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Hopefully after all that, I end up with a presentable file. If you find missing pages, pages in the wrong order, anything else wrong with the file or simply want to make a comment, please drop me a line (see above).

It is my hope that you find the file of use to you personally – I know that I would have liked to have found some of these files years ago – they would have saved me a lot of time !

Colin Hinson

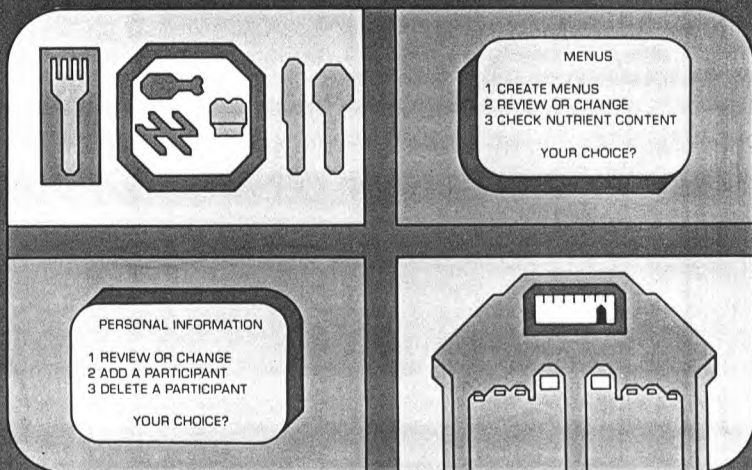
In the village of Blunham, Bedfordshire.



Weight Control & Nutrition

SOLID STATE SOFTWARE™ **COMMAND MODULE**

*A valuable aid for sensible diet planning, endorsed by **Better Homes and Gardens**®! Designed for adults with no special dietary requirements.*



This module requires use of the Texas Instruments Disk Memory System, an audio cassette recorder, or other storage accessory — not included (details inside).

Quick Reference Guide

Note that the key sequences required to access special functions depend on the type of computer console you have. Important keystroke sequences are summarized here for your "quick reference."

TI-99/4

TI-99/4A

ENTER

ENTER

Enters keyboard input into program memory. Each time you press **ENTER**, the cursor moves to the next item on the display.

SHIFT V
(PROC'D)

FCTN 6
(PROC'D)

Causes the program to proceed to the next display.

SHIFT Z
(BACK)

FCTN 9
(BACK)

Returns the program to a previous selection list or index, except when you are creating a file of information for a new participant.

SHIFT W
(BEGIN)

FCTN 5
(BEGIN)

Returns the program to the **WEIGHT CONTROL & NUTRITION** selection list.

SHIFT R
(REDO)

FCTN 8
(REDO)

Returns the cursor to the beginning of the current display.

SHIFT C
(CLEAR)

FCTN 4
(CLEAR)

Erases the entry on which the cursor is placed.

SHIFT ↑
(UP)

FCTN ↑
(UP)

Scrolls the display up or down when you are viewing the menus, nutrient analysis, or food selection lists.

SHIFT ↓
(DOWN)

FCTN ↓
(DOWN)

SHIFT P

FCTN P

Prints the information shown on the current display. *Note:* The TI Solid State Thermal Printer or other compatible printing device must be properly connected to the computer.

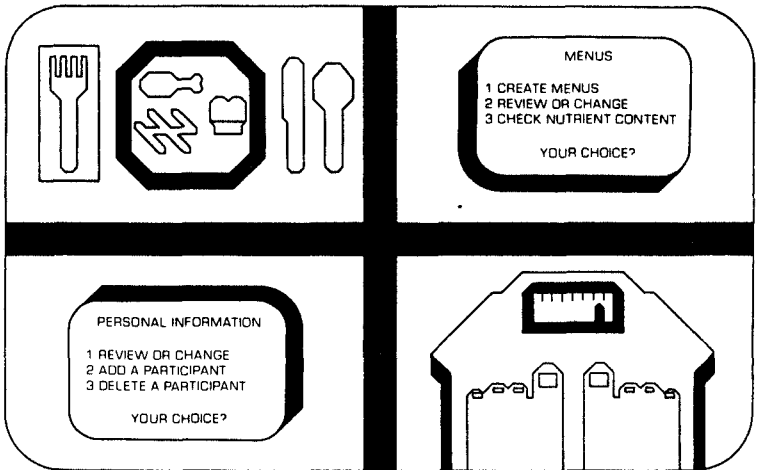
SHIFT Q
(QUIT)

FCTN =
(QUIT)

Returns the display to the master title screen. *Note:* All data you have entered will be erased unless it has been stored on a cassette tape or diskette.



Weight Control & Nutrition



This *Solid State Software™* Command Module is designed to be used with the Texas Instruments Home Computer. Its preprogrammed solid-state memory expands the power, versatility, and capability of your Home Computer.

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See important warranty information at back of book.

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INTRODUCTION

Today, more people than ever are aware of the importance of a balanced diet. Terms like "calories," "the Basic Four," and "vitamins and minerals" are a part of our everyday language. Yet, all too often, you may find yourself too busy to plan meals around your nutritional needs.

The Weight Control & Nutrition *Solid State Software™* Command Module is designed to help you plan well-balanced meals. Developed in cooperation with *Better Homes and Gardens®*, the module creates menus that are based on important nutritional needs — and on your food preferences as well!

With the Weight Control & Nutrition module plugged into the console, your Home Computer:

- Lets you select a target weight goal.
- Estimates your daily calorie requirements.
- Creates menus for up to five people at a time.
- Provides an analysis of the menus in terms of calories and 11 essential nutrients.

IMPORTANT: This program is based on the average nutritional requirements of adults (age 18 and over) with no special dietary requirements. If you are under the age of 18, if you are an athlete, if you are pregnant or nursing, or if you have other special dietary needs, you should not use this program without modification. We recommend that *all individuals* consult a doctor before beginning this — or any — dietary program.

Note: A mass storage device, such as a cassette recorder* or disk system*, is necessary to effectively utilize the module (see "Saving and Loading Records"). In addition, with the optional Texas Instruments Solid State Thermal Printer*, you can make printed copies of menus, personal information, and individual displays.

*sold separately

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ABOUT THIS PROGRAM

The Weight Control & Nutrition module is designed to be flexible and easy to use. First, enter personal information about each participant. Up to five people at a time can participate. The computer suggests recommended weight ranges for each person and allows him or her to select a target weight goal. Then, using the selected weight goal, the computer calculates the daily number of calories required in each person's diet.

Once the personal information is entered, you may choose the foods to be included in the menus. Foods may be selected for each person or for the family as a whole. That's all there is to it! You're ready to create a week of menus for an individual or for the entire family!

The Weight Control & Nutrition module is based on widely accepted concepts and research in the areas of nutrition and human physiology. The module program was developed with the assistance of Angela Boren, M.S., R.D., associate professor in the Food and Nutrition Department of Texas Tech University, and Linda Douglas, M.S., R.D., director of the Dietetics Clinic at Texas Tech University Health Sciences Center. The concepts on which the program is based are briefly discussed in the rest of this section.

Proteins, Carbohydrates and Fats

Proteins, carbohydrates, and fats (saturated and unsaturated) are the basic energy-producing nutrients. All food contains at least one of these nutrients, and all three should be included in your daily diet. Based on the Dietary Goals for the United States, developed by the Senate Select Committee on Nutrition and Human Needs, the following proportion for these nutrients is suggested for the average person's daily diet:

Protein	15%
Carbohydrate	55%
Fats, Saturated	10%
Unsaturated	20%



The daily menus created by the Weight Control & Nutrition module include proteins, carbohydrates, and fats in approximately the proportions listed above.

Vitamins and Minerals

Your body requires a wide variety of vitamins and minerals for good health. The Weight Control & Nutrition module takes the following essential vitamins and minerals into consideration when creating menus: vitamin A, vitamin C, niacin, riboflavin, thiamin, iron, and calcium. For each day's menus, the module selects foods which supply these vitamins and minerals approximately in the amounts recommended by the 1980 U.S. RDA (Recommended Dietary Allowance) for adults age 18 and over. The module also provides a nutrient analysis which estimates how closely each day's menus meet the RDA for the above nutrients.

Note that the Weight Control & Nutrition module does not take into consideration *all* the nutrients needed by the human body. However, it does assign a higher "Food Type" rating to those foods which have a better nutrient content. This procedure, which is discussed below, increases the probability that the menus created by the module supply many of the nutrients you need in your diet.

Nutritional Content of Food

Up to 197 foods can be included in the weekly menus, depending on your food selections. The module assigns each portion of food with a specific nutrient content, using averages compiled by the U.S. Department of Agriculture (USDA).

Each food is also assigned a "Food Type" rating of 1 (high), 2 (middle), or 3 (low). Foods with a higher rating have a better overall nutrient content than do foods with a lower rating. Therefore, when the module is creating menus, it selects Type 1 foods more frequently than Type 2, and Type 2 foods more frequently than Type 3.

The nutrient averages for each food are listed in *Appendix B*.

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Basic Food Groups

The basic food groups are dairy products, breads and cereals, fruits and vegetables, and meat and meat alternatives. According to the USDA, a balanced diet includes daily portions from each of these groups. The menus created by the Weight Control & Nutrition module are based on this concept.

Calories and Body Weight

The module also takes into consideration the relationship between your age, weight, height, and daily calorie requirement.

Calories are units of food energy — the “fuel” your body obtains from the food you eat. According to the USDA and many other authorities, if you take in more calories than you need, the excess energy is stored as fat. Continued overeating thus leads to weight gain, while undereating leads to weight loss. Your weight stays about the same when your calorie intake matches your body’s energy needs.

The Weight Control & Nutrition module helps you determine your weight range using a method suggested by the Food and Nutrition Board of the National Academy of Sciences. Three possible weight ranges are suggested for each participant — one for persons with a slim build, another for persons with an average build, and a third for persons with a stocky build. The participant selects a target weight goal based on this information.

To determine your daily calorie requirement, the module first calculates your basal metabolic rate (BMR), using a method developed by Boothby, Berkson, and Dunn.* Then, depending on your selected goal of weight loss, gain, or maintenance, the module calculates your daily calorie target.

*W. M. Boothby, J. Berkson, and H. L. Dunn. “Studies of the Energy of Normal Individuals: A Standard for Basal Metabolism, with a Nomogram for Clinical Application.” *American Journal of Physiology*, 116 (1936), pp. 468-84.



All of the above considerations influence the module's creation of menus. Remember, however, that no diet program can ensure good health, since many other factors affect your health. A regular program of exercise, such as the one provided by the Texas Instruments Physical Fitness Command Module, is especially important.

Also remember that these nutritional considerations are based on *average* figures. No two people have precisely the same nutritional needs. Moreover, since you can revise the menus, the nutritional content of the menus may vary from the above limits. **For all of these reasons, the Weight Control & Nutrition program should be viewed as a guide to sensible diet planning, rather than the "last say" about what you should eat.**

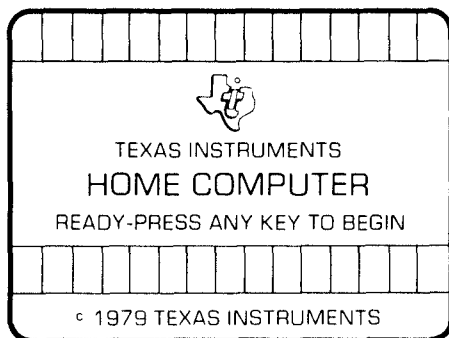
For more information on the role that nutrition plays in your health, consult the references listed in the Bibliography.

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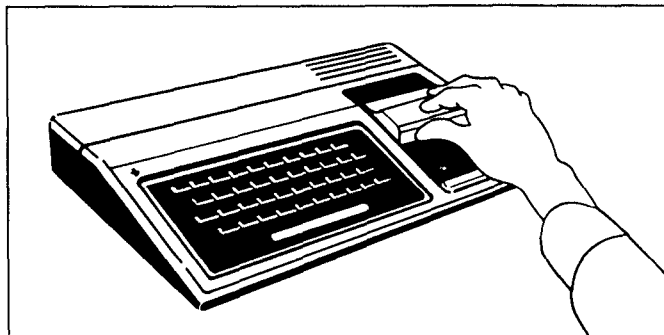
USING THE SOLID STATE SOFTWARE™ COMMAND MODULE

An automatic reset feature is built into the computer. When a module is plugged into the console, the computer returns to the master title screen. All data and program material you have entered will be erased from computer memory.

Note: Be sure the module is free of static electricity before inserting it into the computer (see page 76).



1. Turn the computer ON and wait for the master title screen to appear. Then slide the module into the slot on the console.





2. Press any key to make the master selection list appear. Then press the key corresponding to the number which appears next to WEIGHT & NUTRITION.

Note: To remove the module, *first* return the computer to the master title screen by pressing **SHIFT Q**. Then remove the module from the slot. If you have any problem inserting the module, or if it is accidentally removed from the slot while in use, please see "In Case of Difficulty" on page 77.

GETTING STARTED

When you select the module, the title sequence for Weight Control & Nutrition begins. You can press any key at this time to go on, or you can wait for the title sequence to end automatically.

Next, two cautionary screens appear. After you read each screen, hold down the **SHIFT** key and press **V** (PROC'D) to go on.

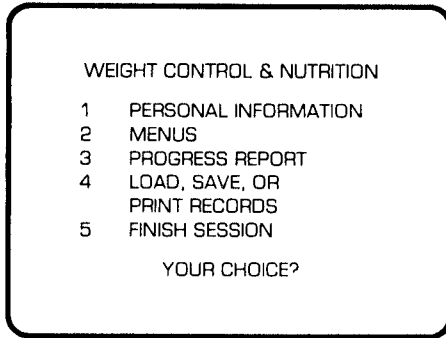
The computer now asks you for some preliminary information. First, you are asked to enter today's date. Type in the month, day, and year as two-digit numbers, and then press **ENTER**. (*Example:* To enter the date November 5, 1980, type 11 05 80 and press **ENTER**.)

Then you are asked if you are using a printing device. Press **Y** for "yes" or **N** for "no." If you answer "yes," the computer asks **DEVICE NAME?** If the TI Solid State Thermal Printer is attached to the computer and is turned on, type **TP.U** as the device name and press **ENTER**. (*Note:* If you want the printer to eject only a small amount of blank paper between entries, enter **TP.U.S.E** as the device name instead of **TP.U**.) If you are using any other printer, see "Obtaining Printed Copies."

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Once you indicate whether or not you're using a printing device, the WEIGHT CONTROL & NUTRITION selection list appears. This selection list offers you five options, as shown below.



- Option 1 allows you to create or revise a file of personal information.
- With option 2, you may create and revise menus and view a nutrient analysis of your menus.
- Option 3 lets you view a progress report on each person in the personal information file.
- Selecting option 4 lets you load, save, or print your records. (You should select this option if you want to load into the computer's memory a file you have saved from a previous session. See "Loading Your Records.")
- Option 5 ends this session with the module.

IMPORTANT: Before you can select option 2 or 3, *a complete set of personal information on at least one person* must be stored in the computer's memory. If option 2 or 3 is selected before you enter the necessary information, an error message is displayed.

To create a file of personal information, press 1.



PERSONAL INFORMATION

Selecting option 1 from the WEIGHT CONTROL & NUTRITION selection list causes the PERSONAL INFORMATION selection list to appear.

PERSONAL INFORMATION

1	REVIEW OR CHANGE
2	ADD A PARTICIPANT
3	DELETE A PARTICIPANT

YOUR CHOICE?

This list lets you review or change personal information, or add or delete a participant. To set up a file for a participant, press **2** for *Add a Participant*.

Note: Once you choose the option to add a participant, you should proceed to fill out all of the required information. (Your personal information is completed once you reach the display that calculates your daily calorie requirement.) If you press **SHIFT W** (BEGIN) before completing the personal information, the information on that participant is lost. Note that **SHIFT Z** (BACK) is *not* operative when you are setting up a file of personal information for a new participant.

As discussed previously, the Weight Control & Nutrition module can work with information for up to five people at a time. If you wish to add a participant when the computer already has information on five people, you may erase the information on one of the people from the computer's memory (see "Delete a Participant"), and then add the new participant. Or, you may keep a separate file of the extra participants on a tape or diskette and work with their information in a different session with the module.

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Add a Participant

Once you select *Add a Participant*, the display asks you to enter personal information. Here is a sample display:

PERSONAL INFORMATION	
NAME	JANE
SEX (M/F)	F
WEIGHT	130 LBS
DATE (MM/DD/YY)	01/01/81
AGE	25 YEARS
HEIGHT	5 FT 4 IN

IMPORTANT!
SOME OF YOUR NUTRITIONAL
NEEDS MAY NOT BE ENTIRELY
MET BY THIS PROGRAM

The cursor (a flashing question mark) appears to the right of **NAME**, and you may enter a name up to eight characters long. Type your name and press **ENTER**. The cursor then appears to the right of **SEX (M/F)**. Type **M** for "male" or **F** for "female" and press **ENTER**.

The cursor then moves to **WEIGHT**. Type your weight in pounds and press **ENTER**. Next, fill in the date that you weighed yourself and press **ENTER**. (This item allows you to update your weight history periodically, as explained in the "Review or Change" section of this manual.)

Next, type in your age in years and press **ENTER**. Then type and enter your height in feet and inches.

A statement now appears at the bottom of the display, reminding you that the Weight Control & Nutrition module program may not entirely meet your nutritional needs.

Note that the module does not accept personal information that is outside of the normal range for adults. If any of your personal information is not accepted by the module, you may have special dietary needs and should consult your doctor before continuing with the program (see "Special Cases").



Be sure to check the information you have typed on the display before you go on. Your **NAME** and **SEX** are established at initial setup. They cannot be changed once you have proceeded to the next display. To correct a mistake, press **SHIFT R** (REDO) to return the cursor to the top of the display. Then, press the **ENTER** key to move the cursor over correct entries. When the cursor is positioned over the incorrect entry, retype the entry and press **ENTER**. When all the information on the display is correct, press **SHIFT V** (PROC'D).

The display now asks several questions, such as whether or not you are an athlete. Press **Y** for "yes" or **N** for "no." As you answer each question, the cursor automatically moves to the next one. If the information indicates that you have special dietary needs, the computer tells you so (see the section on "Special Cases"). If the information you've entered does not indicate a special dietary need, the following display appears.

