

BREAD, CEREAL, RICE, & PASTA GROUP

Bread: *Focaccia* (Italian bread shells), *Flat Breads*, *Pita* (pocket bread), *Breadsticks*
Cereal, Grains: *Banley*, *Buckwheat* (kasha), *Budger* (cracked wheat), *Farina*, *Corn Meal*, *Rye*, *Polema*
 Try prepared mixes for tabouleh salads, quick pilafs, and couscous with raisins and nuts.
Rice: *Arbano* (for risotto), *Basmati*, *Brown*, *Wild*, *Rice Combinations*
Pasta: (noodles, macaroni): *Couscous*, *Linguini*, *Penne*, *Rotelle*, *Spaghetti*, *Tubetti*
 Try frozen *Cortellini*, *Ravioli*, *Stuffed Shells*, *Crocchi*, *Eggplant Rolettes*, and *Lasagnas*. Some brands feature reduced-fat products.

Tips: Substitute a new grain, flour, or pasta into everyday recipes for soups, stuffings, and salads. Pour your favorite marinara sauce on polenta. Create your own pizza with focaccia, tomato sauce, flowers, hot mozzarella, and plenty of vegetables.

VEGETABLE GROUP

Greens: *Chard*, *Dandelion*, *Kale*, *Proslane*, *Rappini* (Broccoli Rabe)
Roots and Tubers: *Celeriac*, *Jerusalem Artichoke*, *Jicama*, *Parasnips*, *Potatoes* (blue, gold, and yellow)
Squashes: *Eggplant*, *Spaghetti*, *Turban*

Tips: Make a "10 Vegetable Soup" by simulating any 10 of your favorites into a stock, wash carrots, lots of cabbage with your potatoes. Try prepared soups including split pea, vegetable, and vegetable soup, peas, pasta, or beans.

FRUIT GROUP

Tropical: *Carambola* (Star Fruit), *Grandilla* (Passion Fruit), *Guava*, *Mango*, *Papaya*
Citrus: *Grapefruits*, *Lemons*, *Limes*, *Oranges*, *Pummelos*, *Tangelos*, *Ugls*
Dried: *Apricots*, *Bananas*, *Cranberries*, *Dates*, *Figs*, *Pineapples*

Tips: Cut into a new type of melon. Use different summer fruits and berries to make a tumbler or fruit salad. Use fresh, rather than dried, figs. Make blended fruit juices by mixing juices with other juices. Use citrusy sprouts, relatives to popcorn and fish.

MILK, YOGURT & CHEESE GROUP

Milk: *Buttermilk* (fresh or powdered), *Evaporated Skim Milk*
Yogurt: *Strained for Yogurt Cheese*, *Kefir* (a sweet cultured milk blended with fruit)
Cheese: *Feta* (Goat's milk cheese), *Farmer Cheese*, *Pot Cheese*

Tips: Adding nonfat or low-fat milk, yogurt, or cheese egg provide high quality protein to meatless meals. Cultured milk products can be blended with fruit to make shakes and frozen desserts.

MEAT, POULTRY, FISH, DRY BEANS, EGGS, & NUTS GROUP

Game Meats: *Quail*, *Rabbit*, *Venison* (lower in saturated fat and cholesterol than many meats)
Dry Beans: *Broadbeans* (Fava beans), *Chick-Peas* (Garbanzo beans), *Lentils* (yellow, red, or green), *White*, *Kidney*, *Pink*, and *Black beans*
 Try packaged mixes for hummus, bean dip, falafel, or lentil pilaf. Also try lentil, split pea, or black bean soups, and fat-free bean dips.
Nuts: *Almonds*, *Cashews*, *Butternuts*, *Pine Nuts*
Seeds: *Pumpkin*, *Squash*, *Sunflower Seeds*

Tips: Small portions of higher fat meats, like lamb, give authentic flavor without exceeding fat allowances. Peas, beans, and lentils can be mashed into spreads and dips, added to soups and pasta sauces, or baked into breads. A sprinkling of nuts or seeds adds texture and nutrients to any dish.

