clove	1
Oregano leaves	1 teaspoon
Celery seed	1/2 teaspoon
Pepper	1/8 teaspoon
Chicken breast halves, without skin	4

1. Cook onion in boiling water until tender. Do not drain.
2. Add tomatoes, tomato puree, garlic, oregano, celery seed, and pepper to onions. Simmer 10 minutes to blend flavors.
3. Place breast halves in heavy frying pan. Pour tomato mixture over chicken.
4. Cook, covered, over low heat until chicken is tender, about 60 minutes.
5. Remove garlic clove before serving.

CHILI BEAN DIP

1 1/3 cups.
Calories per tablespoon: About 15 without vegetable sticks.

Kidney beans, drained	16-ounce can
Vinegar	1 tablespoon
Chili powder	3/4 teaspoon
Ground cumin	1/8 teaspoon
Onion, very finely chopped	2 teaspoons
Parsley, chopped	2 teaspoons
Raw vegetable sticks	as desired

1. Place drained beans, vinegar, chili powder, and cumin in blender. Blend until smooth.
2. Remove mixture from blender. Stir in onion and parsley.
3. Serve with raw vegetable sticks.

CORN BREAD

8 pieces, 2 by 4 inches each.
Calories per piece: About 220.

Stone-ground cornmeal (see note)	2 cups
Baking powder	1 tablespoon
Salt	¼ teaspoon
Egg, slightly beaten	1
Milk	1 cup
Honey	2 tablespoons
Oil	¼ cup

1. Preheat oven to 400°F (hot).
2. Grease an 8 × 8 × 2-inch baking pan.
3. Mix cornmeal, baking powder, and salt thoroughly.
4. Mix egg, milk, honey, and oil. Add to cornmeal mixture.
5. Stir only until dry ingredients are moistened. Batter will be lumpy.
6. Pour into pan.
7. Bake 20 minutes or until lightly browned.

NOTE: Degerminated cornmeal may be used in place of stone-ground cornmeal.

FLOUNDER FLORENTINE

4 servings, about 3 ounces fish and
¼ cup spinach each.

Calories per serving: About 140.

Frozen skinless flounder fillets, thawed	1 pound
Boiling water	1½ cups
Frozen chopped spinach	10-ounce package
Onion, finely chopped	1 tablespoon
Marjoram	½ teaspoon
Flour	2 tablespoons
Skim milk	1 cup
Salt	½ teaspoon
Pepper	dash
Grated Parmesan cheese	2 tablespoons

1. Place fish fillets in 1 cup boiling water. Cook, uncovered, 2 minutes. Drain.
2. Place spinach and onion in ½ cup boiling water. Separate spinach with fork.
3. When water returns to boiling, cover and cook spinach 2 minutes. Drain well. Mix with marjoram.
4. Put spinach in 8 × 8 × 2-inch glass baking dish. Arrange cooked fish on top of spinach.
5. Mix flour thoroughly with ¼ cup of milk.
6. Pour remaining milk in saucepan. Heat.
7. Add flour mixture slowly to hot milk, stirring constantly. Cook, stirring constantly, until thickened. Stir in salt and pepper.
8. Pour sauce over fish. Sprinkle with Parmesan cheese.
9. Bake at 400°F (hot oven) until top is lightly browned and mixture is bubbly, about 25 minutes.

GINGERBREAD

8 servings, about 4 by 2 inches each.
Calories per serving: About 200.

Oil	1/3 cup
Water	1/3 cup
Molasses, light	1/3 cup
Sugar	1/3 cup
Egg whites, slightly beaten	2
Whole wheat flour, unsifted	1 cup
Salt	1/4 teaspoon
Baking soda	1/4 teaspoon
Baking powder	1 teaspoon
Ginger	1 teaspoon
Cinnamon	1/2 teaspoon
Nutmeg	1/4 teaspoon

1. Preheat oven to 350°F (moderate).
2. Grease lightly with oil and flour an 8 × 8 × 2-inch baking pan.
3. Mix oil and water. Add molasses, sugar, and egg whites. Stir until sugar is dissolved.
4. Mix flour, salt, baking soda, baking powder, and spices. Add to liquid mixture. Beat until smooth.
5. Pour into pan.
6. Bake 30 minutes or until surface springs back when touched lightly.

ORANGE-PINEAPPLE CUP

4 servings, about 3/4 cup each.
Calories per serving: About 145.