Activity Level

PERSONAL INFORMATION
PLEASE REFER TO THE ACTIVITY
TABLE IN THE APPENDIX OF THE
MANUAL
1 LIGHT HOME MAKING,
TEACHING, OFFICE WORK
2 MODERATE INDUSTRIAL
WORK, BUILDING, FARMING
3. STRENUOUS. HEAVY MANUAL/
INDUSTRIAL WORK
ENTER THE LEVEL OF PHYSICAL
EXERTION WHICH YOU USUALLY
PERFORM ?

This display asks you to press **1**, **2**, or **3** to indicate your average daily activity level. Before answering, look at the Activity Table in *Appendix A*. Decide what your average level of activity is — light, moderate, or strenuous. Then, fill in the display with the appropriate number and press **ENTER**. Your daily calorie requirement will be estimated from this information.

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Recommended Weight Range and Target Weight

The display now shows three suggested weight ranges for you. If you have a slim build, the first weight range is an appropriate estimate of how much you should weigh. If you have an average build, the second weight range is appropriate for you. If you have a stocky build, the third range is appropriate.

The cursor appears to the right of TARGET WEIGHT, allowing you to type in how much you would like to weigh. Type the weight and press **ENTER**. The module then calculates a date for you to reach your target weight, based on a weight loss (or gain) of one pound per week. This date appears to the right of TARGET DATE, and the cursor blinks on the first character of the date. You can change the suggested target, if you wish.

The target weight and date that you may choose are limited by certain factors. For instance, you cannot select a target weight that involves a weight loss or gain of more than 30 pounds. Also, you cannot choose a target date which would result in a weight loss or gain of more than two pounds per week. If you make an entry that exceeds these limits, the computer displays a caution and returns the cursor to the beginning of the entry. The warning is displayed until you enter an acceptable target weight and target date.

Note: If you wish to maintain your present weight, simply enter your present weight as the target weight. Then press **SHIFT V** (PROC'D) to go on to the next display.

Once you enter acceptable targets, the message THIS IS A REASONABLE GOAL appears on the display. You may then press **SHIFT V** (PROC'D) to go on.



Energy Requirement

The computer now displays your average daily energy requirement, as well as the daily calorie target that is necessary in order to achieve your goal of weight loss, gain, or maintenance. The daily menus created by the module are based on this daily calorie target.

If you wish, you may adjust the calorie target suggested by the module to any figure between 1200 and 3000. To do so, press **SHIFT R** (REDO). The cursor appears on the suggested figure, and you may type in a figure within the calorie range and press **ENTER**. If you enter a figure outside this range, the module beeps and waits for you to enter an acceptable figure.

If a warning appears, the module has determined that the daily calorie target needed to reach your weight goal is too low or *too high* to be nutritionally sound. In this case, your *target date* must be extended. Press **SHIFT V** (PROC'D) to return to the display with your target weight and target date. Enter a new target date (and target weight, if desired), allowing yourself several more weeks to reach your weight goal. Then press **SHIFT V** (PROC'D) to see your recalculated energy requirement.

Note: Even though the module does not create menus at low calorie levels, you can lose additional weight by increasing your general level of activity (for example, by exercising).

When you finish reading the display with your energy requirement, press **SHIFT Z** (BACK) twice to return to the PERSONAL INFORMATION selection list. You may now wish to review your personal information. If so, press **1** to select *Review or Change*. If not, press **SHIFT Z** (BACK) once more to return to the WEIGHT CONTROL & NUTRITION selection list.

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Review or Change Personal Information

To review or change personal information, press **1** while the **PERSONAL INFORMATION** selection list is displayed.

A list appears with the names of the participants for this session. Press the appropriate number key to select the person whose information you wish to review. (If there is information on only one person in the computer's memory, the module automatically "selects" that information and does not display a list.)

The display with information on name, age, sex, etc. now appears, and the cursor blinks on the entry **AGE**. Press **ENTER** to skip over correct data. Retype those entries which you wish to revise and then press **ENTER**. (Remember, **NAME** and **SEX** cannot be changed.)

Beneath the **WEIGHT** entry, the module displays the message **TO ADD NEW WEIGHT RECORDS, CHANGE DATE**. If you are *not* updating your weight, just press **ENTER** to move the cursor to the next item. However, if you have just revised your weight and wish to indicate that the change is an update (rather than a correction), type in the current date and press **ENTER**. Note that weight updates can only be made in forward chronological order. (You cannot type in a date that is prior to the date shown in the display.) Also, a weight correction or update can only be made to the weight shown in the display — not to any previous weight. Once you make an update, the module stores the update in your weight history record (see "Progress Report").

Note: Anytime you change your weight (a correction or an update), you must press **ENTER** after typing in a new weight, and you must also press **ENTER** when the cursor is on the date below your weight entry (even if you are not changing the date). Also, if you enter the same weight in two consecutive weight updates, the scale which follows the progress report may show an incorrect weight.



When you finish revising the information on the display, press **SHIFT V** (PROC'D) to go on to the next display.

IMPORTANT: Whenever you revise your personal information, be sure to review *all* of your personal information. The module does not update certain data, such as your daily calorie target, until you proceed through all of your personal information.

Continue to review each display as before, revising each as necessary. If you revise personal information such as your activity level or target weight goal, the module recalculates and displays your daily calorie requirement and target calorie intake. Future menus created for you by the module will be based on this new target figure.

When you finish reading the display with your daily calorie requirement, you are at the end of your personal information. Press **SHIFT W** (BEGIN) to return to the WEIGHT CONTROL & NUTRITION selection list.

Delete a Participant

To erase the information on any participant (including personal information, food selections, menus, and progress report), select option 3, *Delete a Participant*, from the PERSONAL INFORMATION selection list.

A selection list then appears with the names of all the people whose information is in the computer's memory for this session. Indicate which participant you wish to delete by pressing the appropriate number key. A statement now appears at the bottom of the display. It tells you the name of the participant you've indicated, and asks you to press **ENTER** to confirm your choice. To delete the information on that participant, press **ENTER**. Then press **SHIFT W** (BEGIN) to return to the WEIGHT CONTROL & NUTRITION selection list.

Note: If you decide to keep that person's information, do *not* press **ENTER**. Instead, press **SHIFT Z** (BACK) to return to the PERSONAL INFORMATION selection list.

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SPECIAL CASES

If you enter personal information which indicates that you have special dietary needs, the module displays a cautionary screen. For instance, if you indicate that you are on a special diet, the following display appears.

WEIGHT CONTROL & NUTRITION

THIS PROGRAM IS DESIGNED FOR
ADULTS WITH NORMAL DIETARY
NEEDS. YOU SHOULD NOT USE
THIS PROGRAM WITHOUT YOUR
DOCTOR'S APPROVAL IF.

YOU ARE UNDER MEDICAL
TREATMENT

YOU ARE ON A SPECIAL DIET
SUCH AS LOW SALT OR SUGAR

YOU ARE PREGNANT OR
NURSING.

YOU ARE UNDER 18 YEARS

YOU ARE AN ATHLETE

HAVE YOU CHECKED WITH YOUR
DOCTOR [Y/N] ?

Notice that the display asks if you have checked with your doctor. If you have, press **Y** for "yes," and the program continues. If you press **N**, the following display appears. (This cautionary display also appears if your height is outside of the normal range for adults.)

CAUTION!

WITH YOUR SPECIAL NEEDS, YOU
SHOULD NOT USE THIS PROGRAM

HOWEVER, IF YOU WANT TO,
YOU CAN SEE MENUS CREATED
FOR AN AVERAGE ADULT WITH
NO SPECIAL DIETARY NEEDS

YOUR FOOD SELECTIONS WILL
BE USED WHEN CREATING THE
MENUS, AND THE CALORIE
TARGET WILL BE xxxx CAL



The display indicates that you have special dietary needs which the program does not meet. However, the module will create menus for you which are suitable for adults with no special dietary needs. These menus will take your food preferences into account (see "Food Selections").

Be sure to check with your doctor before continuing the program.

When you finish reading the display, press **SHIFT Z** (BACK) twice to return to the WEIGHT CONTROL & NUTRITION selection list.

PREPARING TO CREATE MENUS

Once you have entered your personal information, you are ready to create menus. While the WEIGHT CONTROL & NUTRITION selection list is displayed, press **2** to select *Menus*. The MENUS selection list appears next.

MENUS

- 1 CREATE MENU
- 2 REVIEW OR CHANGE
- 3 CHECK NUTRIENT CONTENT

YOUR CHOICE?

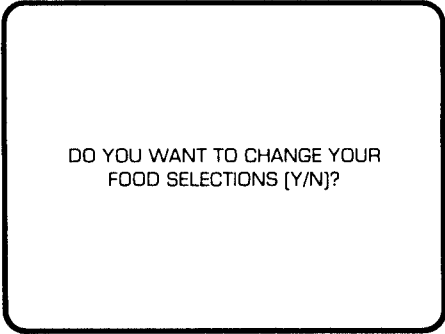
If you press **1** for *Create Menus*, a selection list appears with the names of all participants for this session. (As before, if there is only one participant, the module automatically selects the participant, and a list does not appear.)

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Notice that the list includes FAMILY as the final entry. This option lets you choose foods and create menus for the participants *as a group*. Family menus are based on the average calorie requirements of the participants. Each person is assigned the same foods and the same number of food portions per meal, since the calorie needs are averaged. However, you may also adjust the menus to meet the needs of individual participants (see "Reviewing and Revising Menus").

If you select a single participant rather than the family option, the module lets you choose foods and create menus for that person. The menus are based on the nutritional needs and daily calorie target of the participant. Like family menus, menus for individual participants can also be adjusted.

Press the appropriate number key to indicate for whom you want to create menus. The module then asks:



DO YOU WANT TO CHANGE YOUR
FOOD SELECTIONS [Y/N]?



If you have not yet made food selections for the participant or family, the module assumes that you want to include *all* of the available foods in the menus (see the food list in *Appendix B*). If you do not wish to change the food selections, press **N**, and the module immediately begins to create menus.

To look at the food lists and make food selections, press **Y**.

Food Selections

When you indicate that you would like to change your food selections, the FOOD CATEGORIES selection list appears.

FOOD SELECTIONS: JANE	
CATEGORIES	
1	DAIRY PRODUCTS
2	BREADS/CEREALS
3	FRUITS/VEGETABLES
4	MEATS/ALTERNATES
5	SALADS
6	DESSERTS
YOUR CHOICE?	

The list shows six categories of foods, each of which is divided into one or more food groups. A seventh category — MISCELLANEOUS — does not appear when you're making food selections. However, it does appear when you select the option to revise menus.

TEXAS INSTRUMENTS

HOME COMPUTER

Press the appropriate number to select any food category that you wish to see. The module then displays Group A of the category you selected. For instance, if you press **2** to select BREADS/CEREALS, the following display appears.

	FOOD SELECTIONS	JOHN
	BREADS/CEREALS	
[Y/N]	*GROUP A*	TYPE
Y	WHOLE WT BREAD	1
Y	WHITE BREAD	2
Y	BISCUITS*	3
Y	RYE BREAD	1
Y	FRENCH BREAD	2
Y	CORN BREAD*	3
Y	HOT ROLL	1
Y	BRAN MUFFINS*	2
Y	BASIC MUFFINS*	3
Y	ENGLISH MUFFIN	2

Notice that an asterisk appears to the right of some of the foods. There are *Better Homes and Gardens*® recipes for these foods in *Appendix C*.

To the left of each food, either a Y for "yes" or a N for "no" is shown, indicating whether or not that food is currently selected for inclusion in the menus. The cursor blinks on the first Y or N. To include that food in the menus, press **Y** for "yes." If you do not want to include that food in the menus, press **N** for "no." The cursor automatically moves to the next food on the list. To move the cursor down to a particular food without changing other entries, simply press **ENTER** repeatedly. You may move the cursor back to the top of the display by pressing **SHIFT R** (REDO). You may also change all of the selections shown on the display to "Y" by pressing **SHIFT T** (ERASE).

A Food Type rating of 1, 2, or 3 is shown to the right of each food. As you make your food selections, be sure to select a *minimum of three foods per group (except the dairy products category)*. All three foods must be Type 1 or Type 2. The module will not proceed unless you select at least one Type 1 or Type 2 food from each food group.



If you fail to do so, the computer displays an error message and returns the cursor to the first entry on the list. You may then change your food selections as necessary. This procedure helps to ensure that the module creates nutritionally balanced menus.

As you choose foods, keep in mind that the fewer foods you choose in any group, the more frequently those foods will appear in your menus. If you like a wide variety of foods in your menus, be sure to select several foods from each group.

To review each food group in the category, press **SHIFT** [↓] and **SHIFT** [↑] to display the following or preceding group. Note that **SHIFT** [↑] cannot be used when the first group of a category is displayed, and **SHIFT** [↓] cannot be used when the last group is displayed. If the computer beeps when you press **SHIFT** [↓], you have reached the last food group in that category. The arrow keys cannot be used with the **SALADS** category, which has only one food group.

Note: Since the foods in the first six food categories are grouped according to their nutritional content, some food groups only contain a few foods, while others contain many.

When you finish your food selections in a category, press **SHIFT Z** (**BACK**) to return to the **FOOD CATEGORIES** selection list. A check mark appears to the left of the category you just revised. You may now select another food category to review, or you may press **SHIFT Z** (**BACK**) if you have finished making your food selections.

If you press **SHIFT Z** (**BACK**) while the **FOOD CATEGORIES** list is displayed, the module returns to the display that asks if you want to change your food selections. (*Note:* The module automatically returns to this display after you review all six food categories.) If the food selections are correct and you are ready to create menus, press **N**.

TEXAS INSTRUMENTS

HOME COMPUTER

Note: If you do *not* want the module to create menus, press **SHIFT Z** (BACK) again to return to the **MENUS** selection list.

Creating Menus

The module begins creating menus for the current week as soon as you press **N** to indicate that you do not want to change the food selections. The module states on the display for whom the menus are being created.

Note: When you create family menus, the module assigns a "copy" of the menus to each participant. This allows each person to adjust his or her meals to suit individual needs.

IMPORTANT: When you create menus for a participant — or the whole family — the new menus replace any menus previously stored in the computer's memory for the participant(s). For example, if you create family menus and then create menus for a single participant, the newly created menu *replaces* the copy of the family menu assigned to that person. The opposite is also true. If you create menus for individuals and then create family menus, the individuals' menus are replaced by the family menus.

While the module is creating menus, it "counts off" the days as the menus are completed. When all the menus are complete, the module displays the menus for you to review.



REVIEWING AND REVISING MENUS

Reviewing Menus

Whenever you create menus or select the *Review or Change* option from the MENUS selection list, the module displays the menus for you to review. The menus appear in chronological order, beginning with Sunday breakfast.

JOHN			
	MENU		TOT
BREAKFAST	REVIEW		CAL
SUNDAY			463
FOOD ITEMS	PORTION	#	CAL
PANCAKE*	1 SER	2	258
BACON	2 SL	1	85
LOWFAT MILK	8 OZ	1	120
PRESS ↑ OR ↓ TO SCROLL			
PRESS BACK WHEN FINISHED			
PRESS PROC'D TO CHANGE MENU			

As shown in the above example, the day, meal, and participant's name appear at the top of the display. If you have just finished creating FAMILY menus, the module shows the menus for one of the participants. (As noted earlier, the computer stores an identical copy of the family menu under each participant's name.)






To the right of each food in the menu, the module shows the *portion size*, *number of portions*, and *calorie content* of that food. For example, the above menu includes two portions of pancakes (1 pancake per portion) and one portion of bacon (two slices per portion). Total calories for the pancakes are 258, and total calories for the bacon are 85.

Notice that the word "pancake" is followed by an asterisk (*). This indicates that there is a *Better Homes and Gardens*® recipe for pancakes in *Appendix C*. Whenever a food is marked with an asterisk, the module bases its portion size and calorie count on the appropriate *Better Homes and Gardens*® recipe.

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HOME COMPUTER

In the upper right-hand corner of the menu, the module shows the total calorie count for the meal. This figure — and the entire menu — is revised when you add or delete foods.

Press **SHIFT**  to look at the next menu. Continue to "scroll" through the week's menus using **SHIFT**  and **SHIFT** . (Note: **SHIFT**  cannot be used when Sunday breakfast is displayed, and **SHIFT**  cannot be used when the snack for Saturday is shown.) If you are using a printer this session, you may print any displayed menu by pressing **SHIFT P**.

As you scroll through the menus, you'll notice that each day has four meals — breakfast, lunch, dinner, and a snack. Sometimes, the module does not assign any foods to the snack. However, you may do so, if you wish.

Revising Menus

If you wish to change a menu, you can do so easily. Simply note the *day*, the *meal*, and the *food portions* that you wish to add or delete.

Note: When replacing one food with another in a meal, it is a good idea to substitute foods that are within the same food group (for example, replace a portion of whole milk with a portion of skim milk). This helps keep your menus nutritionally balanced. It is also advisable to select foods with an equal or higher Food Type rating. See *Appendix B* for a list of the foods and their nutritional content.

When you are ready to begin making revisions, press **SHIFT V** (PROC'D) while any menu is displayed. A display entitled **CHANGE MENU** appears, and the computer waits for you to indicate the *day* and the *meal* of the first menu you wish to revise. At the lower half of the display, the days of the week appear with corresponding numbers. Referring to this list, type a number from 1 to 7 to select a day and then press **ENTER**.



The list of days is then replaced by a list of meals with corresponding numbers. Referring to this list, type a number from 1 to 4 to indicate a meal and press **ENTER**.

The module now displays a list of food categories, as well as the day and meal you selected. Notice that a new food category — MISCELLANEOUS — appears as the seventh entry on the list. The foods in the MISCELLANEOUS category include "extras" that you may wish to add to your meals (such as cream for your coffee or syrup for your pancakes), as well as snack foods (such as potato chips). *The module does not include these foods when it creates menus*, but you may now add them to this meal, if desired.



Select the category which includes a food that you want to add to or delete from the meal. For instance, if you wish to add an apple to the meal, press **3** to select FRUITS/VEGETABLES. If you are not sure about which category a food belongs to, consult the list of foods in *Appendix B*.

