



MARY'S MEMO

Recipes • Menu Ideas • Shopping • Cooking Tips

Memo No. 2205 March 14, 2011

Chief and Rays Supermarkets

EXTRA SUGAR ADDS 475 CALORIES A DAY!

Nutrition experts have been warning us to watch added sugars for at least a decade, but Americans are still struggling to follow that advice. Rachel Johnson, PhD, MPH, Rd, of the University of Vermont, incoming chair of the American Heart Association's nutrition committee, told a recent conference that Americans average 475 daily calories from added sugars. That's far more than the AHA's recommended 100 daily calories from added sugars for women and 150 for men and a whopping 30 teaspoons a day. "So we have a long way to go," Johnson told attendees at the American Dietetic Association Food and Nutrition Conference and Expo. Added sugars and solid fats total about 35 percent of the calories in the average diet, she added; the recommended maximum is 5 to 15 percent. To start scaling back on added sugars, Johnson advised simply avoiding sugary soft drinks, the source of about 36 percent of added sugars in the US diet. Check labels to see if sugar in any form is listed among the ingredients.

SOURCE: Tufts University Health & Nutrition Letter, February 2011.

WHAT ABOUT HIGH-FRUCTOSE CORN SYRUP?

The verdict is still out on the health effects of high fructose corn syrup (HFCS). What we do know is that too much of any kind of sugar can lead to weight gain, dental cavities, poor nutrition and increased triglycerides which can boost your heart attack risk.

QUENCH YOUR THIRST WITH WATER

People are quick to complain about food prices but it doesn't stop them from stocking up on carbonated soft drinks by the case when they're on sale. They buy tea by the jug and so-called health drinks are also popular. Although I may keep root beer on hand for a root beer float and occasionally drink peach tea Snapple in the summertime, water is still my beverage-of-choice and not the bottled kind.

I keep one case of bottled water around for emergencies or to drink in the car when I'm traveling but that's it. According to the Pacific Institute, a nonprofit research organization based in Oakland, California, producing, packaging and transporting a liter of bottled water requires between 1,100 and 2,000 times more energy on average than treating and delivering the same amount of tap water.

From what I've read, 86 percent of over 30 billion plastic bottles a year are discarded instead of being recycled, even when recycling facilities are available.

THE DELISH COOKIE RETURNS

Grace Carr started the school lunch program in Bryan City Schools. She also catered large banquets held in the high school gymnasium. Grace was one of Bryan's best cooks and

her recipes are still used by many of us who knew her. Looking for recipes to share in this week's memo, I came across her recipe for Delish Cookies, printed in a 1971 memo when the National School Lunch program was 25 years old. Recipe makes 12 dozen cookies. If that's more than you care to make cut the recipe in half.

GRACE CARR'S DELISH COOKIES

- 6 cups granulated sugar
- 2 cups packed light brown sugar
- 4 cups butter (2 pounds), softened
- 8 eggs
- 8 teaspoons baking soda
- 4 teaspoons baking powder
- 3 teaspoons salt
- 4 teaspoons vanilla
- 16 cups unsifted, all-purpose flour
- 6 cups plump raisins

Mix all ingredients together until well blended. Drop by teaspoonfuls onto parchment-covered cookie sheets. Bake in preheated 350°F oven for 10 to 12 minutes.

ST. PATRICK'S DAY SALAD

You don't have to be Irish to savor the flavor of Irish Potato Salad on St. Patrick's Day.

IRISH POTATO SALAD

- 2 tablespoons cider vinegar
- 1 teaspoon celery seed
- 1 teaspoon mustard seed
- 3 medium-large potatoes
- 2 teaspoons sugar
- 1/4 to 1/2 teaspoon kosher salt
- 2 cups finely shredded cabbage
- 3/4 pound deli corned beef, cubed
- 1/4 cup sliced scallions
- 1/4 cup chopped dill pickles or dill pickle relish
- 1 cup Hellmann's Light Mayonnaise

Combine vinegar, celery seed and mustard seed; set aside. Scrub potatoes and cook until done; drain and cube. While potatoes are still warm, drizzle with vinegar mixture. Sprinkle with sugar and salt; chill. Before serving, add cabbage, corned beef, scallions and mayonnaise. Toss lightly. Recipe makes 6 to 8 servings.

WHY RINSE BEANS?

A food scientist at Bush Brothers Beans reports that the company sent samples of their beans to an independent lab, which found that you can remove 40 percent of the sodium when you rinse the beans thoroughly.

SOURCE: Tufts Health & Nutrition Letter, February 2011.