Orange sections	1 cup
Pineapple chunks, in own juice, undrained	8-ounce can
Seedless grapes	1/2 cup
Shredded coconut	1/2 cup
Mint leaves	if desired

1. Mix fruits and coconut together gently.
2. Chill until served.
3. Garnish with mint leaves.

SPICY BAKED FISH

4 servings, about 2 1/2 ounces fish each.
Calories per serving: About 110.

Cod fillets, fresh or frozen, without skin	1 pound
Onion, chopped	1/4 cup
Green pepper, chopped	1/4 cup
Oil	2 teaspoons
Tomatoes	8-ounce can
Salt	1/4 teaspoon
Pepper	1/8 teaspoon

1. Thaw frozen fish.
2. Grease 9 × 9 × 2-inch baking pan lightly with 1/2 teaspoon of oil.
3. Cut fish in 4 servings. Place in baking pan.
4. Bake at 350°F (moderate oven) until fish flakes easily, about 20 minutes. Drain cooking liquid from fish.
5. While fish is baking, cook onion and green pepper in remaining oil until onion is clear.
6. Cut up large pieces of tomatoes.
7. Add tomatoes, salt, and pepper to cooked onion and green pepper.
8. Cook 20 minutes to blend flavors.
9. Pour sauce over drained fish.
10. Bake 10 minutes.

SPLIT PEA SOUP

6 servings, about 1 cup each.
Calories per serving: About 195.

Dry green split peas	1 1/2 cups
Smoked ham hock	1 small
Onion, chopped	1/2 cup
Pepper	1/8 teaspoon
Water	6 cups

1. Add peas, ham hock, onion, and pepper to water. Simmer, covered, 1 1/2 hours or until ham hock is tender.
2. Remove ham hock and cut meat from bone. Cut meat into small pieces.
3. Return meat to soup. Heat to serving temperature.

VEGETABLE CHOWDER

4 servings, about 1 cup each.

Calories per serving: About 150.

Onion, chopped	2 tablespoons
Celery, chopped	¼ cup
Green pepper, chopped	2 tablespoons
Margarine	1 tablespoon
Potatoes, pared, diced	½ cup
Water	1 cup
Marjoram, dried	⅛ teaspoon
Salt	¼ teaspoon
Pepper	⅛ teaspoon
Frozen whole kernel corn	1 cup
Frozen cut green beans	½ cup
Whole wheat flour	2 tablespoons
Milk, whole (see note)	1½ cups

1. Cook onion, celery, and green pepper in margarine until almost tender.
2. Add potatoes, water, and seasonings.
3. Cover and simmer until potatoes are tender, about 20 minutes.
4. Add corn and beans.
5. Cover and simmer 10 minutes longer or until beans are tender.
6. Mix flour with a small amount of milk; add to remaining milk.
7. Stir milk mixture into cooked vegetable mixture.
8. Cook, stirring constantly, until slightly thickened.

NOTE: Lowfat milk can be used. Calories per serving would be about 125.

WHOLE WHEAT PANCAKES WITH BLUEBERRY SAUCE

4 servings, 2 pancakes each.

Calories per serving: About 245.

Whole wheat flour	1⅓ cups
Baking powder	2 teaspoons
Salt	¼ teaspoon
Egg, slightly beaten	1
Milk	1⅓ cups
Brown sugar, packed	1 tablespoon
Oil	1 tablespoon

1. Grease griddle (see note).
2. Heat griddle while mixing batter. Griddle is hot enough when drops of water sprinkled on it will bounce.
3. Mix flour, baking powder, and salt.
4. Beat egg, milk, sugar, and oil together.
5. Add liquid mixture to flour mixture. Stir only until flour is moistened. Batter will be slightly lumpy.
6. For each pancake, pour about ¼ cup batter onto hot griddle. Cook until covered with bubbles and edges are slightly dry.
7. Turn and brown other side.

NOTE: It is generally unnecessary to grease a well-seasoned griddle or one with a nonstick surface.

BLUEBERRY SAUCE

4 servings, ¼ cup each.

Calories per serving: About 50.

Cornstarch	2 teaspoons
Water	½ cup
Frozen unsweetened blueberries, thawed, crushed	¾ cup
Honey	2 tablespoons
Lemon juice	2 teaspoons

1. Mix cornstarch with a small amount of water in a saucepan, stir until smooth.
2. Add remaining water, blueberries, and honey.
3. Bring to boil over medium heat, stirring constantly. Cook until thickened.
4. Remove from heat. Stir in lemon juice.
5. Serve warm over whole wheat pancakes.

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