Once you select a category, the module displays Group A of the category you selected. To the left of each food, the module indicates how many portions of the food are included in the meal that you have selected for revision (a zero indicates that no portions of the food are included in this meal). To the right of each food, the module shows the Food Type rating. Here is a sample display:

```
CHANGE MENU:   JANE
SUNDAY         DINNER
               *DAIRY PRODUCTS*
  NUM  *GROUP A*  TYPE
   0   SKIM MILK    1
   1   LOWFAT MILK  2
   0   WHOLE MILK   3
PRESS  OR  TO SCROLL
PRESS BACK FOR NEW CATEGORY
PRESS PROC'D TO REVIEW MENU
```

TEXAS INSTRUMENTS

HOME COMPUTER

Use **SHIFT**  and **SHIFT**  as necessary to scroll the display to the food group in this category that contains a food which you want to add to or delete from the meal. Then, press **ENTER** repeatedly to move the cursor over those items that you wish to leave unchanged. When the cursor is positioned to the left of a food you wish to add or delete, type the number of portions you want to include in the meal. To delete a food, just type 0. You may change the portions for all displayed foods to 0 by pressing **SHIFT T** (ERASE).

Note: Each breakfast, lunch, and dinner menu can include *up to five portions of any one food*. Breakfast can include a *total of ten portions*, and lunch and dinner can include a *total of eleven portions*. Each snack can include up to four portions of food. If these limits are exceeded, the computer beeps and will not go on to any other display until the portions are adjusted. In this case, press **SHIFT R** (REDO) to return the cursor to the top of the display. Then press **ENTER** to move the cursor down to the entry which caused the error tone and change the entry. You may then proceed with the program.

When you have made all the changes you wish in this food category, press **SHIFT Z** (BACK). The module displays the food categories again, and you may select another category and continue your revisions.

When you finish your revisions, you will probably wish to see the revised menu. There are two ways for you to do so. The fastest way is to press **SHIFT V** (PROC'D) *while any food group is displayed*. The revised menu appears immediately. You can also return to the revised menu by pressing **SHIFT Z** (BACK) repeatedly to return to the MENUS selection list, selecting option 2 for *Review or Change*, and then scrolling through the week's menus to locate the revised menu. With either method, the module displays the revised menu, and the revised total calorie count appears in the upper right-hand corner of the display.



After you look at the revised menu, you may use the arrow keys to continue reviewing the week's menus. When you are ready to revise another menu, press **SHIFT V** (PROC'D) while any menu is displayed to go to the CHANGE MENUS display. Indicate the menu that you wish to revise, and change it by following the same procedure as before. Once you finish reviewing and revising the menus, press **SHIFT Z** (BACK) repeatedly to return to the MENU selection list.

When you create menus or revise them, be sure to check the menus' nutrient content.

CHECKING NUTRIENT CONTENT

To check the nutrient content of the daily menus, select option 3, *Check Nutrient Content*, from the MENU selection list. A selection list now appears with the names of all participants. (As before, the list does not appear if there is only one participant.) Select the participant whose menus you wish to check.

After a moment, the module displays a list of days with corresponding numbers. Type a number from 1 to 7 to indicate the day that you wish to check, and then press **ENTER**. A nutritional analysis of the menus for that day then appears. Here is a sample display:

```
NUTRIENT CONTENT   JOHN
SATURDAY           TARGET CAL = 2426
                   >ACTUAL CAL = 2783<
**NUTRIENT**      TARGET   ACTUAL
PROTEIN            15%      16%
FAT—UNSAT         20%      24%
>  —SAT           10%      14%<
CARBOHYDRATE      55%      48%
**NUTRIENT**      %US RDA
MINERALS
  —CALCIUM        138
>  —IRON          76<
VITAMINS
  —A              118
  —THIAMIN        108
  —RIBOFLAVIN     138
  —NIACIN         94
  —C              333
```

TEXAS INSTRUMENTS

HOME COMPUTER

The analysis shows the menus' *actual* total calories, as well as the *target* calorie intake. The analysis also shows the actual and target proportions of protein, carbohydrate, and fat in the day's menus. Finally, it shows what percentage of the U.S. RDA (Recommended Dietary Allowance) the menus supply for seven essential vitamins and minerals. *Note:* Although the *target* percentages of protein, fats, and carbohydrate add up to 100%, the *actual* percentages may not add up to exactly 100%.

Small white symbols (> and <) appear on each side of any entry which is too high or low. In the above example, for instance, calories and fat are too high, while iron is too low. In this case, you may wish to revise the menus by adding a food high in iron and deleting a portion of food that is high in fat from the day's menus. For help in deciding which foods to add or delete, refer to the food list in *Appendix B*.

Keep in mind that *the figures in the nutritional analyses are estimates*. They are based on such factors as the average adult dietary requirements and average nutritional content of foods. In addition, please note the following:

- In the menus created by the module, the percentage of vitamin C is usually high, and the amount of vitamin A varies widely from day to day. This is not unusual in a well-balanced diet.
- The module occasionally creates daily menus with a low percentage of thiamin and/or iron. An occasional low percentage of thiamin should generally be sufficient to meet the needs of most participants, since the body creates additional thiamin from other nutrients. An occasional low percentage of iron should also be sufficient for adult male participants, since the percentage is based on the higher iron requirements of females (18 mg. per day). Other participants, however, may require an iron supplement.



- If you have a target calorie level of 1500 or less, a vitamin supplement may be recommended by your physician. In addition, if your menus are consistently low or high in any nutrients, check with your physician to make sure your nutritional needs are being met.

Once you finish looking at the nutrient analysis for the day you selected, you may use **SHIFT** and **SHIFT** to see the analyses for the rest of the week. (Note: **SHIFT** cannot be used when the analysis for Sunday's meals is displayed, and **SHIFT** cannot be used when the analysis for Saturday's meals is displayed.)

When you finish checking the menus' nutrient content, press **SHIFT W** (BEGIN) to return to the WEIGHT CONTROL & NUTRITION selection list. You can also return to the WEIGHT CONTROL & NUTRITION selection list by pressing **SHIFT Z** (BACK) repeatedly.

PROGRESS REPORT

The Weight Control & Nutrition module keeps a record of the last 10 updates you made to your weight. (After the tenth update, the oldest updates are replaced as new entries are made.) *It is a good idea to update your weight records once a week*, following the procedure explained in "Revising Personal Information."

To see your progress report, select option 3, *Progress Report*, from the WEIGHT CONTROL & NUTRITION selection list. The module then offers you a selection list of all the participants. (As before, the list does not appear if there is only one participant.) Make your selection, and a weight history of the participant then appears. The history shows a table of the 10 most recent updates, as well as the number of pounds lost or gained each week. If the participant has selected a target weight and date, these appear at the bottom of the display, along with the number of pounds that still need to be lost (or gained) before the goal is reached.

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Now press **SHIFT V** (PROC'D), and the module shows a pair of feet on a scale to depict the participant's weight loss or gain. Press **SHIFT W** (BEGIN) to return to the WEIGHT CONTROL & NUTRITION selection list. You can also return to this list by pressing **SHIFT Z** (BACK) repeatedly.

SAVING AND LOADING RECORDS

In order to use your personal information, food selections, and menus in a later session, you need to save the file on a mass storage medium, such as a cassette tape or diskette. Then, when you're ready to use your records again, you can easily load the data into the computer's memory. *Note:* Any records in the computer's memory that are not saved with a mass storage device will be erased when you return to the master title screen.

Before you can save or load data, the mass storage device must be properly attached to the computer. Consult the *User's Reference Guide* for information on attaching and using cassette recorders. For other mass storage devices, such as the TI Disk Memory System, refer to the appropriate owner's manual.

To save your records, press **4** when the WEIGHT CONTROL & NUTRITION selection list is displayed to select *Load, Save, or Print Records*. A selection list appears offering you the options of saving, loading, or printing records.

Saving Your Records



LOAD/SAVE/PRINT RECORDS

- 1 LOAD RECORDS
- 2 SAVE RECORDS
- 3 PRINT RECORDS



Select option 2, *Save Records*. The next display gives you several options for a mass storage device. *Tape (CS1)* and *Tape (CS2)* refer to audio cassette recorders attached to the console via the Cassette Interface Cable. To store data on a cassette tape, follow the directions in the *User's Reference Guide* to connect the cassette recorder to the computer console. Then press **1** for *Tape (CS1)* or **2** for *Tape (CS2)*. The module then asks you to enter a file name to identify this set of data. Type the name of your file, such as **MENUS**, and press **ENTER**. After the data is properly recorded on cassette tape, remove the tape from the cassette recorder and label it for identification.

Option 3, *Other Device*, refers to the TI Disk Memory System or another mass storage device. If you select this option, the computer prompts you to enter the file name of the device. If you are using the TI Disk Memory System, type in the name of the disk drive you are using, a period, and the name that you have assigned to the file. For example, if you named your file **MENUS** and you're using Disk Drive 1, enter

DSK1.MENUS

as the file name.

To save your data on a mass storage device connected to the computer via the TI RS232 Interface, refer to the directions in the appropriate owner's manual for the proper procedure.

Loading Your Records

To load records which you have previously saved on a mass storage device, select option 4, *Load, Save, or Print Records*, from the **WEIGHT CONTROL & NUTRITION** selection list. Then select option 1, *Load Records*, from the next display.

Next, select the mass storage device you are using, *Tape (CS1)* or *Other Device*. When you are prompted by the computer, enter the file name as specified in the appropriate owner's manual. The computer then gives you instructions for loading the file into the computer's memory.

TEXAS INSTRUMENTS

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After the file is properly loaded, press **SHIFT W** (BEGIN) to return to the WEIGHT CONTROL & NUTRITION selection list. You are now ready to use the module with your records.

Note: If you have already entered information into the computer during this session, the computer warns you to save the information currently in the computer's memory *before* you load the old records. Once you load the records, all previous information you have entered for this session is erased.

OBTAINING PRINTED COPIES

To obtain printed copies, a printer must be attached to the Home Computer. The TI Solid State Thermal Printer can produce an exact copy of the displayed information, including special graphics characters. (Refer to the owner's manual for further instructions.)

When you begin a new session with the module, the display asks if you wish to use a printer during this session. If a printer is attached and turned on, press **Y**.

The display then prompts you to enter the name of the printing device. If the TI Solid State Thermal Printer is attached, the device name is TP.U. (*Note:* If you want the printer to eject a minimal amount of blank paper between entries, enter TP.U.S.E as the device name instead of TP.U.)

To obtain a printed copy of a single display, just press **SHIFT P** while the display is shown on the screen. The printer then prints the information on that display.



You also have the option of printing out all the menus or all the personal information stored in the computer's memory. To do so, press **4** while the WEIGHT CONTROL & NUTRITION selection list is displayed to select *Load, Save, or Print Records*. Then select option **3**, *Print Records*, from the next display.

If you have not already entered the name of your printing device, the module now asks you to do so. The module then displays two options. You may either press **1** to print the personal information of all the participants or press **2** to print all the menus. (*Note:* You may stop the printing process at any time by pressing **SHIFT Z** (BACK).) When you are finished, press **SHIFT W** (BEGIN) to return to the WEIGHT CONTROL & NUTRITION selection list.

FINISHING THE SESSION

When you want to end this session with the module, press **5** while the WEIGHT CONTROL & NUTRITION selection list is displayed to select *Finish Session*. The module then asks if you want to save the information you have entered for this session.

Press **Y** for "yes" if you want to save your records and have not already done so. (*Note:* A mass storage device must be attached to the computer in order to save data.) Press **N** for "no" if you do *not* wish to save your records, or if you have already saved them. If you press **Y**, the module takes you through the procedure to save data, as explained in the section "Saving Your Records."

If you press **N**, the computer returns to the master title screen, ending the session and erasing all data not saved on a mass storage medium (cassette tape or diskette).

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Appendix A Activity Table

LIGHT	MODERATE	STRENUOUS
archery	badminton	basketball
baking	bowling	boxing
billiards	canoeing (4 mph)	climbing
canoeing (2.5 mph)	climbing stairs	(w/30 lb. pack)
carpentry	coal mining	cycling (racing)
cleaning	cricket	dancing (fast)
cooking	cycling (10 mph)	digging
croquet	exercising	football
cycling (5 mph)	farming	forestry
dancing (slow)	gardening	handball
drafting	home construction	heavy construction
driving a vehicle	horseback riding	hockey
eating	painting (outside)	jogging (6 mph)
electrical work	plastering	marching
fishing	scrubbing floors	mining
golf	tennis	racquetball
ironing	volleyball	rowing
knitting	walking (4 mph)	running
locksmithing		(cross country)
machining		running (racing)
mopping		scuba diving
painting (inside)		snow skiing
playing music		soccer
plumbing		squash
pool		steel mill
printing		swimming
reading		swimming (racing)
resting		water skiing
scraping paint		wrestling
sewing		
shoe repair		
sitting		
standing		
stock clerking		
sweeping		
table tennis		
tailoring		
typing		
walking		
wall papering		
window cleaning		
writing		

This table is based on averages of human energy expenditure that were compiled by R. Passmore and J.U.G.A. Durnin, as discussed in their article "Human Energy Expenditure," *Physiological Review* 35 (1955): 801-40.

Appendix B

Food List

This appendix lists the nutritional content assigned to each food in the module program. As discussed in "About This Program," these figures are based on nutrient averages compiled by the U.S. Department of Agriculture.

The following abbreviations appear in this appendix: CAL (calories), RANK (food type rating), PRO (protein), UNS (unsaturated fat), SAT (saturated fat), CHO (carbohydrate), Ca (calcium), Fe (iron), VIA (vitamin A), THI (thiamin), RIB (riboflavin), NIA (niacin), VIC (vitamin C), g. (gram), mg. (milligram), IU (International Unit), oz. (ounce), fl. oz. (fluid ounce). Also note that the term "food group," as used in this appendix, refers to subdivisions in each of the module's food categories, as discussed in the section "Preparing to Create Menus."

FOOD	PORTION SIZE	CAL	RANK	PRO	UNS	SAT	CHO	Ca	Fe	VIA	THI	RIB	NIA	VIC
DAIRY PRODUCTS				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
BUTTER/MARGARINE	(SEE "MISCELLANEOUS")													
CHEESE	(SEE "MEAT/ALTERNATE")													
EGGS	(SEE "MEAT/ALTERNATE")													
ICE CREAM/SHERBET	(SEE "DESSERTS")													
BUTTERMILK (B)	8 FL OZ	100	1	8	0.7	1.3	12	285	0.1	80	0.08	0.38	0.1	2
MILK, CHOCOLATE (B)	8 FL OZ	210	3	8	2.7	5.3	26	280	0.6	300	0.09	0.41	0.3	2
MILK, LOWFAT — 2.0% FAT (A)	8 FL OZ	120	2	8	2.1	2.9	12	297	0.1	500	0.10	0.40	0.2	2
MILK, SKIM — 0.5% FAT (A)	8 FL OZ	85	1	8	0.0	0.3	12	302	0.1	500	0.09	0.37	0.2	2
MILK, WHOLE (A)	8 FL OZ	150	3	8	2.9	5.1	11	291	0.1	310	0.09	0.40	0.2	2
MILK SHAKE (B)	8 OZ	261	3	8	2.3	4.0	44	316	0.5	229	0.10	0.48	0.4	0
YOGURT, FLAVORED (B)	8 OZ	230	2	10	1.2	1.8	42	343	0.2	120	0.08	0.40	0.2	1
YOGURT, PLAIN (B)	8 OZ	145	1	12	1.7	2.3	16	415	0.2	150	0.10	0.49	0.3	2

Note: The letter appearing to the right of each food indicates the food group to which that food belongs.

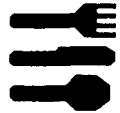


FOOD	PORTION SIZE	CAL	RANK	PRO	UNS	SAT	CHO	Ca	Fe	VIA	THI	RIB	NIA	VIC
BREADS/CEREALS				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
BISCUITS SUPREME* (A)	1 SERVING	195	3	3	7.4	3.4	21	48	0.7	24	0.17	0.13	1.4	0
BREAD, FRENCH (A)	1 SLICE	100	2	3	0.8	0.2	19	15	0.8	0	0.14	0.08	1.2	0
BREAD, RYE (A)	1 SLICE	60	1	2	0.0	0.0	13	19	0.5	0	0.07	0.05	0.7	0
BREAD, WHITE (A)	1 SLICE	70	2	2	0.8	0.2	13	20	0.6	0	0.10	0.06	0.8	0
BREAD, WHOLE WHEAT (A)	1 SLICE	70	1	3	0.9	0.1	14	24	0.8	0	0.09	0.03	0.8	0
CEREAL, BRAN (B)	1 OZ	100	1	2	0.7	0.0	23	16	10.1	1,340	0.33	0.40	3.3	10
CEREAL, CORN (B)	1 OZ	110	1	2	0.5	0.0	24	4	1.6	897	0.26	0.29	2.4	7
CEREAL, GRANOLA (B)	1 OZ	130	2	3	3.0	1.0	18	16	0.7	0	0.08	0.04	0.0	0
CEREAL, OAT (B)	1 OZ	114	2	3	1.1	0.0	22	50	3.3	1,345	0.33	0.40	3.3	10
CEREAL, RICE (B)	1 OZ	114	1	2	0.0	0.0	25	6	0.6	0	0.13	0.02	1.3	0
CEREAL, WHEAT (B)	1 OZ	106	1	3	0.4	0.0	23	11	1.0	447	0.18	0.16	2.3	3
COOKED GRITS (B)	½ CUP	63	1	2	0.0	0.0	14	1	0.4	0	0.05	0.04	0.5	0
COOKED OATMEAL (B)	½ CUP	65	2	3	0.8	0.2	12	11	0.7	0	0.10	0.03	0.1	0
CREAM OF WHEAT (B)	½ CUP	52	1	2	0.0	0.0	11	74	1.0	0	0.06	0.04	0.5	0
CORN BREAD* (A)	1 SERVING	238	3	6	7.1	3.0	31	81	1.1	270	0.18	0.17	1.2	0
BASIC MUFFINS* (A)	1 SERVING	184	3	4	6.4	2.2	23	43	0.7	85	0.15	0.13	1.2	0
BRAN MUFFINS* (A)	1 SERVING	136	2	3	4.1	1.2	21	50	1.3	397	0.26	0.31	2.4	6
ENGLISH MUFFINS (A)	1	170	2	4	3.2	0.8	28	40	1.0	0	0.20	0.12	1.8	0
HOT ROLLS, YEAST (A)	1	85	1	2	1.6	0.4	14	20	0.5	0	0.10	0.06	0.9	0
PANCAKES* (B)	ONE 4" PANCAKE	129	3	4	2.1	1.6	20	58	0.7	118	0.14	0.15	1.1	0
WAFFLES* (B)	¼ SERVING	184	3	4	8.2	3.1	16	64	0.7	147	0.14	0.16	1.0	0

Notes: The letter appearing to the right of each food indicates the food group to which that food belongs. An asterisk (*) indicates that there is a *Better Homes and Gardens*® recipe for that food in *Appendix C*. Presweetened cereals are not included in this list. No sugar or fat (butter or margarine) has been added to any of these entries. Nutrients vary with brand — consult product label.