FATS, OILS, & SWEETS

Flavored Oils: *Olive Oil*, *Peanut Oil*, *Tahini* (Sesame paste)
Sweets: *Fruit Sorbets*, *Italian Ices*

Tips: Spices can be blended into pasta with oil or fat to infuse the flavor throughout a sauce. Herbs like mint are refreshing when combined with fruit or citrus.

Comments:

Today's Date:

Follow-up Date:

Try these delicious recipes:

Falafel With Yogurt-Cucumber Salad

Makes 8 servings
(Pictured)

- 1 1/2 cups dry chick-peas or garbanzo beans, cooked according to package directions in unsalted water
- 1 large onion, chopped
- 1/2 cup EGG BEATERS® Real Egg Product
- 1/4 cup chopped parsley
- 1/4 cup wheat germ
- 1 teaspoon ground cumin
- 2 cloves garlic, minced
- 1/4 teaspoon ground red pepper
- 1/4 cup FLEISCHMANN'S® Margarine

Yogurt-Cucumber Salad (recipe follows)

In food processor container fitted with metal blade, chop chick-peas or garbanzo beans, onion, egg product, parsley, wheat germ, cumin, garlic, and red pepper until mixture is finely chopped but not smooth. Form mixture into 24 (1 1/2-inch) patties. In large nonstick skillet, over medium-high heat, cook falafel, in batches, in margarine for 10 minutes, turning once to brown on both sides. Remove and keep warm. Serve falafel with Yogurt-Cucumber Salad.

Yogurt-Cucumber Salad: Combine 3 large thinly sliced cucumbers, 1 (8-ounce) container nonfat plain yogurt, 1 medium red onion, chopped, 1/2 cup red wine vinegar, and 2 tablespoons sugar. Chill 1 hour before serving.

NUTRITION INFORMATION per serving: (3 falafel and 1/2 cup yogurt-cucumber salad): 256 calories, 102 mg sodium, 1 mg cholesterol, 8 g total fat, 1 g saturated fat.

Basmati-Rice Cakes

Makes 8 servings
(Pictured)

- 2 cups skim milk
- 1 1/4 cups basmati rice
- 1/2 cup EGG BEATERS® Real Egg Product
- 1 teaspoon ground nutmeg
- 2 tablespoons FLEISCHMANN'S® Margarine

In medium saucepan, over medium heat, heat milk just to a boil. Stir in rice. Cover and reduce heat. Simmer for 15 minutes or until rice is tender, stirring occasionally. Remove from heat; let stand 10 minutes. Stir in egg product and nutmeg.

In large nonstick skillet, melt 1 tablespoon margarine. Drop rice mixture by 1/2 cupfuls into pan; flatten to 3-inch diameter with spatula. Cook until golden brown on each side. Repeat with remaining margarine and rice mixture to make a total of 8 rice cakes.

NUTRITION INFORMATION per serving: 159 calories, 77 mg sodium, 1 mg cholesterol, 3 g total fat, 1 g saturated fat.

NUTRITION UPDATE

Around the World With the Food Guide Pyramid

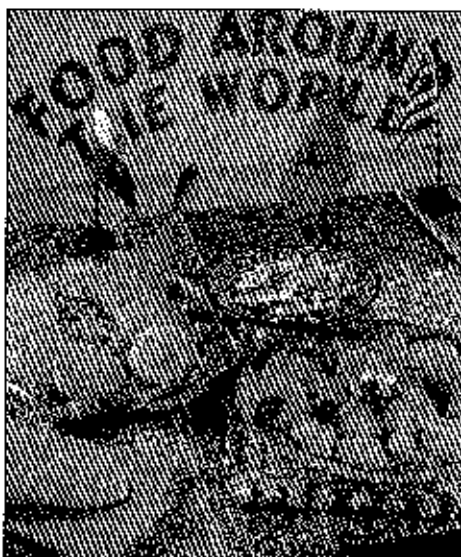
Our appetite for different foods is growing, as ethnic cuisines take their place alongside more traditional American fare. When these ethnic choices are convenient to prepare and meet the basic principles of the *Food Guide Pyramid*, you can serve meals the entire family will enjoy and thrive on.

