

Eat Smart



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TV Dinners for Kids

You may have been eyeing with interest those new microwaveable entrées and dinners designed especially for youngsters. They offer kid-size portions of such favorites as fish sticks, macaroni and cheese, and spaghetti and meat sauce. While they're sure to be a hit with the kids, read nutrition labels carefully to be sure the meals are not overloaded with fat and sodium. Though most are fine for an occasional treat, some offer better nutrition than others. Check the chart below for a few of the better choices.

Dinner	Calories	Fat (grams)	Sodium (milli-grams)
(For ages 1 to 4)			
Gerber Graduates Turkey Stew with Rice	100	2	550
Gerber Graduates Pasta Rings in Tomato Sauce	120	1	540
(For about ages 4 to 10)			
My Own Meal My Favorite Pasta	230	8	520
My Own Meal My Meatballs & Shells	250	10	360
Tyson Looney Tunes Sylvester Fish Sticks with mashed potatoes and corn	300	11	460
Tyson Looney Tunes Road Runner Chicken Sandwich with applesauce and tater chunks	300	11	490
Kid Cuisine Mexican Style	310	10	460
Kid Cuisine Cheese Pizza	380	12	390

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CONSERVE VITAMINS IN COOKING

Just how much does overcooking destroy important nutrients? According to the University of California at Berkeley Wellness Letter:

■ Cabbage and broccoli lose 27 to 62 percent of their vitamin C content when boiled in lots of water versus only 10 to 20 percent when cooked in the microwave.

■ Peeled potatoes lose up to 25 percent of their vitamin C and folacin (an important B vitamin) during boiling versus practically nothing if boiled unpeeled.

■ French-fried potatoes lose as much as 90 percent of their vitamin C during the cooking process.

■ French-cut green beans lose 72 percent of their vitamin C during boiling versus 46 percent when boiled whole.

■ A baked potato loses 60 percent of its vitamin C if it stands for an hour after cooking versus 20 percent when it's eaten right away.

The moral: Avoid buying precut produce. Cook vegetables whole and unpeeled when you can. Never soak



them before cooking except, of course, for dried beans and peas. Steam or microwave vegetables when you can or cook in as little water as possible. Reduce cooking time by waiting until the water boils before adding vegetables. Don't leave cooked vegetables standing for long at room temperature. Buy only what you can eat in a few days. Use frozen vegetables rather than wilted "fresh" ones.

FOOD ON THE RUN

Healthful eating often takes a back seat to running errands, meeting deadlines and carting the kids around. But when you don't take time out to eat nutritious foods, you're depleting precious energy reserves needed to keep up your demanding schedule, says Evelyn Tribole, R.D., a California-based nutritionist and author of the newly revised book *Eating on the Run*.

It's not that fast food is a no-no when you're in a hurry, according to Tribole. She's much more concerned about people not eating at all, particularly



their breakfast. "I'm not talking about a big, sit-down meal. I'm talking about simply grabbing a muffin and eating it in the car if you have to. The point is, eating nothing in the morning is going to set you back. Breakfast is an essential meal." Never go longer than five hours without food, Tribole also advises. Keep little bags of grab-and-go snacks—low-fat crackers and low-fat cheese, for example. "If you know it's going to be a crazy day, just grab one of those bags on your way out of the house."

What are your tricks for not putting on weight? Send your ideas to Elizabeth Alston, *Woman's Day*, 1633 Broadway, New York, New York, 10019. We'll pay \$25 for any ideas we use.