FOOD	PORTION SIZE	CAL	RANK	PRO	UNS	SAT	CHO	Ca	Fe	VIA	THI	RIB	NIA	VIC
FRUITS/VEGETABLES				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
Fruits														
APPLE (A)	1 MEDIUM	81	1	0	10	00	20	10	04	120	004	003	01	6
APRICOTS, FRESH (E)	3 MEDIUM	56	1	1	00	00	14	8	05	2,890	003	004	06	11
APRICOTS, CANNED (E)	5-6 HALVES	110	2	1	00	00	29	14	04	2,245	003	003	05	5
BANANA (A)	1 MEDIUM	100	1	1	00	00	26	10	08	230	006	007	08	12
BERRIES, BLACK/BLUE/ RASBERRY (C)	1 CUP	77	1	1	10	00	18	36	12	250	004	009	09	30
BERRIES, STRAWBERRY (C)	1 CUP	59	1	1	10	00	13	31	15	90	004	010	09	88
FRUIT COCKTAIL, HEAVY SYRUP (A)	½ CUP	98	2	0	00	00	25	12	05	180	003	002	05	3
GRAPEFRUIT, PINK (C)	½ MEDIUM	55	1	1	00	00	13	16	04	540	005	003	03	46
GRAPEFRUIT, WHITE (C)	½ MEDIUM	50	1	1	00	00	12	16	03	10	005	002	03	46
GRAPES (A)	20 GRAPES	80	1	0	00	00	20	14	04	120	005	004	04	4
MELON, CANTALOPE (E)	7 OZ SLICE	56	1	1	00	00	14	27	08	6,468	008	006	11	63
MELON, HONEYDEW (C)	8 OZ SLICE	75	1	2	00	00	17	32	09	90	009	006	14	51
MELON, WATERMELON (C)	15 OZ SLICE	113	2	2	10	00	27	30	21	2,510	013	013	09	30
ORANGE (C)	1 MEDIUM	63	1	1	00	00	16	34	03	265	013	004	05	58
PEACH, FRESH (A)	1 MEDIUM	40	1	1	00	00	10	9	05	1,330	002	005	10	7
PEACH, CANNED, HEAVY SYRUP (A)	½ CUP	100	2	1	00	00	26	5	04	550	002	003	08	4
PEAR, FRESH (A)	1 MEDIUM	102	1	1	01	00	26	13	05	33	003	007	02	7
PEAR, CANNED, HEAVY SYRUP (A)	½ CUP	98	2	1	05	00	25	7	03	5	002	003	02	2
PINEAPPLE, FRESH (A)	½ CUP	80	1	1	00	00	21	26	08	110	014	005	03	26
PINEAPPLE, CANNED, HEAVY SYRUP (A)	½ CUP	95	2	1	00	00	25	14	04	65	010	003	03	9

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FOOD	PORTION SIZE	CAL	RANK	PRO	UNS	SAT	CHO	Ca	Fe	VIA	THI	RIB	NIA	VIC
FRUITS/VEGETABLES				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
Fruits (cont.)														
PLUMS (A)	3 MEDIUM	90	1	0	0.0	0.0	24	24	0.9	480	0.06	0.06	0.9	12
PRUNES (A)	5 LARGE	104	1	1	0.0	0.0	27	20	1.3	300	0.03	0.05	0.6	2
RAISINS (A)	¼ CUP	110	1	1	0.0	0.0	28	23	1.3	8	0.02	0.03	0.2	0

Notes: The letter appearing to the right of each food indicates the food group to which that food belongs. All fruit entries except for canned fruits refer to fresh fruit or fruit that has been canned in its own juice. When weight is specified as the portion size, it refers to the edible portion of the fruit (no rind or seeds).

FOOD	PORTION SIZE	CAL	RANK	PRO	UNS	SAT	CHO	Ca	Fe	VIA	THI	RIB	NIA	VIC
FRUITS/VEGETABLES (cont.)				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
Vegetables														
ASPARAGUS (B)	½ CUP OR 4 SPEARS	18	1	2	0.0	0.0	3	15	1.6	614	0.10	0.10	0.8	17
BEANS, DRIED (LENTILS)	(SEE "MEAT/ALTERNATE")													
BEANS, GREEN (B)	½ CUP	18	1	1	0.0	0.0	4	30	0.7	330	0.03	0.05	0.2	4
BEETS (B)	½ CUP OR 2 MEDIUM BEETS	31	1	1	0.0	0.0	7	15	0.6	15	0.02	0.05	0.2	4
BROCCOLI (D)	½ CUP OR TWO 5" STALKS	22	1	3	0.0	0.0	3	47	0.5	1,934	0.06	0.11	0.5	57
BRUSSEL SPROUTS (D)	½ CUP OR 4 SPROUTS	37	1	4	0.4	0.0	5	22	0.8	423	0.06	0.10	0.5	66
CABBAGE (B)	½ CUP (1 CUP, IF RAW)	15	1	1	0.0	0.0	3	33	0.2	165	0.03	0.03	0.2	24
CARROTS (E)	½ CUP OR ONE 7" CARROT	32	1	1	0.0	0.0	7	28	0.5	7,373	0.04	0.04	0.4	6
CAULIFLOWER (D)	½ CUP	18	1	2	0.0	0.0	3	16	0.4	33	0.05	0.05	0.4	36
CELERY (B)	½ CUP OR TWO 8" STALKS	14	1	1	0.0	0.0	3	24	0.2	160	0.02	0.02	0.2	6
CORN, KERNEL (F)	½ CUP OR ONE 5" EAR	70	1	2	0.5	0.0	16	3	0.5	300	0.07	0.06	1.1	5

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FOOD	PORTION SIZE	CAL	RANK	PRO	UNS	SAT	CHO	Ca	Fe	VIA	THI	RIB	NIA	VIC
FRUITS/VEGETABLES				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
Vegetables (cont)														
CORN, CREAM STYLE (F)	½ CUP	113	1	3	10	00	26	4	08	420	004	007	13	7
CUCUMBERS (B)	½ CUP	10	1	0	00	00	2	12	04	70	002	002	02	6
GREENS COLLARD, SPINACH, TURNIP (E)	½ CUP (1½ CUP, IF RAW)	30	1	3	04	00	4	126	13	6,315	007	014	06	32
NOODLES, MACARONI, SPAGHETTI (F)	½ CUP	100	1	4	10	00	19	8	07	55	011	007	10	0
PEAS (B)	½ CUP	65	1	4	03	00	12	19	16	533	015	006	10	9
POTATO, BAKED/BOILED (F)	1 MEDIUM	94	1	3	00	00	21	9	07	0	011	005	17	22
POTATO, FRIED OR BROWNED (F)	½ CUP	169	3	3	56	20	25	11	11	0	009	002	14	12
POTATO, MASHED WITH MILK (F)	½ CUP	68	1	2	06	04	14	25	04	20	009	006	10	10
POTATO SALAD* (F)	½ SERVING	185	3	2	105	40	13	17	07	147	006	006	08	10
STUFFED POTATOES* (F)	1 SERVING	70	1	3	03	06	13	59	05	123	008	008	10	15
POTATO, SWEET (E)	½ CUP	149	2	3	06	00	35	40	10	9,945	007	005	08	18
RICE (F)	½ CUP	113	1	2	00	01	25	11	09	0	011	001	11	0
SUCCOTASH* (F)	1 SERVING	140	1	7	06	18	25	44	18	414	021	014	16	19
SQUASH, SUMMER SCALLOPED, YELLOW, ZUCCHINI (B)	½ CUP	18	1	1	00	00	4	28	04	410	006	009	09	11
SQUASH, WINTER BUTTERNUT, ACORN, HUBBARD (E)	½ CUP	72	1	2	06	00	16	30	08	4,305	005	015	07	14
TOMATO (D)	½ CUP OR 1 MEDIUM	25	1	1	00	00	5	11	08	1,055	006	004	09	23
TURNIPS (B)	½ CUP	18	1	1	00	00	4	28	03	0	003	004	03	17
VEGETABLES, MIXED (E)	½ CUP	58	1	3	03	02	12	23	12	4,505	011	007	10	8

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FOOD MEAT/ALTERNATE	PORTION SIZE	CAL	RANK	PRO	UNS	SAT	CHO	Ca	Fe	VIA	THI	RIB	NIA	VIC
				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
Meat														
BACON (C)	2 SLICES	85	2	4	5.5	2.5	0	2	0.5	0	0.08	0.05	0.8	0
BEEF, BOILED/SLICED (D)	1 OZ	45	1	9	0.6	0.4	0	4	1.1	0	0.02	0.06	1.5	0
BEEF BOURGUIGNONNE* (G)	1 SERVING	235	1	19	3.2	3.0	21	29	2.9	2,030	0.18	0.28	4.7	4
BEEF POT ROAST* (A)	1 SERVING	225	2	30	5.9	4.3	2	15	3.7	12	0.07	0.24	4.6	0
BOLOGNA/SALAMI (D)	1 OZ.	88	3	4	4.5	3.1	0	3	0.6	0	0.06	0.07	1.0	0
BRAISED ROUND (A)	3 OZ.	169	1	27	3.0	2.2	0	12	3.3	13	0.07	0.21	5.3	0
DILLED CABBAGE ROLLS* (G)	1 SERVING	265	3	15	6.9	7.1	19	130	2.1	303	0.31	0.33	2.7	10
CHILI CON CARNE (G)	1 SERVING	380	3	33	5.2	7.0	35	74	7.1	2,340	0.32	0.36	8.0	63
CORNERED BEEF (A)	3 OZ	185	2	22	5.1	4.9	0	17	3.7	0	0.01	0.20	2.9	0
FRANKFURTER (D)	2 OZ.	170	3	7	9.4	5.6	1	3	0.8	0	0.08	0.11	1.4	0
GROUND BEEF, LEAN OR ROUND, 10% FAT, BROILED (A)	3 OZ.	185	2	23	6.0	4.0	0	10	3.0	20	0.08	0.20	5.1	0
HAM & BEAN VEGETABLE SOUP* (G)	1 SERVING	355	2	21	5.0	5.8	44	105	6.0	2,028	0.73	0.24	3.8	11
HAM, BAKED (B)	3 OZ	245	3	18	12.2	6.8	0	8	2.2	0	0.40	0.15	3.1	0
HAM, BOILED/SLICED (D)	1 OZ.	65	2	5	3.3	1.7	0	3	0.8	0	0.12	0.04	0.7	0
HAMBURGER PIE* (G)	1 SERVING	290	2	22	5.7	6.9	22	120	4.0	847	0.20	0.28	5.4	22
ITALIAN SPAGHETTI* (G)	1 SERVING	320	1	23	3.5	5.0	39	53	5.5	3,032	0.37	0.33	7.1	56
LAMB CHOPS, BROILED (B)	3 OZ	180	2	24	5.3	3.8	0	9	1.7	0	0.14	0.23	5.1	0
LAMB ROAST (B)	3 OZ	156	1	24	3.5	2.5	0	11	1.7	0	0.14	0.25	5.3	0
SAUTEED LIVER AND ONIONS* (A)	1 SERVING	254	2	24	7.1	7.1	6	14	8.0	48,741	0.24	2.55	14.9	26
MEAT LOAF* (A)	1 SERVING	316	3	28	6.9	7.9	16	82	4.6	527	0.18	0.35	6.3	5
PORK CHOPS/ROAST, BROILED, BAKED (B)	3 OZ	225	3	26	8.9	4.7	0	11	3.3	0	0.95	0.27	5.7	0
PORK SAUSAGE (C)	TWO 8 OZ LINKS	120	3	4	7.8	4.2	0	2	0.6	0	0.20	0.08	1.0	0
POTATO-HAM SCALLOP* (G)	1 SERVING	283	1	22	5.2	3.7	28	96	3.1	205	0.54	0.35	5.3	25
SIRLOIN STEAK, BROILED (A)	3 OZ	173	1	27	3.3	2.7	0	11	3.3	15	0.08	0.21	5.4	0

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FOOD	PORTION SIZE	CAL	RANK	PRO	UNS	SAT	CHO	Ca	Fe	VIA	THI	RIB	NIA	VIC
MEAT/ALTERNATE				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
Meat (cont)														
SLIM OVEN BEEF STEW* (A)	1 SERVING	184	1	18	15	19	20	55	3.0	4,869	0.18	0.24	4.6	20
SPLIT PEA SOUP* (G)	1 SERVING	332	2	22	5.0	5.4	39	38	4.2	2,098	0.74	0.26	3.6	4
STIR-FRIED BEEF & VEGETABLES* (A)	1 SERVING	183	1	20	4.1	2.9	12	124	5.6	9,818	0.18	0.43	4.6	50
STUFFED PEPPER CUPS* (G)	1 SERVING	306	3	23	5.5	8.2	22	164	4.2	1,598	0.28	0.35	5.6	167
VEAL CUTLET OR CHICKEN-FRIED STEAK, BREADED, WITH GRAVY (A)	3 OZ	365	3	27	15.2	6.3	22	66	4.0	225	0.19	0.33	5.9	0

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FOOD	PORTION SIZE	CAL	RANK	PRO	UNS	SAT	CHO	Ca	Fe	VIA	THI	RIB	NIA	VIC
MEAT/ALTERNATE (cont.)				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
Poultry														
BARBEQUED CHICKEN* (B)	1 SERVING	249	2	29	8.0	2.3	7	26	3.2	1,400	0.11	0.59	8.8	3
CHICKEN OR TURKEY, BOILED/SLICED (D)	1 OZ	56	1	6	2.3	1.1	0	6	0.4	66	0.01	0.04	1.2	1
CHICKEN, BROILED (B)	3 OZ	120	1	21	2.4	1.1	0	8	1.5	80	0.05	0.17	7.8	0
CHICKEN CAULIFLOWER* (G)	1 SERVING	249	2	24	3.8	6.3	16	373	1.5	733	0.12	0.42	4.7	57
CREAMY CHICKEN SALAD* (F)	½ SERVING	141	1	14	2.3	4.5	6	142	0.8	1,873	0.06	0.18	3.4	7
SKILLET FRIED CHICKEN* (B)	1 SERVING	262	2	30	6.5	6.5	5	24	3.2	1,120	0.14	0.62	9.0	0
TURKEY HASH* (G)	1 SERVING	216	1	17	5.4	3.9	15	125	1.5	636	0.10	0.26	4.1	14
TURKEY ROAST (B)	3 OZ	160	1	27	3.5	1.5	0	7	1.5	0	0.04	0.15	6.5	0

FOOD	PORTION SIZE	CAL	RANK	PRO	UNS	SAT	CHO	Ca	Fe	VIA	THI	RIB	NIA	VIC
MEAT/ALTERNATE (cont.)				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
Fish														
FISH, BROILED: HADDOCK, COD, FLOUNDER, SOLE (B)	3 OZ	162	1	26	0.0	5.0	0	29	0.9	170	0.08	0.10	2.8	0
BOILED SHRIMP/CRAB (B)	3 OZ	90	1	18	1.1	0.3	1	68	1.7	25	0.04	0.05	1.6	0
FRENCH FRIED SHRIMP* (B)	1 SERVING	298	3	23	8.7	4.1	22	74	2.6	99	0.20	0.17	4.7	0
OVEN-FRIED FISH* (B)	1 SERVING	263	2	24	5.3	8.3	10	52	1.6	618	0.11	0.16	4.1	2
SALMON/SARDINES, CANNED (B)	3 OZ	148	1	19	5.0	2.0	0	200	1.6	125	0.03	0.17	5.7	0
TUNA-NOODLE CASSEROLE* (G)	1 SERVING	295	3	18	3.9	10.1	23	153	1.6	835	0.22	0.25	5.8	12
TUNA SALAD (F)	½ CUP	175	3	15	8.9	2.2	4	21	1.9	295	0.04	0.12	5.2	1

Notes. The letter appearing to the right of each food indicates the food group to which that food belongs. An asterisk (*) indicates that there is a *Better Homes and Gardens*® recipe for that food in *Appendix C*. All nutrient values apply to the cooked food, with all excess fat removed prior to cooking and no fat (butter, margarine, or cooking oil) added while cooking, except when specified in the respective *Better Homes and Gardens*® recipe. All portion sizes apply to the edible portion of the cooked food.