► Tempting Your Taste Buds

The Pyramid recommends that we increase the amount of cereal and grains, fruit, and vegetables in our diets and decrease sources of fat and cholesterol. This is easily done when you include foods and preparation methods from countries where this style of eating is a way of life. Here is information for three such cuisines gaining in popularity.

MEDITERRANEAN: This cooking style reflects the local ingredients found in countries bordering the Mediterranean Sea, such as Italy, Spain, and Greece. It features seasonal vegetables, pasta, grains, fresh seafood, grilled lean meats, and crusty breads as well as garlic, onions, and olive oil — all foods that are readily available in many American markets as well. Try Mediterranean dishes such as *caponata* (eggplant and tomato spread), *salad nicoise* (potatoes, green beans, and tuna), *minestrone* (vegetable and pasta soup), *pasta e fagioli* (pasta and bean soup), or any other pasta served with a tomato-based sauce. A wide variety of prepared Mediterranean-inspired soups, pastas, spreads, and sauces can be found on your supermarket shelves.

MIDDLE EASTERN: Armenia, Iran, Iraq, Israel, Lebanon, Syria, and Turkey contribute to tastes from the Middle East. Typical dishes include lean, marinated meats that are skewered, grilled, and served with a spicy yogurt sauce in pita bread (*souvlaki*). Eggplant may be seasoned and mashed into a spread called *baba ghanoush*,



Edafel With Yogurt Cucumber Salad
Basmati Rice Cakes

and chick-peas and sesame paste may be blended into a spread called *hummus*. Both are eaten with pita bread. Also try *fattoush* (a bean salad with lemon-based dressing), lentil soup, and rice pilaf. Many supermarkets now carry prepared hummus and baba ghanoush in their refrigerated sections, and pita bread, lentils, and a variety of Middle Eastern grain mixes on their shelves.

INDIAN: Think vegetables (cauliflower, cucumbers, potatoes, and peas), legumes, and curry when you think Indian cuisine. Both *dahi* (unflavored yogurt) and curry yogurts are creatively used as sauces for vegetables or lean meats. *Paneer*, a homemade cottage cheese, is frequently added to vegetable and rice dishes. Steamed rice is a staple, and the fragrant *basmati* variety is preferred. The baked breads served with meals include *nan*, *chapati*, *kulcha*, and *roti*. Try chicken or fish prepared in spicy *masala* (yogurt-based marinade) or roasted *tandoori*-style. The majority of ingredients and spices used in Indian

cooking can also be found in a large supermarket.

► Sampling and Shopping

The best way to get acquainted with unfamiliar cuisines is to sample the dishes as prepared by food professionals. Here they are likely to be served in a traditional manner with the proper balance of seasonings and texture, and with an authentic finished appearance. Try ethnic restaurants, delis, or take-out counters as sources. Potluck and international dinners are other ways to taste homemade ethnic specialties.

The recipes you need to recreate many of these dishes may be as close at hand as the labels on your food packages. Others can be requested from friends who first introduced you to specialties. Exciting, easy, and affordable recipes can also be discovered in regional cookbooks carried in many bookstores and libraries.

Most ethnic ingredients and prepared foods can be found right in your local grocery store. Look for them in the ethnic foods section of your supermarket as well as your usual shopping aisles. If you don't see what you want, ask the store manager to order a small quantity from a specialty food distributor. Also check health food stores for unusual grains and flours, as well as unusual nuts, seeds, and dried fruits.

The chart on the following page lists some convenient ethnic options to assist you in adding international variety to your meals.

