

## Making Healthier Food Choices

Everywhere you turn, there's news about what is or isn't good for you. Some basic principles have weathered the fad diets, and have stood the test of time. **Here are a few tips from the American Diabetes Association on making healthful food choices for you and your entire family:**

- ▲ Eat lots of vegetables and fruits. Try picking from the rainbow of colors available to maximize variety. Eat non-starchy vegetables such as carrots, broccoli or green beans with meals.
- ▲ Choose whole-grain foods over processed-grain products. Try brown rice with your stir fry or whole-wheat spaghetti for pasta.
- ▲ Include dried beans and lentils in your meals.
- ▲ Include fish in your meals two to three times a week.
- ▲ Choose lean meats like cuts of beef and pork that end in "loin" such as sirloin. Remove the skin from chicken and turkey.
- ▲ Choose non-fat dairy such as skim milk, non-fat yogurt, and non-fat cheese.
- ▲ Choose water and calorie-free "diet" drinks instead of regular soda, fruit punch, sweet tea, and other sugar-sweetened drinks.
- ▲ Cut back on high-calorie snack foods and desserts like chips, cookies, cakes, and full-fat ice cream.
- ▲ Watch your portion sizes. Eating too much of even healthful foods can lead to weight gain.

Source: American Diabetes Association, [www.diabetes.org](http://www.diabetes.org)

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## Satisfying Your Sweet Tooth

**D**essert is sometimes just a sweet afterthought, particularly if you've devoted all of your culinary energy to the dishes that precede it. But creating something fresh and delicious doesn't have to be an ordeal.

There are lots of simple ideas that can jazz up your post-meal possibilities. **Here are several quick, refreshing dessert ideas:**

- Puree cubed peeled mango with a touch of lime juice in a food processor and chill. Serve atop pineapple chunks and strawberries.
- Scoop nonfat frozen yogurt onto a wedge of ripe cantaloupe or sliced mango.
- Fold dried cherries, blueberries, or cranberries into softened nonfat vanilla yogurt and refreeze.
- Top lemon sorbet with fresh raspberries and chunks of pineapple.
- Process two cans of undrained, unsweetened mixed fruit in a food processor until smooth. Freeze in a shallow pan, then return to processor



until it's the consistency of sherbet.

- Pile fresh strawberries into large, stemmed balloon glasses, and add a generous splash of sparkling cider.
- Combine nonfat vanilla yogurt, all-fruit orange marmalade, and a dash of cinnamon to make a dip for fresh peach slices.

**Here are some general tips:**

- For cookies, select fig bars, ginger snaps, or graham crackers, which tend to be low in fat.
- When baking, try using extracts and spices instead of salt. Vanilla, almond, and lemon extracts as well as nutmeg, allspice, cinnamon, and ginger can spice up your desserts.
- For each whole egg in a recipe, use two egg whites instead.
- Substitute high-fat ingredients with plain low-fat yogurt, low-fat or non-fat sour cream, buttermilk, low-fat evaporated milk, puréed fruits such as bananas or pineapple, or cooked puréed fruits such as dried dates, prunes, apricots, applesauce, and figs.

### RAISIN PIE

- 1 box (15 1/2 oz.) raisins
- 2 1/4 cups water
- 2 Tbsp. cornstarch
- 2 tsp. grated orange rind
- 1/4 tsp. salt
- 2 Tbsp. orange juice
- 3 Tbsp. finely chopped walnuts
- 1 Phyllo Pastry Shell



Preheat oven to 350° F. Boil raisins in 2 cups water for 5 minutes. Mix cornstarch into remaining 1/4 cup cold water and add to raisins. Boil 1 minute more until thick-

Makes 10 servings

ened. Add remaining ingredients and pour into prepared pastry shell. Bake 30 minutes.

**Phyllo Pastry Shell:** 1 pkg. frozen phyllo dough – Preheat oven to 375° F. Cut three sheets of phyllo dough in half to make 6 squares. Drape one square across a 9-inch pie plate. Press the phyllo into the plate and fold the overhanging edge toward the center, crumpling it slightly to fit. Lightly spray the dough with cooking spray. Repeat layering and spraying with the remaining squares. Bake for 4 to 6 minutes or until golden brown.

From Pamela Smith's *Eat Well, Live Well*. Visit [www.pamsmith.com](http://www.pamsmith.com) for more information.

Each serving contains: 137 calories, 0 g. protein, 1 g. fat, 0 mg. cholesterol, 32 g. carbohydrates, 58 mg. sodium. Calories from fat 6 percent

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