FOOD	PORTION SIZE	CAL	RANK	PRO	UNS	SAT	CHO	Ca	Fe	VIA	THI	RIB	NIA	VIC
MEAT ALTERNATES				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
CHEESE, AGED NATURAL SWISS, CHEDDAR, ROMANO (E)	1 OZ	110	2	8	3.0	5.3	1	248	0.0	233	0.01	0.10	0.0	0
CHEESE, COTTAGE — 2% FAT (E)	¼ CUP	51	1	8	0.3	0.7	2	39	0.1	40	0.01	0.11	0.1	0
CHEESE, PART SKIM — MOZARELLA (E)	1 OZ	80	1	8	1.9	3.1	1	207	0.1	180	0.01	0.10	0.0	0
CHEESE, PASTEURIZED — CHEESE SPREADS OR FOODS (E)	1 OZ	95	2	6	2.7	4.6	1	179	0.1	263	0.01	0.11	0.0	0
CHEESE PIZZA (F)	¼ OF 12" PIE	290	3	12	4.6	3.4	44	176	2.2	460	0.32	0.36	3.2	8
CHEESY LIMA CASSEROLE* (F)	1 SERVING	235	1	14	2.6	4.3	30	138	3.8	179	0.24	0.16	1.1	1
CHEESY STRATA* (F)	1 SERVING	208	2	13	4.5	6.1	15	281	1.4	647	0.13	0.42	0.7	1
LENTILS, COOKED (F)	1 CUP	210	1	16	0.0	0.0	40	50	4.2	40	0.14	0.12	1.2	0
EGG, POACHED OR BOILED (C)	1 MEDIUM	80	1	6	4.3	1.7	1	28	1.0	260	0.04	0.13	0.0	0
EGG, FRIED OR SCRAMBLED (C)	1 MEDIUM	85	1	5	3.6	2.4	1	26	0.9	290	0.03	0.13	0.0	0
EGG, PLAIN OMELET (C)	1 MEDIUM	107	1	7	4.5	3.5	2	50	1.0	670	0.05	0.17	0.0	0
MACARONI AND CHEESE* (F)	½ SERVING	213	2	10	4.0	7.5	18	222	1.0	1,060	0.18	0.25	1.5	12
PEANUT BUTTER (D)	1 TABLESPOON	95	2	4	6.5	1.5	3	9	0.3	0	0.02	0.02	2.4	0
SOUP, BROTH (D)	1 CUP	65	1	4	2.4	0.6	7	7	1.0	50	0.05	0.07	1.0	0
SOUP, CREAM (D)	1 CUP	200	3	7	7.2	4.8	16	182	0.5	430	0.05	0.31	0.7	1

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FOOD	PORTION SIZE	CAL	RANK	PRO	UNS	SAT	CHO	Ca	Fe	VIA	THI	RIB	NIA	VIC
SALADS				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
CREAMY COLESLAW* (A)	1 SERVING	123	2	1	8.0	3.2	7	30	0.5	872	0.03	0.03	0.2	28
PERFECTION SALAD* (A)	1 SERVING	93	1	2	0.6	0.2	22	22	0.7	100	0.01	0.01	0.1	19
ORANGE WALDORF SALAD* (A)	1 SERVING	82	1	2	0.1	0.5	19	66	0.5	262	0.10	0.09	0.4	36
FRUIT MOLD* (A)	1 SERVING	90	1	3	0.1	0.4	20	68	0.4	116	0.07	0.10	0.4	8
PINEAPPLE-CARROT TOSS* (A)	1 SERVING	109	1	1	3.0	1.3	19	28	0.8	4,097	0.07	0.04	0.4	6
MARINATED THREE BEAN SALAD* (A)	½ SERVING	150	2	3	7.4	2.0	16	25	1.8	154	0.03	0.03	0.3	13
FRENCH GREEN SALAD* (A)	1 SERVING	88	1	0	7.4	1.8	2	9	0.2	123	0.02	0.02	0.1	5
COTTAGE CHEESE-FRUIT SALAD* (A)	1 SERVING	92	1	3	0.0	0.4	21	48	0.7	364	0.09	0.07	0.3	28
TOMATO ASPIC* (A)	1 SERVING	52	1	3	0.0	0.1	11	21	1.4	1,082	0.09	0.05	1.1	31
TOSSED SALAD, NO DRESSING (A)	1 CUP	22	1	0	0.0	0.0	5	35	1.0	780	0.12	0.12	0.9	22

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DESSERTS				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
ANGEL CAKE* (B)	1 SERVING	157	1	4	0 0	0 0	36	0	0 0	0	0 00	0 09	0 0	0
BAKED CUSTARD* (B)	1 SERVING	172	1	7	3 0	3 7	21	114	0 8	511	0 05	0 23	0 1	1
BERRY-RICE PUDDING* (A)	1 SERVING	108	2	4	1 0	1 7	17	72	0 6	166	0 06	0 14	0 5	19
BUSY DAY CAKE* (B)	1 SERVING	228	1	4	5 9	3 0	34	47	0 8	95	0 15	0 13	1 1	0
CHOCOLATE BAVARIAN* (A)	1 SERVING	82	1	4	0 9	1 3	11	66	0 4	169	0 03	0 13	0 1	0
CHOCOLATE CHIP COOKIES* (B)	2 COOKIES	186	2	2	6 0	6 0	22	20	0 8	100	0 06	0 07	0 4	0
CHOCOLATE PUDDING* (B)	1 SERVING	390	3	7	7 9	12 2	51	166	1 4	695	0 06	0 27	0 3	1
COFFEE MERINGUES* (A)	1 SERVING	107	2	2	0 8	2 1	18	16	0 3	191	0 01	0 06	0 1	0
DEEP DISH APPLE PIE* (B)	1 SERVING	396	2	3	7 0	7 0	68	20	1 3	350	0 21	0 14	1 4	7
GINGERBREAD* (B)	1 SERVING	284	3	3	9 4	4 1	38	50	1 9	73	0 17	0 13	1 3	0
GINGER CRINKLES* (A)	2 COOKIES	160	3	2	3 0	3 0	24	20	0 8	0	0 10	0 06	0 8	0
GRAHAM CRACKERS (A)	2 (4 SQUARES)	110	2	2	1 4	0 6	20	12	1 0	0	0 04	0 16	1 0	0
ICE CREAM/SHERBET (A)	½ CUP	135	3	2	1 7	2 9	23	70	0 2	183	0 03	0 11	0 1	2
ICE MILK (A)	½ CUP	93	1	3	1 3	1 8	15	88	0 1	105	0 04	0 18	0 1	1
LEMON PUDDING CAKE* (A)	1 SERVING	109	3	4	1 8	2 6	14	60	0 4	299	0 06	0 14	0 2	4
LIME FREEZE* (A)	1 SERVING	74	1	3	1 1	1 4	11	47	0 3	195	0 02	0 10	0 1	3
OATMEAL COOKIES* (A)	2 COOKIES	60	1	1	1 0	1 4	9	8	0 4	100	0 04	0 02	0 2	0
ORANGE CHIFFON CHEESECAKE* (B)	1 SERVING	158	1	5	3 0	5 4	14	47	0 4	372	0 06	0 12	0 4	4
STIRRED CUSTARD* (A)	1 SERVING	112	2	7	1 8	1 8	12	135	0 7	361	0 07	0 27	0 1	1
STREUSEL COFFEE CAKE* (B)	1 SERVING	356	3	5	10 3	4 3	53	60	1 7	159	0 21	0 16	1 5	0
VANILLA CREAM PIE* (B)	1 SERVING	449	3	11	9 5	9 5	59	128	1 4	600	0 23	0 37	1 5	0
VANILLA PUDDING* (B)	1 SERVING	271	2	6	4 9	7 7	34	158	0 5	700	0 05	0 25	0 1	1
VANILLA WAFERS (A)	4 COOKIES	75	2	1	2 4	0 0	12	6	0 2	20	0 04	0 04	0 3	0
YOGURT-SAUCE PEACHES* (A)	1 SERVING	87	1	3	0 3	0 6	18	54	0 7	1,802	0 04	0 15	1 4	10

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FOOD	PORTION SIZE	CAL	RANK	PRO	UNS	SAT	CHO	Ca	Fe	VIA	THI	RIB	NIA	VIC
MISCELLANEOUS				(g)	(g)	(g)	(g)	(mg)	(mg)	(IU)	(mg)	(mg)	(mg)	(mg)
BEER (A)	12 FL OZ	150	3	1	00	00	37	18	00	0	001	011	22	0
BUTTER (B)	1 TEASPOON	35	2	0	15	25	0	1	00	150	000	000	00	0
CANDY, CHOCOLATE COATED (A)	1 OZ	160	3	5	80	40	11	33	04	0	010	005	21	0
CARBONATED BEVERAGES (A)	12 OZ	170	3	0	00	00	45	0	00	0	000	000	00	0
CATSUP (B)	1 TABLESPOON	15	1	0	00	00	4	3	01	210	001	001	02	2
COFFEE/TEA (A)	8 FL OZ	4	1	0	00	00	1	5	02	0	001	003	05	1
CRACKERS (A)	4 SALTINES OR 2 RYE WAFERS	47	2	1	04	02	9	5	05	0	004	004	03	0
CREAM, COFFEE (A)	1 TABLESPOON	30	3	0	12	18	1	14	00	110	000	002	00	0
DONUT/SWEET ROLL, GLAZED (A)	1 MEDIUM	250	3	4	94	42	27	25	09	107	015	015	13	0
DRESSING, REGULAR (B)	1 TABLESPOON	76	3	0	64	14	2	2	00	20	000	000	00	0
DRESSING, LOW CALORIE (B)	1 TABLESPOON	15	2	0	10	03	1	2	00	20	000	000	00	0
GRAVY, BROWN (B)	2 TABLESPOONS	82	3	1	00	70	4	0	02	0	002	001	00	0
GRAVY, CREAM (B)	2 TABLESPOONS	50	3	2	15	24	3	36	01	144	002	005	01	0
JAM/JELLY (B)	1 TABLESPOON	53	2	0	00	00	14	4	03	0	000	001	00	0
MARGARINE (B)	1 TEASPOON	35	2	0	33	07	0	1	00	170	000	000	00	0
MAYONNAISE (B)	1 TABLESPOON	100	3	0	90	20	0	3	01	40	000	001	00	0
MIXED NUTS (A)	1 TABLESPOON	49	2	1	40	06	2	6	03	8	004	001	04	0
POPCORN, NO BUTTER ADDED (A)	1 CUP	40	3	1	05	15	5	1	02	0	000	001	02	0
POTATO CHIPS (A)	1 OZ	161	3	1	83	29	14	11	06	0	006	001	14	4
SOUR CREAM (B)	1 TABLESPOON	28	3	0	14	16	1	14	00	90	000	002	00	0
SUGAR, GRANULATED (B)	1 TEASPOON	15	3	0	00	00	4	0	00	0	000	000	00	0
SYRUP/HONEY (B)	1 TABLESPOON	63	2	0	00	00	16	5	04	0	000	001	01	0
WHIPPED CREAM (B)	2 TABLESPOONS	60	3	0	28	32	0	8	00	80	000	002	00	0
WINE (A)	4 FL OZ	97	3	0	00	00	24	10	05	0	000	001	11	0

Note The letter appearing to the right of each food indicates the food group to which that food belongs

TEXAS INSTRUMENTS HOME COMPUTER

Appendix C
Recipes by

**Better
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and Gardens

BREADS/CEREALS CATEGORY

BASIC MUFFINS

1¾ cups all-purpose flour	In a large mixing bowl stir together the flour, sugar, baking powder, and salt. Make a well in the center. Combine egg, milk, and oil. Add egg mixture all at once to flour mixture. Stir just till moistened; batter should be lumpy. Grease muffin cups or line with paper bake cups; fill ¾ full. Bake in a 400° oven for 20 to 25 minutes or till golden. Remove from pans; serve warm. Makes 10 muffins.
¼ cup sugar	
2½ teaspoons baking powder	
¾ teaspoon salt	
1 beaten egg	
¼ cup milk	
⅓ cup cooking oil	

BISCUITS SUPREME

2 cups all-purpose flour	Stir together flour, baking powder, sugar, cream of tartar, and salt. Cut in shortening till mixture resembles coarse crumbs. Make a well in the center; add milk all at once. Stir just till dough clings together. Knead gently on a lightly floured surface for 10 to 12 strokes. Roll or pat to ½-inch thickness. Cut with 2½-inch biscuit cutter, dipping cutter in flour between cuts. Transfer to ungreased baking sheet. Bake in 450° oven for 10 to 12 minutes or till golden. Serve warm. Makes 10 biscuits.
4 teaspoons baking powder	
2 teaspoons sugar	
½ teaspoon cream of tartar	
½ teaspoon salt	
½ cup shortening	
⅓ cup milk	

BRAN MUFFINS

1½ cups whole bran cereal	In mixing bowl combine bran cereal and buttermilk; let stand 3 minutes or till liquid is absorbed. Stir in egg and oil; set aside. In mixing bowl stir together the flour, brown sugar, baking powder, baking soda, and salt; make a well in the center. Add bran mixture all at once, stirring just till moistened (batter will be thick). Fill greased muffin cups ¾ full. Bake in 400° oven for 20 to 25 minutes. Makes 12 servings.
1 cup buttermilk	
1 beaten egg	
¼ cup cooking oil	
1 cup all-purpose flour	
⅓ cup packed brown sugar	
2 teaspoons baking powder	
½ teaspoon baking soda	
½ teaspoon salt	



CORN BREAD

- 1 cup all-purpose flour
1 cup yellow cornmeal
¼ cup sugar
4 teaspoons baking powder
¾ teaspoon salt
2 eggs
1 cup milk
¼ cup cooking oil or shortening, melted
- Stir together flour, cornmeal, sugar, baking powder, and salt. Add eggs, milk, and oil or melted shortening. Beat just till smooth (do not overbeat). Turn into a greased 9x9x2-inch baking pan. Bake in a 425° oven for 20 to 25 minutes. Makes 8 servings.

Corn Sticks: Prepare Corn Bread batter as above. Spoon batter into greased corn stick pans, filling pans ¾ full. Bake in a 425° oven for 12 to 15 minutes. Makes 20 sticks.

PANCAKES

- 1¼ cups all-purpose flour
2 tablespoons granulated sugar
2 teaspoons baking powder
1 beaten egg
1 cup milk
1 tablespoon cooking oil
- Stir together flour, granulated sugar, baking powder, and ½ teaspoon salt. Combine egg, milk, and oil; add all at once to flour mixture, stirring till blended but still slightly lumpy. Pour about ¼ cup batter onto a hot, lightly greased griddle or heavy skillet for each standard-size pancake or about 1 tablespoon batter for each dollar-size pancake. Cook till golden brown, turning to cook other side when pancakes have a bubbly surface and slightly dry edges. Makes about eight 4-inch pancakes (about 30 dollar-size pancakes).

WAFFLES

- 1¼ cups all-purpose flour
1 tablespoon baking powder
2 egg yolks
1¾ cups milk
½ cup cooking oil or shortening, melted
2 egg whites
- In a large mixing bowl stir together flour, baking powder, and ½ teaspoon salt. In a small mixing bowl beat egg yolks with a fork. Beat in milk and cooking oil or melted shortening. Add to flour mixture all at once. Stir mixture till blended but still slightly lumpy.
- In a small mixer bowl beat egg whites till stiff peaks form. Gently fold beaten egg whites into flour-milk mixture, leaving a few fluffs of egg white. *Do not overmix.*

Pour batter onto grids of a preheated, lightly greased waffle baker. Close lid quickly; do not open during baking. Use a fork to help lift the baked waffle off grid.

To keep baked waffles hot for serving, place in a single layer on a wire rack placed atop a baking sheet in a warm oven. Makes three 9-inch waffles.

TEXAS INSTRUMENTS

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FRUITS/VEGETABLES CATEGORY

CREAMY POTATO SALAD

- | | | |
|----|---------------------------------------|---|
| 6 | medium potatoes
(2 pounds) | In covered pan cook whole potatoes in enough boiling salted water to cover, about 25 minutes or till almost tender. Drain well. Peel and cube potatoes. Transfer to mixing bowl. Sprinkle potatoes with sugar and vinegar. Add celery, onion, sweet pickle, salt, and celery seed to the potatoes; stir the mixture to combine. Add mayonnaise or salad dressing and mustard; fold into potato mixture. Carefully fold in the chopped eggs. Cover and chill thoroughly. Makes 8 servings. |
| 2 | teaspoons sugar | |
| 2 | teaspoons vinegar | |
| 1 | cup thinly sliced
celery | |
| ½ | cup finely chopped
onion | |
| ⅓ | cup chopped
sweet pickle | |
| 1½ | teaspoons salt | |
| 2 | teaspoons celery
seed | |
| ¼ | cups mayonnaise
or salad dressing | |
| 2 | teaspoons
prepared mustard | |
| 2 | hard-cooked eggs,
coarsely chopped | |

STUFFED POTATOES

- | | | |
|-----|---------------------------------------|---|
| 2 | large potatoes | Scrub potatoes; prick with a fork. Bake potatoes in a 375° oven for 70 minutes or till done. Slice potatoes in half lengthwise. Scoop out inside, leaving shells intact. Mash potatoes. Add yogurt, milk, chives, salt, garlic powder, and pepper. Beat till fluffy. Spoon or pipe the potato mixture into each potato shell. Sprinkle the top of each potato with cheese and paprika. Return to oven; bake 10 minutes or till heated through. If desired, place under broiler to lightly brown tops. Makes 4 servings. |
| ¼ | cup plain yogurt | |
| 1 | tablespoon skim
milk | |
| 2 | tablespoons
snipped chives | |
| 1 | teaspoon salt | |
| 1/8 | teaspoon garlic
powder | |
| | Dash pepper | |
| 2 | tablespoons grated
Parmesan cheese | |
| | Paprika | |

SUCCOTASH

- | | | |
|---|--|--|
| 2 | cups fresh or 1
10-ounce package
frozen baby lima
beans | In saucepan combine lima beans, sugar, water, salt, and pepper. Cover and simmer till limas are almost tender, about 20 minutes. Cut fresh corn from cobs. Stir fresh or frozen corn into lima mixture. Cover and simmer till vegetables are tender, about 12 minutes more. Slowly blend light cream into the flour; stir into vegetable mixture. Cook and stir till thickened and bubbly. Makes 6 servings. |
| ½ | teaspoon sugar | |
| ½ | cup water | |
| ½ | teaspoon salt | |
| | Dash pepper | |
| 4 | fresh ears of corn
or 1 10-ounce
package frozen
whole kernel corn | |
| ⅓ | cup light cream | |
| 1 | tablespoon all-
purpose flour | |



MEAT/ALTERNATE CATEGORY

BEEF BOURGUIGNONNE

¾ pound boneless beef round steak, cut 1-inch thick	Trim fat from beef; cut meat into 1-inch cubes. In a 2-quart saucepan cook meat, half at a time, and garlic in hot oil till browned. Add flour, stirring to coat meat. Add onion, wine, bouillon granules, herbs, and ¼ cup water. Cover and cook over low heat 40 minutes. Add carrots and mushrooms; cook 20 minutes more. Remove bay leaf. Season to taste with salt and pepper. Serve over hot noodles. Makes 4 servings.
1 clove garlic, minced	
2 teaspoons cooking oil	
2 tablespoons all-purpose flour	
1 medium onion, sliced	
½ cup dry red wine	
½ teaspoon instant beef bouillon granules	
1/8 teaspoon dried oregano, crushed	
1/8 teaspoon dried thyme, crushed	
1 small bay leaf	
1 cup sliced carrot	
1 cup sliced fresh mushrooms	
1 ⅓ cups hot cooked noodles	

BEEF POT ROAST

1 3-pound lean boneless beef pot roast	Trim fat from meat. Coat roast with all-purpose flour. In Dutch oven, large skillet, or roasting pan, brown pot roast slowly on all sides in oil. Season with salt and pepper. Remove from heat, then add water. Cover tightly and cook slowly 2½ hours, or till tender. Add water if needed to prevent sticking. Makes 8 servings.
2 tablespoons all-purpose flour	
2 tablespoons cooking oil	
½ teaspoon salt	
Dash pepper	
½ cup water	

CHEESY LIMA CASSEROLE

1 cup large dry lima beans	Rinse beans; place in saucepan. Add water; soak overnight. (Or, bring to boiling; cover and simmer 2 minutes. Let stand 1 hour.) Do not drain. Simmer, covered, for 1 hour. Add cheese, onion, salt, sage, and pepper; mix well.
2½ cups water	
½ cup shredded American cheese	
½ cup chopped onion	Turn mixture into a 1-quart casserole. Bake, uncovered, at 350° for 35 minutes. Sprinkle with crumbled bacon just before serving. Makes 4 servings.
½ teaspoon salt	
¼ teaspoon ground sage	
Dash pepper	
3 slices bacon, crisp-cooked, drained, and crumbled	

TEXAS INSTRUMENTS

HOME COMPUTER

CHEESY STRATA

- 3 cups dry bread cubes (about 4 slices bread)
- 1½ cups shredded process cheese spread or American cheese (6 ounces)
- 4 beaten eggs
- 1¾ cups skim milk
- 1 tablespoon finely chopped onion
- ½ teaspoon salt
- ¼ teaspoon dry mustard

Place 2 cups of the bread cubes in an 8x8x2-inch baking pan. Top with shredded cheese, then with remaining bread cubes. Thoroughly stir together eggs, milk, onion, salt, and dry mustard. Pour evenly over mixture in pan. Cover; chill several hours or overnight. Bake in 325° oven about 40 minutes or till knife inserted near center comes out clean. Let stand 5 minutes before serving. Makes 6 servings.

