

Special diets don't stop enjoyment of holiday

MANHATTAN – While many people choose to let their diets slide during the holiday season, those who follow a moderate or restricted diet to manage diabetes, high blood pressure, cholesterol or other chronic illness can enjoy holiday foods without increasing their risks from the illnesses.

"The goal," said Mary Meck Higgins, a registered dietitian and Kansas State University Research and Extension nutrition specialist, "is to reduce saturated fat, sodium and calories, but retain the flavor and texture of food."

"When choosing an entrée, start with lean protein foods," said Higgins, who noted that the leanest cuts of beef and pork are typically identified with the words "round" or "loin" and may be labeled "Top Round," "Sirloin" or "Tenderloin."

Skinless chicken breasts and turkey cutlets are the leanest poultry choices, said Higgins, who recommended cooking poultry with the skin on to retain juices, but discarding it before eating.

"Trim away visible fat on lean meats and poultry before baking, boiling or slow-cooking. These are all moist-heat methods of cooking that will result in a tender final product," she said.

Higgins, who also suggested

skipping (or limiting) breading that adds calories and fat in favor of low-sodium marinades or rubs, offered the following tips for healthy meals:

- Decrease fat content by draining and discarding fat that cooks out of meats.

- Cover and chill broth until fat within the broth solidifies and can be removed before using the broth. Tip: Use an ice cube to speed skimming of fat. Or, buy low-sodium broth and thicken it with cornstarch or pureed potatoes for a sauce or gravy. Adding a small amount of fruit juice can flavor sauces or gravy.

- Use fat-free or skim milk and small amounts of vegetable cooking oil, soft tub or liquid margarine when making cream or white sauces.

- Most vegetables can be cooked quickly, either by steaming on top of the stove or in the microwave. Most also can be dressed up with herbs or paired with other vegetables, such as green peas with pearl onions. A low-fat, reduced-sodium cream soup with fresh mushroom slices added can be used for a quick vegetable sauce.

Not all vegetables need to be cooked, since many fresh raw vegetables can be used in salads and on a relish tray, Higgins said. Buy

packages of precut, pre-washed fresh vegetables, such as baby carrots or salad greens, to simplify preparation.

- Use fat-free evaporated milk (rather than cream or whole milk) when making cream soups.

- Skim fat off pan drippings and blend with low-sodium broth when making dressing.

- Flavor dressing with herbs, spices and whole grains, rather than fat.

- Substitute vegetable cooking oil for butter or lard, and fat-free or 1 percent buttermilk instead of whole milk to make healthier biscuits.

And, for dessert, choose low-fat and low-sugar alternatives to high-calorie foods, said Higgins, who recommends keeping a bowl of whole fruit on the counter for a quick and easy snack.

She also recommends keeping dried, frozen or canned (in water or juice) fruits on hand, and noted that one-fourth cup of dried fruit is equivalent to 1/2 cup of fresh or canned fruits.

When seasoned with cinnamon and cloves, poached pears or baked apples make an easy, healthy and elegant dessert, said Higgins, who is the state leader for Extension nutrition programs.

Mixing chopped fruit or fresh

and vegetables that have added ingredients.

Choose larger servings of steamed vegetables and fruits that have been prepared without added fats, salt or sugars, she said.

More information on food, nutrition, health and managing special diets is available at county and district Extension offices and on Extension websites: www.ksre.

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Ordinance No. 174

AN ORDINANCE REGARDING THE SALE OF ABANDONED MOTOR VEHICLES.

BE IT ORDAINED BY THE GOVERNING BODY OF THE CITY OF REXFORD, KANSAS:

SECTION 1. Section Eleven of Ordinance #168 is hereby amended to read as follows:

SECTION 11. DISPOSITION OF VEHICLE. Disposition of any motor vehicle removed and abated from private property pursuant to this Ordinance shall be as provided by K.S.A. Supp. 8-1102, as amended. As an alternate method of sale, vehicles may be disposed of by private sale.

SECTION 2. Any ordinances in conflict herewith are hereby repealed.

SECTION 3. This Ordinance shall take effect and be in full force from and after its publication in the official city newspaper.

PASSED by the Governing Body and approved by the mayor, this 11th day of November, 2009

(S) Denny Lawsan, Mayor

ATTEST:
 (S) Jolene E. Hansen, City Clerk

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