CHICKEN-CAULIFLOWER CASSEROLES

- ¼ cup chopped onion
- ¼ cup water
- 1 cup skim milk
- 1 tablespoon cornstarch
- 1 teaspoon instant chicken bouillon granules
- ¼ teaspoon salt
- Dash pepper
- ¼ cup shredded American cheese
- ½ of a 10-ounce package frozen cauliflower, cooked and drained
- ½ cup chopped cooked chicken (white meat)
- 2 tablespoons chopped pimiento
- ¼ cup shredded American cheese

In saucepan combine onion and water. Bring to boiling. Cover and simmer for 5 minutes. Drain. Combine skim milk, cornstarch, bouillon granules, salt, and pepper. Add to onion. Cook and stir till thickened and bubbly. Add ¼ cup cheese; stir to melt. Remove from heat. Halve any large pieces of cauliflower. Stir in cauliflower, chicken, and pimiento. Spoon mixture into 2 individual baking dishes. Bake in a 325° oven for 15 minutes. Sprinkle remaining cheese atop each. Bake 5 minutes more. Serve immediately. Serves 2.

CHILI CON CARNE

- 1 pound lean ground beef (10% fat)
- ¾ cup chopped green pepper
- 1 cup chopped onion
- 1 clove garlic, minced
- 1 16-ounce can tomatoes, cut up
- 1 8-ounce can tomato sauce
- 1 16-ounce can dark red kidney beans, drained
- 2 teaspoons chili powder
- ½ teaspoon dried basil, crushed

In soup kettle or Dutch oven cook ground beef, green pepper, onion, and garlic till meat is browned. Drain off excess fat. Stir in tomatoes, tomato sauce, kidney beans, chili powder, basil, ½ teaspoon salt, and ¼ teaspoon pepper. Bring to boiling; reduce heat. Cover and simmer about 20 minutes. Serves 4.

CREAMY CHICKEN SALAD

- 1 teaspoon minced dried onion
- 2 tablespoons skim milk
- ½ cup plain yogurt
- 2 ounces Neufchâtel cheese, softened
- ¼ cup shredded Swiss cheese
- ½ teaspoon Worcestershire sauce
- ¾ cup chopped cooked chicken
- ¾ cup sliced celery
- ½ cup shredded carrot
- Lettuce
- Alfalfa sprouts

In large bowl soak dried onion in milk for 5 minutes. Stir in yogurt, cheeses, Worcestershire sauce, and ¼ teaspoon salt. Stir in chicken, celery, and carrot. Chill. To serve, spoon chicken mixture onto lettuce-lined plates; top with alfalfa sprouts. Makes 2 servings.



DILLED CABBAGE ROLLS

- 8 large cabbage leaves
- 1/2 pound ground pork
- 1/2 cup chopped fresh mushrooms
- 1/4 cup chopped onion
- 1 cup cooked rice
- 1/2 cup low fat plain yogurt
- 1 beaten egg
- 1/2 teaspoon dillweed
- 1/4 teaspoon salt
- 2 teaspoons instant chicken bouillon granules
- 1 cup boiling water
- 1/4 cup low fat plain yogurt
- Snipped parsley

Cut about 2 inches of heavy center vein out of each cabbage leaf. Immerse leaves in boiling salted water about 3 minutes or just till limp; drain.

In 10-inch skillet cook ground pork, mushrooms, and onion till meat is browned and onion is tender. Remove from heat. Stir in cooked rice, 1/2 cup yogurt, egg, dillweed, and salt. Place about 1/4 cup of the meat mixture in center of each leaf; fold in sides. Fold ends so they overlap atop meat mixture.

Place cabbage rolls, seam side down, in a 10-inch skillet. Dissolve bouillon granules in boiling water; pour over cabbage rolls. Cover and simmer about 25 minutes. Remove cabbage rolls with slotted spoon to serving platter. Top each cabbage roll with a dollop of yogurt and snipped parsley. Serve immediately. Makes 4 servings.

FRENCH-FRIED SHRIMP

- 1 cup all-purpose flour
- 1/2 teaspoon sugar
- 1 beaten egg
- 2 tablespoons cooking oil
- 2 pounds fresh or frozen shrimp in shells
- All-purpose flour
- Shortening or cooking oil for deep-fat frying

For batter, stir together the 1 cup flour, the sugar, and 1/2 teaspoon salt. Make a well in center. Combine egg, the 2 tablespoons oil, and 1 cup cold water; pour into dry ingredients. Beat with a rotary beater till smooth.

Peel shrimp, leaving last section and tail intact. With a sharp knife, make a shallow slit along back of shrimp. If present, remove sandy black vein. Make a deeper slit in the shrimp's back, cutting almost all the way through the shrimp to butterfly it. Pat dry with paper toweling. Dip shrimp in flour to coat. Dip flour-coated shrimp into batter.

In a saucepan or deep-fat fryer, heat shortening or cooking oil to 375°. Fry a few shrimp at a time in the hot fat for 2 to 3 minutes or till golden. Remove from fat with a slotted spoon; drain on paper toweling. Keep hot in a warm oven while frying remaining shrimp. Makes 6 servings.

TEXAS INSTRUMENTS

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HAM AND BEAN VEGETABLE SOUP

Rinse 1 pound dry *navy beans* (2½ cups). In Dutch oven combine beans and 8 cups *water*. Bring to boiling; reduce heat and simmer 2 minutes. Remove from heat. Cover; let stand 1 hour. (Or, soak beans in the water overnight in a covered pan.) *Do not drain*.

Bring beans and liquid to boiling. Add 1½ pounds meaty smoked *pork hocks* (ham hocks). Reduce heat; cover and simmer for 1 hour or till beans are nearly tender. Remove pork hocks. When hocks are cool enough to handle, cut off meat and coarsely chop. Discard bones. Return meat to pan. Add 2 medium *potatoes*, peeled and cubed (2 cups); 2 medium *carrots*, chopped (1 cup); 2 stalks *celery*, sliced (1 cup); 1 medium *onion*, chopped (½ cup); ¾ teaspoon dried *thyme* crushed; ½ teaspoon *salt*; ¼ teaspoon *pepper*; and several dashes *hot pepper sauce*. Cover; simmer 30 minutes or till vegetables are tender. Season with salt and pepper. Serves 8.

HAMBURGER PIE

- 1 pound lean ground beef (10% fat)
- ½ cup chopped onion
- 1 16-ounce can cut green beans, drained
- 1 10¾-ounce can condensed tomato soup
- ¼ cup water
- ¾ teaspoon salt
- 1/8 teaspoon pepper
- 3 medium potatoes, peeled and quartered (1 pound)
- 1 beaten egg
- About 2 tablespoons milk
- ½ cup shredded American cheese (2 ounces)

In large skillet cook ground beef and onion till meat is browned and onion is tender; drain off fat. Stir in green beans, tomato soup, water, salt, and pepper. Turn meat mixture into a 1½-quart casserole.

In covered pan cook potatoes in boiling salted water about 20 minutes or just till tender; drain. Mash while hot; blend in egg. Add enough milk to make potatoes fluffy, yet stiff enough to hold their shape. Season with salt and pepper.

Drop potatoes in mounds atop meat mixture. Sprinkle with cheese. Bake, uncovered, in 350° oven for 25 to 30 minutes or till heated through. Makes 6 servings.

MEAT LOAF

- 2 eggs
- ¾ cup milk
- ½ cup fine dry bread crumbs
- ¼ cup finely chopped onion
- 2 tablespoons snipped parsley
- ½ teaspoon ground sage
- 1½ pounds lean ground beef (10% fat)
- ¼ cup catsup
- 2 tablespoons brown sugar
- 1 teaspoon dry mustard

Combine eggs and milk; stir in crumbs, onion, parsley, sage, 1 teaspoon salt, and 1/8 teaspoon pepper. Add beef; mix well. Pat into a 5½-cup ring mold; unmold in shallow baking pan. Bake in a 350° oven for 50 minutes. (Or, pat mixture into an 8x4x2-inch loaf pan; bake for 1¼ hours.) Spoon off excess fat. Combine catsup, sugar, and mustard; spread over meat. Return to oven for 10 minutes. Makes 6 servings.



ITALIAN SPAGHETTI

- 1 cup chopped onion
- 1 pound lean ground beef (10% fat)
- 2 cloves garlic, minced
- 1 1-pound 12-ounce can tomatoes, cut up
- 1 1-pound can tomatoes, cut up
- 1 6-ounce can tomato paste
- ¼ cup snipped parsley
- 1 tablespoon brown sugar
- 1 teaspoon salt
- 1½ teaspoons dried oregano, crushed
- ¼ teaspoon dried thyme, crushed
- 1 bay leaf
- 3 cups hot cooked spaghetti

In Dutch oven combine onion, meat, and garlic; cook till meat is browned and onion is tender. Skim off excess fat; add next 9 ingredients and 2 cups water. Simmer, uncovered, 3 hours, or till sauce is thick; stir occasionally. Remove bay leaf. Serve over hot spaghetti. Makes 6 servings.

MACARONI AND CHEESE

- 6 ounces elbow macaroni (1½ cups)
- 3 tablespoons butter or margarine
- ¼ cup finely chopped onion
- 2 tablespoons all-purpose flour
- ½ teaspoon salt
- Dash pepper
- 2 cups milk
- 2 cups cubed American cheese
- 1 medium tomato, sliced

Cook macaroni according to package directions; drain. For cheese sauce, in a saucepan, melt butter or margarine. Cook onion in butter till tender but not brown. Blend in the flour, salt, and pepper. Add milk all at once; cook and stir till thickened and bubbly. Add cubed cheese; stir till melted.

Stir macaroni into cheese sauce. Turn into a 1½-quart casserole. Sprinkle with a little salt. Arrange tomato slices atop macaroni. Bake in a 350° oven 30 to 35 minutes or till heated through. Makes 6 servings.

OVEN-FRIED FISH

- 1 pound fresh or frozen cod, flounder, sole, haddock, halibut, snapper, or perch fillets or steaks or 3 10- to 12-ounce fresh or frozen pan-dressed trout or other fish
- 1 beaten egg
- ½ cup fine dry bread crumbs
- ¼ cup butter or margarine, melted
- 1 tablespoon lemon juice

Thaw fish, if frozen. If using fillet block, cut block into 4 portions. Dip fish into beaten egg, then into bread crumbs. Place coated fish in a well-greased, shallow baking pan. Sprinkle with salt and pepper. Drizzle a mixture of melted butter or margarine and lemon juice over fish. Bake in a 500° oven until golden and fish flakes easily when tested with a fork. Allow 5 to 6 minutes for each ½ inch of thickness. Makes 4 servings.

TEXAS INSTRUMENTS

HOME COMPUTER

SLIM OVEN BEEF STEW

- | | | |
|---|---|--|
| ¾ | pound lean boneless beef, cut into ¾-inch cubes | In a 2-quart casserole combine beef cubes, carrots, potato, and celery. In a different bowl, combine tomato sauce, dry soup mix, tapioca, bouillon granules, thyme, and ¼ cup water; stir into meat mixture. Cover and bake in 325° oven for 1 hour. Stir in beans; cover and bake 45 minutes more or till meat and vegetables are tender. Makes 4 servings. |
| 2 | medium carrots, peeled and cut into ¾-inch pieces | |
| 1 | potato, peeled and quartered | |
| 1 | stalk celery, sliced | |
| 1 | 8-ounce can tomato sauce | |
| 1 | tablespoon dry onion soup mix | |
| 1 | tablespoon quick-cooking tapioca | |
| 1 | teaspoon instant beef bouillon granules | |
| ½ | teaspoon dried thyme, crushed | |
| 1 | 9-ounce package frozen cut green beans, thawed | |

POTATO-HAM SCALLOP

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|---|--|--|
| 2 | cups cubed fully cooked ham | Place <i>half</i> the ham in a 2-quart casserole. Cover with half the potatoes and half the onion. Sift half the flour over; season with salt and pepper. Repeat layering ham, potatoes, and onion. Season with additional salt and pepper. Sift remaining flour atop. Pour milk over all. |
| 6 | medium potatoes, peeled and thinly sliced (6 cups) | |
| ¼ | cup finely chopped onion | |
| ⅓ | cup all-purpose flour | |
| 2 | cups skim milk | |
| 3 | tablespoons fine dry bread crumbs | |
| 1 | tablespoon margarine, melted | Combine bread crumbs and margarine; sprinkle atop casserole. Top with parsley. Bake, covered, at 350° till potatoes are nearly tender, 1¼ to 1½ hours. Uncover; bake 15 minutes longer. Makes 8 servings. |
| 2 | tablespoons finely snipped parsley | |

SPICY BARBECUED CHICKEN

- | | | |
|---|---------------------------------------|--|
| ¼ | cup finely chopped onion | For sauce, in a saucepan cook chopped onion and minced garlic in cooking oil till onion is tender but not brown. Stir in the catsup, vinegar, Worcestershire sauce, brown sugar, celery seed, dry mustard, salt, pepper, and bottled hot pepper sauce. Bring mixture to boiling. Reduce heat and simmer sauce, uncovered, for 10 minutes, stirring once or twice during cooking. |
| 1 | clove garlic, minced | |
| 2 | tablespoons cooking oil | |
| ¾ | cup catsup | |
| ⅓ | cup vinegar | |
| 1 | tablespoon Worcestershire sauce | |
| 2 | teaspoons brown sugar | |
| 1 | teaspoon celery seed | |
| 1 | teaspoon dry mustard | |
| ½ | teaspoon salt | |
| ¼ | teaspoon pepper | Meanwhile, cut the chickens into quarters. Break the wing, hip, and drumstick joints of chickens so that the pieces will remain flat during grilling. Twist wing tips under back. Season chicken pieces with additional salt. |
| ¼ | teaspoon bottled hot pepper sauce | |
| 2 | 2½- to 3-pound broiler-fryer chickens | Place chicken pieces, bone side down, over <i>medium-hot</i> coals. Grill chicken for 25 minutes or till bone side is well browned. Turn chicken. Grill 20 to 25 minutes more or till chicken is tender. Brush chicken often with sauce during the last 10 minutes of grilling, using all of the sauce. Makes 10 servings. |



SKILLET FRIED CHICKEN

- 1 2½- to 3-pound broiler-fryer chicken, cut up
- ¼ cup all-purpose flour
- 1½ teaspoon salt
- 1 teaspoon paprika*
- ¼ teaspoon pepper
- 2 tablespoons cooking oil or shortening

Rinse chicken pieces; pat dry with paper toweling. In a plastic or paper bag combine flour, salt, paprika, and pepper. Add a few chicken pieces at a time; shake to coat.

In a 12-inch skillet heat oil or shortening. Add chicken, with meaty pieces toward center of skillet. Cook, uncovered, over medium heat for 10 to 15 minutes, turning to brown evenly. Reduce heat; cover tightly. Cook 30 minutes. Uncover; cook 10 to 15 minutes more. Chicken is done when it is easily pierced with a fork. Drain chicken pieces on paper toweling. Makes 5 servings.

Crisp-Fried Chicken: Prepare Skillet Fried Chicken as above, *except* after browning step, continue to cook chicken, uncovered, over medium-low heat for 45 minutes more or till chicken is tender. Turn occasionally. Drain on paper toweling before serving.

Pan-and-Oven Fried Chicken: Prepare Skillet Fried Chicken as above, *except* brown chicken pieces in a 12-inch oven-going skillet. Transfer skillet to a 375° oven. (Or, remove chicken from skillet and place, skin side up, in an ungreased, large shallow baking pan.) Bake, uncovered, in 375° oven for 35 to 45 minutes or till chicken is tender. Do not turn chicken pieces during baking time. Drain.

**Note:* Add variety to the flavor of fried chicken by substituting other seasonings for the 1 teaspoon paprika in the seasoned flour mixture. Use either 1 teaspoon *curry powder*; 1 teaspoon *poultry seasoning*; 1 teaspoon *chili powder*; ½ teaspoon *garlic or onion powder*; 1 teaspoon dried *basil*, crushed; or 1 teaspoon dried *marjoram*, crushed.

SAUTEED LIVER AND ONIONS

In a 10-inch skillet cook 1 medium *onion*, sliced, in 2 tablespoons *butter or margarine* till tender but not brown. Remove onion from skillet. Add 1 pound sliced *beef liver* (about 5 slices) to skillet; sprinkle with some *salt and pepper*. Cook over medium heat for 3 minutes; turn. Return onion to skillet; cook 2 to 3 minutes more. Remove liver and onions to platter. Blend 2 teaspoons *water*, 2 teaspoons *lemon juice*, and 1 teaspoon *Worcestershire sauce* into pan drippings; pour over liver and onions. Makes 5 servings.

TEXAS INSTRUMENTS

HOME COMPUTER

SPLIT PEA SOUP

In Dutch oven combine $2\frac{1}{4}$ cups green *split peas* (1 pound); 8 cups cold water; 1 teaspoon instant chicken *bouillon granules*; 1 meaty *hambone* ($1\frac{1}{2}$ pounds); 1 medium *onion*, chopped ($\frac{1}{2}$ cup); $\frac{1}{4}$ teaspoon *pepper*; and $\frac{1}{4}$ teaspoon dried *marjoram*, crushed. Bring to boiling; reduce heat and simmer, covered, 1 hour. Stir occasionally. Remove bone; when cool enough to handle, cut off meat and coarsely chop. Discard bone. Return meat to soup; add 2 medium *carrots*, chopped (1 cup), and 2 stalks *celery*, chopped (1 cup). Cover; simmer 30 minutes more. Season with salt and pepper. Serves 8.

STIR-FRIED BEEF AND VEGETABLES

- $\frac{3}{4}$ pound beef top round steak
- $\frac{1}{2}$ teaspoon instant beef bouillon granules
- $\frac{1}{3}$ cup boiling water
- 3 tablespoons soy sauce
- 1 tablespoon cooking oil
- 1 clove garlic, minced
- 1 medium onion, sliced and separated into rings
- 1 cup thinly sliced carrot
- 1 cup bias-sliced celery
- 1 cup sliced, fresh mushrooms
- 6 cups torn spinach leaves

Partially freeze meat. Slice meat very thinly across the grain into bite-size strips. Dissolve beef bouillon granules in boiling water. Add soy sauce; set aside.

Preheat a wok or large skillet over high heat; add oil. Stir-fry garlic in hot oil for 30 seconds. Add onion, carrot, celery, and mushrooms. Stir-fry 2 minutes. Remove vegetables. Add *half* the meat to hot wok or skillet; stir-fry 2 minutes. Remove meat. Stir-fry remaining meat 2 minutes. Return all meat to wok. Stir soy mixture; stir into meat. Cook and stir till bubbly. Stir in cooked vegetables and the spinach. Cover and cook 1 minute. Serve immediately. Makes 4 servings.

STUFFED PEPPER CUPS

- 6 medium green peppers
- 1 pound lean ground beef (10% fat)
- $\frac{1}{2}$ teaspoon salt
- Dash pepper
- 1 16-ounce can tomatoes
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup uncooked long-grain rice
- 1 teaspoon Worcestershire sauce
- 4 ounces shredded American cheese (1 cup)

Cut off tops of 6 medium green peppers; remove seeds and membrane. Precook green pepper cups in boiling salted water about 5 minutes; drain. (For crisp peppers, omit precooking.) Sprinkle inside of cups generously with salt.

Cook beef and chopped onion till meat is lightly browned. Season with salt and pepper. Add tomatoes, water, rice, and Worcestershire sauce. Cover and simmer till rice is tender, about 15 minutes. Stir in cheese. Stuff peppers; stand upright in 10x6x1 $\frac{1}{2}$ -inch baking dish. Bake, uncovered, at 350° for 20 to 25 minutes. Serves 6.



TUNA-NOODLE CASSEROLE

4	ounces medium noodles (3 cups) or one 8-ounce package frozen noodles	Cook noodles according to package directions; drain and set aside.
1	cup chopped celery	Meanwhile, in a saucepan cook celery and onion in butter or margarine till tender but not brown.
1/4	cup chopped onion	Blend in the flour; stir in condensed soup.
2	tablespoons butter or margarine	Gradually stir in milk. Cook and stir till mixture is thickened and bubbly. Carefully stir in the tuna, pimiento, and the cooked and drained noodles.
2	tablespoons all-purpose flour	
1	11-ounce can condensed cheddar cheese soup or one 10 3/4-ounce can condensed cream of mushroom soup	
3/4	cup milk	Turn noodle mixture into a 1 1/2-quart casserole.
1	9 1/4-ounce can tuna, drained and flaked	Sprinkle the Parmesan cheese over top of mixture. Bake, uncovered, in a 375° oven for 20 to 25 minutes. Garnish with sprigs of parsley, if desired. Makes 6 servings.
1/4	cup chopped pimiento	
1/4	cup grated Parmesan cheese	

TURKEY HASH — OVEN STYLE

1 1/2	cups coarsely ground cooked turkey	In a mixing bowl stir together turkey, potato, evaporated milk, parsley, finely chopped onion, Worcestershire sauce, salt, sage, and dash pepper. Turn mixture into a greased 1-quart casserole.
1	cup cubed cooked potato	
1	5 1/2-ounce can evaporated milk (2/3 cup)	
1/4	cup finely snipped parsley	Toss together saltine cracker crumbs and margarine; sprinkle crumb mixture evenly over hash. Bake at 350° till heated through, about 30 minutes. Makes 4 servings.
1/4	cup finely chopped onion	
1	teaspoon Worcestershire sauce	
1/2	teaspoon salt	
1/4	teaspoon ground sage	
	Dash pepper	
1/4	cup finely crushed saltine crackers (about 7 crackers)	
1	tablespoon margarine, melted	

TEXAS INSTRUMENTS

HOME COMPUTER

SALADS CATEGORY

CREAMY COLESLAW

- 4 cups shredded cabbage
- 1/2 cup shredded carrot
- 1/4 cup finely chopped green pepper
- 2 tablespoons finely chopped onion
- 1/2 cup mayonnaise or salad dressing
- 1 tablespoon vinegar
- 2 teaspoons sugar
- 1 teaspoon celery seed
- 1/4 teaspoon salt

In large bowl combine the cabbage, carrot, green pepper, and onion. To prepare dressing, stir together mayonnaise or salad dressing, vinegar, sugar, celery seed, and salt. Pour the dressing over the cabbage mixture; toss lightly to coat vegetables. Cover and chill. Makes 8 servings, 1/2 cup each.

COTTAGE CHEESE-FRUIT SALAD

- 1 11-ounce can mandarin orange sections, chilled
- 1 8 1/4-ounce can pineapple chunks (juice pack), chilled
- 1/2 cup dry cottage cheese
- 1 medium banana
- 1 medium apple
- 1 tablespoon lemon juice

Drain mandarin orange sections and pineapple chunks; reserve 1/4 cup fruit liquid. In blender container combine cheese and reserved fruit liquid. Cover and blend till smooth. Slice banana. Core and chop apple. Dip banana slices and apple in the lemon juice. Combine all fruits; spoon onto lettuce-lined salad plates. Dollop cheese mixture atop. Makes 6 servings.

FRENCH GREEN SALAD

- 1 clove garlic, cut
- 1/2 teaspoon salt
- 1/4 teaspoon dry mustard
- 1/4 teaspoon paprika
- 1/4 cup salad oil
- 4 cups greens (any combination)
- 2 tablespoons vinegar
- 2 tablespoons lemon juice

Rub salad bowl with garlic. Measure in salt, mustard, and paprika. Grind pepper over; blend. Beat in salad oil with fork.

Add greens. Toss till leaves glisten. Sprinkle with vinegar and lemon juice. Toss again. Makes 6 servings.

FRUIT MOLD

- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 1 teaspoon sugar
- 1 tablespoon lemon juice
- 1 cup lemon yogurt
- 1 8-ounce can crushed pineapple (juice pack)
- 2 small bananas, thinly sliced (1 cup)
- 1/4 cup chopped celery
- Lettuce

In saucepan soften gelatin in cold water, stir in sugar. Stir over low heat till gelatin and sugar are dissolved. Cool. Add lemon juice. Beat lemon yogurt into cooled mixture till smooth. Stir in *undrained* pineapple, bananas, and celery. Pour into 3-cup mold; chill till firm. Unmold onto lettuce-lined plate. Makes 6 servings.



MARINATED THREE BEAN SALAD

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|---|--|--|
| 1 | 8½ ounce can lima beans, drained | In large bowl combine the lima beans, green beans, red kidney beans, onion rings, and chopped green pepper. In a screw-top jar combine vinegar, salad oil, sugar, and celery seed; cover and shake. Pour vinegar mixture over vegetables and stir lightly. Cover and refrigerate at least 6 hours or overnight, stirring occasionally. Drain before serving. Makes 6 servings. |
| 1 | 8-ounce can cut green beans, drained | |
| 1 | 8-ounce can red kidney beans, drained | |
| 1 | medium onion, thinly sliced and separated into rings (½ cup) | |
| ½ | cup chopped green pepper | |
| ⅔ | cup vinegar | |
| ½ | cup salad oil | |
| ¼ | cup sugar | |
| 1 | teaspoon celery seed | |

ORANGE WALDORF SALAD

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|----|--------------------|---|
| 3 | medium oranges | Chop oranges over bowl, reserving juice. Toss oranges and juice with apples and celery. Chill. Combine yogurt, honey, and salt; fold into fruit mixture. Spoon about ½ cup onto each of 6 lettuce-lined salad plates. Makes 6 servings. |
| 1½ | cups chopped apple | |
| ½ | cup chopped celery | |
| ½ | cup lemon yogurt | |
| 2 | teaspoons honey | |
| | Dash salt | |
| | Lettuce | |

PERFECTION SALAD

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|----|--|---|
| 1 | 6-ounce package lemon-flavored gelatin | Dissolve lemon gelatin in boiling water. Stir in vinegar, lemon juice, and salt. Chill mixture till partially set. Fold in cabbage, celery, green pepper, and olives. Turn mixture into 5½-cup mold. Chill till firm. Unmold salad onto plate. Makes 10 servings. |
| 3¼ | cups boiling water | |
| ⅓ | cup white vinegar | |
| 2 | tablespoons lemon juice | |
| ¾ | teaspoon salt | |
| 2 | cups shredded cabbage | |
| 1 | cup chopped celery | |
| ½ | cup chopped green pepper (1 medium) | |
| ¼ | cup sliced pimiento-stuffed olives | |

PINEAPPLE-CARROT TOSS

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|---|---|--|
| 1 | 8¾ ounce can pineapple chunks in juice, drained | Combine all ingredients except salad dressing, chill. Just before serving, stir in salad dressing. Makes 6 servings. |
| 2 | cups shredded carrots | |
| ½ | cup plumped raisins | |
| ¼ | cup mayonnaise-type salad dressing | |

TEXAS INSTRUMENTS

HOME COMPUTER

TOMATO ASPIC

- 2 envelopes unflavored gelatin
- 1 cup cold tomato juice or condensed beef broth
- 3 cups tomato juice
- 1/3 cup chopped onion
- 1/4 cup chopped celery
- 1/4 cup chopped green pepper
- 2 tablespoons brown sugar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon salt*
- 4 whole cloves
- 2 bay leaves
- 3 tablespoons lemon juice
- Lettuce leaves

To soften gelatin, add unflavored gelatin to the 1 cup tomato juice or beef broth; stir to combine. Let stand 5 minutes. Meanwhile, in medium saucepan combine 2 cups of the tomato juice, the onion, celery, green pepper, brown sugar, Worcestershire sauce, salt, cloves, and bay leaves. *(If using beef broth, decrease salt to 1/2 teaspoon.) Simmer, uncovered, for 5 minutes. Strain into bowl; discard vegetables and seasonings. Add the softened gelatin to hot juice mixture; stir to dissolve. Stir in the remaining 1 cup tomato juice and the lemon juice. Pour into a 4 1/2- or 5-cup ring or tower mold. Chill till firm. Unmold onto a lettuce-lined plate. Makes 8 servings.



DESSERTS CATEGORY

ANGEL CAKE

- 1½ cups sifted powdered sugar
- 1 cup sifted cake flour or sifted all purpose flour
- 1½ cups egg whites (11 to 12 large)
- 1½ teaspoons cream of tartar
- 1 teaspoon vanilla
- ¼ teaspoon salt
- 1 cup granulated sugar

Sift together powdered sugar and cake or all-purpose flour; repeat sifting twice. In a large mixer bowl beat egg whites, cream of tartar, vanilla, and salt at medium speed of electric mixer till soft peaks form. Gradually add granulated sugar, about 2 tablespoons at a time. Continue beating till stiff peaks form. Sift about ¼ of the flour mixture over whites; fold in lightly by hand. Repeat, folding in remaining flour mixture by fourths. Turn into an *ungreased* 10-inch tube pan. Bake in a 350° oven 60 minutes or till done. Invert cake in pan; cool. Loosen cake from pan; remove. Serves 12.

BAKED CUSTARD

- 4 eggs
- 2 cups milk
- ½ cup sugar
- 1 teaspoon vanilla
- ¼ teaspoon salt
- Ground nutmeg (optional)

In a medium bowl lightly beat eggs. Stir in milk, sugar, vanilla, and salt. Place one 1-quart casserole or six 6-ounce custard cups in a 13x9x2-inch baking pan on oven rack. Pour custard mixture into casserole or divide custard mixture among the custard cups. Sprinkle with nutmeg, if desired.

Pour hot water into pan around casserole or custard cups to a depth of 1 inch. Bake in a 325° oven for 50 to 60 minutes for the 1-quart casserole (30 to 40 minutes for individual cups) or till a knife inserted near center comes out clean. Serve warm or chilled. To unmold chilled individual custards, first loosen edges with a spatula or knife; slip point of knife down sides to let air in. Invert onto a serving plate. Makes 6 servings.

Baked Coffee Custard: Prepare Baked Custard as above, *except* add 4 teaspoons *instant coffee crystals* dissolved in 1 tablespoon *hot water* to eggs along with milk, sugar, vanilla, and salt. Continue as directed; omit sprinkling with nutmeg.

BUSY-DAY CAKE

- 1½ cups all-purpose flour
- ¾ cup sugar
- 2½ teaspoons baking powder
- ¾ cup milk
- ⅓ cup shortening
- 1 egg
- 1½ teaspoons vanilla

Grease and lightly flour 9x9x2-inch baking pan. In small mixer bowl combine all ingredients and ½ teaspoon salt. Beat with electric mixer till blended. Beat 2 minutes on medium speed. Turn into pan. Bake in 375° oven 25 to 30 minutes or till done. Cool on wire rack. Serves 9.

TEXAS INSTRUMENTS

HOME COMPUTER

BERRY-RICE PUDDING

- 1 1/3 cups water
- 2/3 cup evaporated skimmed milk
- 1/3 cup long grain rice
- 1 beaten egg yolk
- 2 tablespoons sugar
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1 teaspoon vanilla
- 1/4 teaspoon grated lemon peel
- 3 egg whites
- 1/4 teaspoon cream of tartar
- 2 tablespoons sugar
- 1 cup sliced fresh strawberries
- Finely shredded lemon peel
- 8 fresh whole strawberries

In medium saucepan combine water, evaporated skimmed milk, and rice. Bring to boiling. Reduce heat; cook, covered, over low heat for 20 minutes, stirring often. Uncover; cook 5 minutes more. In a small bowl combine egg yolk, 2 tablespoons sugar, lemon juice, and salt. Stir about 1 cup of the hot mixture into yolk mixture; return all to saucepan. Bring to a gentle boil. Cook and stir over low heat for 3 to 4 minutes or till slightly thickened. Remove from heat; stir in vanilla and lemon peel. Cool thoroughly.

In a medium bowl beat egg whites and cream of tartar on high speed of electric mixer till soft peaks form (tips curl over). Gradually add 2 tablespoons sugar, beating till stiff peaks form (tips stand straight). Fold egg whites into cooled pudding. Fold in sliced berries; spoon mixture into 8 sherbet dishes. Cover and chill several hours. To serve, garnish with finely shredded lemon peel and whole strawberries. Makes 8 servings.

CHOCOLATE BAVARIAN

- 2/3 cup nonfat dry milk powder
- 1/3 cup sugar
- 2 tablespoons cornstarch
- 2 tablespoons unsweetened cocoa powder
- 1 envelope unflavored gelatin
- 1/8 teaspoon salt
- 1 1/2 cups cold water
- 3 beaten egg yolks
- 3 egg whites
- 1 teaspoon vanilla
- 1/4 teaspoon cream of tartar
- 1/2 of a 4 1/2-ounce container frozen whipped dessert topping, thawed (1 cup)

In saucepan blend the dry milk powder, sugar, cornstarch, cocoa powder, gelatin, and salt. Stir in cold water. Cook and stir over medium heat till thickened and bubbly. Stir about half of the hot mixture into egg yolks; return all to saucepan. Bring to a gentle boil. Cook and stir 1 minute more. Cool. In a medium mixer bowl beat egg whites, vanilla, and cream of tartar on high speed of electric mixer till stiff peaks form (tips stand straight). Fold into cooled chocolate mixture. Fold in whipped dessert topping. Turn into a 4- or 5-cup mold. Chill several hours or overnight or till firm. Garnish with additional whipped topping, if desired. Makes 10 servings.



CHOCOLATE CHIP COOKIES

- 2½ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup butter or margarine
- ½ cup shortening
- 1 cup packed brown sugar
- ½ cup granulated sugar
- 2 eggs
- 1½ teaspoons vanilla
- 1 12 ounce package (2 cups) semisweet chocolate pieces
- 1 cup chopped walnuts or pecans

Stir together flour, soda, and salt. In a mixer bowl beat butter and shortening on medium speed of electric mixer for 30 seconds. Add sugar and beat till fluffy. Add eggs and vanilla; beat well. Add dry ingredients to beaten mixture, beating till well blended. Stir in chocolate pieces and nuts. Drop from a teaspoon 2 inches apart onto an ungreased cookie sheet. Bake in a 375° oven for 8 to 10 minutes or till done. Remove from cookie sheet; cool on a wire rack. Makes about 72.

COFFEE MERINGUES

- Individual Meringue Shells
- 3 beaten egg yolks
- ¼ cup sugar
- ¼ cup *reconstituted* nonfat dry milk
- 2 teaspoons instant coffee crystals
- Dash salt
- 1 1½-ounce envelope dessert topping mix
- 1 stiff beaten egg white

Prepare Individual Meringue Shells. Cool.

In small saucepan combine egg yolks, sugar, milk, coffee crystals, and salt. Cook over low heat, stirring constantly, till mixture coats a metal spoon. Remove from heat. Cool quickly by placing pan in a bowl of ice water; stir till mixture is cooled. Prepare topping mix according to package directions using skim or reconstituted nonfat dry milk. Fold topping and egg white into cooled cooked mixture. Chill. To serve, spoon into meringue shells. Serves 10.

INDIVIDUAL MERINGUE SHELLS

Have 2 *egg whites* at room temperature. Add ½ teaspoon *vanilla*, ¼ teaspoon *cream of tartar*, and dash *salt*. Beat till soft peaks form (tips curl over). Gradually add ½ cup *sugar*, beating till stiff peaks form (tips stand straight) and sugar is dissolved. Line baking sheet with plain brown paper. Draw ten 2½-inch circles on paper; spread each with some of the meringue. Using back of spoon, shape into shells. Bake in 300° oven about 35 minutes. (For crisper meringues, turn off oven. Dry in oven with door closed about 1 hour.) Makes 10.

TEXAS INSTRUMENTS

HOME COMPUTER

DEEP-DISH APPLE PIE

- Pastry for Single-Crust Pie
- 1 cup sugar
 - 1/3 cup all-purpose flour
 - 1 teaspoon ground cinnamon
 - 1/2 teaspoon ground allspice
 - 1/4 teaspoon salt
 - 12 cups thinly sliced, peeled cooking apples (4 pounds)
 - 3 tablespoons butter or margarine
- Milk and sugar

Prepare Pastry for Single-Crust Pie *except* roll out to a 13x8½-inch rectangle; cut slits in pastry. Combine sugar, flour, cinnamon, allspice, and salt. (For a very juicy pie, use ¼ cup all-purpose flour.) Add sugar mixture to apples; toss to coat fruit. Turn into a 12x7½x2-inch baking dish (apples will mound higher than sides). Dot with butter or margarine. Carefully place pastry atop apples; flute to the sides but not over the edge. Brush with milk and sprinkle with sugar. Cover edge of pie with foil. Bake in 375° oven for 25 minutes. Remove foil; bake for 20 to 25 minutes more. Serve warm in dishes. Makes 8 servings.

GINGER CRINKLES

- 2¼ cups all-purpose flour
- 2 teaspoons baking soda
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1 cup packed brown sugar
- ¾ cup shortening or cooking oil
- 1/4 cup molasses
- 1 egg

Stir together the first 5 ingredients and ¼ teaspoon salt. Combine the remaining ingredients and beat well. Add dry ingredients to beaten mixture, beating well. Form into 1-inch balls. Roll in granulated sugar, if desired; place 2 inches apart on an ungreased cookie sheet. Bake in a 375° oven about 10 minutes. Makes 48.

GINGERBREAD

- 1½ cups all-purpose flour
- ¾ teaspoon ground ginger
- ¾ teaspoon ground cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup shortening
- 1/4 cup packed brown sugar
- 1 egg
- 1/2 cup light molasses
- 1/2 cup boiling water

Grease and lightly flour a 9x1½-inch round baking pan. Combine the first 6 ingredients. In a mixer bowl beat shortening on medium speed of electric mixer about 30 seconds. Add brown sugar; beat till fluffy. Add egg and molasses; beat 1 minute. Add dry ingredients and water alternately to beaten mixture, beating after each addition. Turn into prepared pan. Bake in a 350° oven 30 to 35 minutes or till done. Cool 10 minutes on a wire rack. Remove from pan; serve warm. Makes 8 servings.



LEMON PUDDING CAKE

- 3 egg whites
- ¼ cup sugar
- 3 egg yolks
- ¼ cup lemon juice
- 2 tablespoons butter or margarine, melted
- 1 teaspoon finely shredded lemon peel
- ¼ cup sifted all-purpose flour
- 2 tablespoons sugar
- 1 ½ cups *reconstituted* nonfat dry milk

In a large bowl beat egg whites with dash salt on high speed of electric mixer till soft peaks form (tips curl over). Gradually add the ¼ cup sugar, beating to stiff peaks (tips stand straight). In another bowl beat egg yolks with lemon juice, butter or margarine, and lemon peel. Combine flour and 2 tablespoons sugar. Stir into egg yolk mixture along with milk. Fold in egg whites. Pour batter into an ungreased 8x8x2-inch baking pan. Place in larger pan on oven rack. Pour hot water into larger pan to a depth of 1 inch. Bake at 350° for 35 to 40 minutes. Serve warm or chilled. Makes 9 servings.

LIME FREEZE

- ½ cup evaporated skimmed milk
- 2 egg yolks
- ¼ cup sugar
- 2 tablespoons lime juice
- ½ teaspoon grated lime peel
- Dash salt
- 3 or 4 drops green food coloring
- 2 egg whites
- 2 tablespoons lime juice
- Lime or lemon twists

Pour milk into shallow container; freeze till icy cold. In a mixing bowl combine egg yolks, sugar, 2 tablespoons lime juice, lime peel, salt, and food coloring; set aside. In another bowl beat the icy milk and egg whites with electric mixer till fluffy. Add 2 tablespoons lime juice, beat till stiff peaks form (tips stand straight). Beat in egg yolk mixture. Pour into 8x4x2-inch loaf pan; freeze firm. With a fork, break mixture into chunks. In chilled mixer bowl beat with electric mixer for 5 to 6 minutes or till smooth. Return to loaf pan; freeze firm. Scoop to serve; garnish with lime or lemon twists. Makes 8 servings.

Lemon Freeze: Substitute lemon peel and juice for the lime peel and juice, and add yellow food coloring, if desired.

OATMEAL COOKIES

- ½ cup all purpose flour
- ¼ cup granulated sugar
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ cup packed brown sugar
- ¼ cup butter, softened
- 1 egg
- 2 tablespoons plain yogurt
- ¼ teaspoon vanilla
- 1 cup quick-cooking rolled oats

Mix flour, granulated sugar, soda, baking powder, and ¼ teaspoon salt. Add brown sugar, butter, egg, yogurt, and vanilla; beat well. Stir in oats; chill. Drop from teaspoon onto greased cookie sheet. Bake in 375° oven about 8 minutes. Makes 48.

TEXAS INSTRUMENTS

HOME COMPUTER

ORANGE CHIFFON CHEESECAKE

- 1 cup finely crushed zwieback
- 2 tablespoons sugar
- ¼ cup butter, melted
- 1 envelope unflavored gelatin
- 2 beaten egg yolks
- ½ cup skim milk
- ⅓ cup ricotta or small curd dry cottage cheese*
- ⅓ cup orange juice
- 2 tablespoons sugar
- 2 tablespoons orange liqueur
- 1 1½-ounce envelope dessert topping mix
- 4 egg whites

Combine crushed zwieback, the 2 tablespoons sugar, and melted butter; mix till blended. Reserve two tablespoons of the mixture. Press remaining mixture onto bottom of a buttered 7-inch springform pan. Chill. Soften gelatin in ¼ cup water. In saucepan combine the egg yolks, ½ cup milk, the cheese, orange juice, 2 tablespoons sugar, the liqueur, and the softened gelatin. Cook and stir over medium heat about 20 minutes or till gelatin is dissolved and mixture coats a metal spoon; *do not boil*. Remove from heat; chill till partially set, stirring occasionally. Prepare topping mix according to package directions using skim milk; fold in gelatin mixture. In large bowl, beat egg whites till stiff peaks form. Fold in gelatin-topping mixture. Turn into crumb-coated springform pan; cover and chill till firm. To serve, remove sides of pan and sprinkle the reserved crumb mixture atop cheesecake. Garnish platter with orange twists and mint, if desired. Makes 10 servings.

*If using cottage cheese, press through sieve.

STREUSEL COFFEE CAKE

- 1½ cups all-purpose flour
- ¾ cup granulated sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 beaten egg
- ½ cup milk
- ¼ cup cooking oil
- ½ cup raisins
- ½ cup chopped nuts
- ¼ cup packed brown sugar
- 1 tablespoon all-purpose flour
- 1 tablespoon butter or margarine, softened
- 1 teaspoon ground cinnamon

Stir together the 1½ cups flour, granulated sugar, baking powder, and salt. Combine egg, milk, and oil. Add to flour mixture; mix well. Stir in raisins. Turn into a greased 9x9x2-inch baking pan. Combine nuts, brown sugar, 1 tablespoon flour, butter, and cinnamon; sprinkle over batter. Bake in a 375° oven about 25 minutes. Makes 8 servings.

STIRRED CUSTARD

- 3 beaten eggs
- 3 tablespoons sugar
- Dash salt
- 2 cups *reconstituted* nonfat dry milk
- ½ teaspoon vanilla

In saucepan combine eggs, sugar, salt, and milk. Cook and stir over medium heat till mixture coats a metal spoon. Remove from heat. Cool quickly by placing pan in a bowl of ice water; stir till mixture is cooled. Stir in vanilla. Turn into dessert dishes. Cover and chill. Makes 5 servings.



VANILLA CREAM PIE

Pastry for Single-Crust Pie

- 1 cup sugar
 - ½ cup all-purpose flour or ¼ cup cornstarch
 - ¼ teaspoon salt
 - 3 cups milk
 - 4 eggs
 - 3 tablespoons butter or margarine
 - 1½ teaspoons vanilla
- Meringue for Pie

Prepare and roll out pastry. Line a 9-inch pie plate. Trim pastry to ½ inch beyond edge. Flute edge; prick pastry. Bake in 450° oven for 10 to 12 minutes or till pastry is golden. Cool thoroughly on rack.

For filling, in medium saucepan combine the sugar, flour or cornstarch, and salt. Gradually stir in milk. Cook and stir the mixture till thickened and bubbly. Reduce heat; cook and stir 2 minutes more. Remove the saucepan from heat.

Separate egg yolks from whites; set whites aside for meringue. Beat egg yolks slightly. Gradually stir 1 cup of the hot mixture into yolks. Return egg mixture to saucepan; bring to gentle boil. Cook and stir 2 minutes more. Remove from heat. Stir in butter or margarine and the vanilla. Pour hot mixture into baked pastry shell.

Make Meringue for Pie using the 4 reserved egg whites: Beat egg whites with 1 teaspoon vanilla and ½ teaspoon cream of tartar till soft peaks form. Gradually add ½ cup sugar, beating till stiff and glossy peaks form and all sugar is dissolved.

Spread the meringue over hot filling; seal to edge. Bake in 350° oven for 12 to 15 minutes or till meringue is golden. Cool. Cover; chill to store. Makes 8 servings.

YOGURT-SAUCE PEACHES

- ½ cup cream-style cottage cheese
- ⅓ cup skim milk
- 2 tablespoons sugar
- 1 teaspoon lemon juice
- 1/8 teaspoon ground cardamom
- Few drops almond extract
- ½ cup plain yogurt
- 8 fresh medium peaches or two 16-ounce cans peach slices (juice pack)

In blender container or food processor bowl combine cottage cheese, skim milk, sugar, lemon juice, cardamom, and almond extract. Cover; process till smooth. Fold in yogurt. Chill. At serving time, peel, pit, and slice fresh peaches (or drained canned peaches). Divide peach slices between 8 sherbet dishes. Drizzle sauce over peaches. Makes 8 servings.

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VANILLA PUDDING

- ½ cup sugar
- 2 tablespoons cornstarch
- 2 cups milk
- 2 beaten egg yolks or 1 beaten egg
- 2 tablespoons butter or margarine
- 1½ teaspoons vanilla

In a heavy medium saucepan combine sugar, cornstarch, and ¼ teaspoon *salt*. Stir in milk. Cook and stir over medium heat till thickened and bubbly; cook and stir 2 minutes more. Remove from heat. Gradually stir about 1 cup hot mixture into egg yolks or egg. Return all to mixture in saucepan. Cook and stir 2 minutes more. Remove from heat. Stir in butter and vanilla till butter melts. Pour into bowl. Cover surface with clear plastic wrap. Chill without stirring. To serve, spoon into individual sherbet dishes. Serves 4.

Chocolate Pudding: Prepare Vanilla Pudding as above, *except* increase sugar to ¾ cup. Chop 2 squares (2 ounces) *unsweetened chocolate*. Add to saucepan along with milk.



NOTES

Appendix D

Food Abbreviations

The following is a list of the food abbreviations that appear in the module's menus and food selection lists. To the right of each food, the full name of the food is shown in parentheses. An asterisk (*) indicates that there is a *Better Homes and Gardens*® recipe for that food in *Appendix C*.

3-BEAN SALAD (*Marinated Three Bean Salad**)
APPLE PIE (*Deep Dish Apple Pie**)
BAKE/BO POTATO (*Baked/Boiled Potato*)
BAKED HAM (*Baked Ham*)
BAR-B-Q CHICK (*Spicy Barbequed Chicken**)
BEEF BOURGUIG (*Beef Bourguignonne**)
BEEF ROAST (*Beef Pot Roast**)
BEEF STEW (*Sltn Oven Beef Stew**)
BISCUITS (*Biscuits Supreme**)
BOIL/POACH EGG (*Boiled or Poached Egg*)
BOILED BEEF (*Boiled or Sliced Beef*)
BOILED CHICKEN (*Boiled/Sliced Chicken or Turkey*)
BOILED HAM (*Boiled or Sliced Ham*)
BROIL CHICKEN (*Broiled Chicken*)
BROILED FISH (*Broiled Fish*)
BRY/RICE PUDD (*Berry-Rice Pudding**)
CABBAGE ROLLS (*Dilled Cabbage Rolls**)
CAN PINEAPPLE (*Canned Pineapple*)
CANDY (*Chocolate-Coated Candy*)
CARBONATE BEV (*Carbonated Beverages*)
CHEDDAR CHEESE (*Aged Natural Cheese*)
CHEESE/FRUIT (*Cottage Cheese-Fruit Salad**)
CHEESY LIMA (*Cheesy Lima Casserole**)
CHICKEN CAULI (*Chicken Cauliflower Casseroles**)
CHICKEN SALAD (*Creamy Chicken Salad**)
CHIFF CHEESE (*Orange Chiffon Cheesecake**)
CHILI/CARNE (*Chili Con Carne**)
CHOC BAVARIAN (*Chocolate Bavarian**)
CHOC CHIP (*Chocolate Chip Cookies**)
CHOC PUDD (*Chocolate Pudding**)
COFFEE CAKE (*Streusel Coffee Cake**)
COFFEE MERING (*Coffee Meringues**)
COLESLAW (*Creamy Coleslaw**)
DONUT (*Donut or Sweet Roll*)
FLAV YOGURT (*Flavored Yogurt*)



Weight Control & Nutrition

FRESH BLKBERRY (*Fresh Blackberries*)
FRESH STWBERRY (*Fresh Strawberries*)
FRIED CHICKEN (*Skillet Fried Chicken**)
FRIED SHRIMP (*French-Fried Shrimp**)
FRSH PINEAPPLE (*Fresh Pineapple*)
FRY/SCRAM EGG (*Fried or Scrambled Egg*)
GINGR CRINKLE (*Ginger Crinkles**)
GRAN SUGAR (*Granulated Sugar*)
GREEN SALAD (*French Green Salad**)
HAM SCALLOP (*Potato-Ham Scallop**)
HAM/BEAN SOUP (*Ham & Bean Vegetable Soup**)
ICE CREAM/SHER (*Ice Cream/Sherbet*)
LEMON CAKE (*Lemon Pudding Cake**)
LIVER + ONION (*Sauteed Liver and Onions**)
LOW DRESSING (*Low Calorie Salad Dressing*)
MAC + CHEESE (*Macaroni and Cheese**)
MIX VEGETABLES (*Mixed Vegetables*)
NOODLES/SPAG (*Noodles, Macaroni, Spaghetti*)
OATMEAL COOKY (*Oatmeal Cookies*)
ORNGE WALDORF (*Orange Waldorf Salad**)
OVEN-FRY FISH (*Oven-Fried Fish**)
PASTEUR CHEESE (*Pasteurized Cheese*)
PEA SOUP (*Split Pea Soup**)
PERFECT SALAD (*Perfection Salad**)
PINEAP/CARROT (*Pineapple-Carrot Toss**)
PIZZA (*Cheese Pizza*)
PLAIN OMELET (*Plain Egg Omelet*)
PNK GRAPEFRUIT (*Pink Grapefruit*)
PORK CHPS/RST (*Pork Chops or Roast*)
REG DRESSING (*Regular Salad Dressing*)
SAUSAGE (*Pork Sausage*)
SKIM CHEESE (*Cheese, Part Skim*)
SPAGHETTI (*Italian Spaghetti**)
STIR CUSTARD (*Stirred Custard**)
STIR-FRY BEEF (*Stir-Fried Beef & Vegetables**)
STUFF POTATO (*Stuffed Potatoes**)
STUFF PEPPER (*Stuffed Pepper Cups**)
TUNA NOODLE (*Tuna-Noodle Casserole**)
VAN CREAM PIE (*Vanilla Cream Pie**)
VANILLA PUDD (*Vanilla Pudding**)
VEAL CUTLET (*Veal Cutlet or Chicken Fried Steak*)
WH KERNEL CORN (*Whole Kernel Corn*)
WHOLE WT BREAD (*Whole Wheat Bread*)
WHT GRAPEFRUIT (*White Grapefruit*)
YOGURT PEACH (*Yogurt-Sauced Peaches**)

We're all aware of the importance of a good diet. Yet how can we find time in our busy schedules to plan well-balanced meals?

The Weight Control & Nutrition module helps take the guesswork out of planning nutritious meals. Simply enter your personal information and select the foods you want to include in the meals. The computer then creates menus based on the essential nutritional requirements of average adults (age 18 and over). As with any dietary program, you should check with your doctor to make sure the program meets your needs.

Weight Control & Nutrition module features let you:

- Determine your recommended weight range
- Choose a target weight goal
- Create weekly menus based on your weight goal and nutritional needs
- View a nutritional analysis of the menus

The module was developed in cooperation with the staff of Better Homes and Gardens® and features 62 kitchen-tested Better Homes and Gardens® recipes.

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