ice cream from a fat standpoint--but it still has quite a bit of sugar.

PASTA: Good for you. But watch out for the sauce! Pasta is not a fattening food. It contains protein, vitamins and minerals. Even white pastas are a good source of essential nutrients. You can make pasta sauces that are very low in fat and calories. A spaghetti dinner with a meat and tomato sauce has fewer calories than just the steak part of a steak dinner and offers two and a half times the amount of food. For the pasta gourmet: try a foray into buckwheat pasta, a Japanese specialty.

FISH: All varieties of fish have an ingredient that protects against heart disease by helping to lower blood cholesterol levels and prevent blood clots. Sardines are among the easiest fish to buy and if eaten with the bones are very high in calcium (as good as milk). DO NOT ADD SATURATED ANIMAL FAT IN PREPARATION. In restaurants, order fish broiled without butter. Poached fish is a good no-fat choice--order the fatty, high-calorie sauce on the side.

BREAD AND WHOLE GRAINS: The staff of life. I think the reason that millions of Americans limp around all day is because they don't eat enough bread. Bread should be a part of every meal, and it's a good snack food. Of course, I prefer whole-grain bread (it has 18 more nutrients than white bread). BEWARE: Bread that isn't white in color is not necessarily whole wheat. If the first ingredient on the label is enriched white flour, it is not a whole-grain bread. The first ingredient should be a whole grain such as oats or (usually) whole wheat. FOR DIETERS: The latest studies have shown that about 30% of the calories in bread are not absorbed by the body. If yoiu eat a slice of bread with 100 calories, you absorb only 70 calories. You get something for nothing.

LENTILS AND FAMILY (Dried peas and beans): Very nutritious and versatile. An excellent source of vegetable protein, the lentil family has a cholesterol-protective substance. Lentils are high in fiber (which is why dried beans leave a gassy legacy--a testimony to the fact that you are eating a healthful diet). Try them in soups, salads and casseroles. For the lentil novice, lentil soup is the best place to start.

FRESH FRUIT: A natural dessert. By calling fresh fruit natural, I don't mean to say that refined sugar is not natural--it is. What I mean is that the sugar in fresh fruit comes in a package loaded with things that are really good for you: fiber, vitamins and minerals. Hint: A fruit is better than a juice because it is more slowly absorbed by the body and more substantive.

AND A BONUS—POPCORN: Great for snackers and ex-smokers who want to put something healthful into their mouths. Unbuttered, unsalted popcorn contains fiber and a lot of hot air (which is why it has only 23 calories per cup). You can eat an immense amount of popcorn before you reach the calorie equivalent of a single cookie. For variety: try popcorn with herbs, Parmesan cheese, or freshly ground black pepper.

***The 10 Worst Foods:***

SODA POP: The epitome of nutritional bankruptcy. This includes all the soft drinks, carbonated or not, sugar sweetened or artificially sweetened. If you're desperate for something sweet, you're better off having fruit juice.

FRENCH FRIES: A travesty on the name potato. A wonderful nutritious food acquires 200 calories of fat when fried (and in a fast-food restaurant you're probably getting dangerous beef fat). Added salt--ugh!

POTATO CHIPS: You might as well eat butter. They contain a large amount of added fat, as well as lots of salt.

BACON: It's not really meat. As many as 95% of the calories in bacon come from fat. It's high in salt and full of nitrates and nitrites, which may cause cancer. (Micro-waved bacon, which seems drier, is just as high in fat).

FETTUCINE ALFREDO AND PASTA SALADS: Drowning in a sea of fat. People order pasta thinking that it's healthful, then destroy its benefit by ordering it in fatty sauces. And pasta salad requires a great deal of dressing.



# *PERSONALLY* FROM THE EDITOR

Greetings Christian Israelites:

To the Christian Israelites living throughout the United States of America, the Dominion of Canada, the British Isles, Scandinavia, North, West and Eastern Europe, S. Africa, Australia, New Zealand and elsewhere in this earth, we send heartfelt greetings. May the Covenant God of Abraham, Isaac, and Jacob-Israel bless each of you through the power and grace of Jesus Christ and His Redeeming Blood. This issue of ***The Watchman*** is dedicated to the remnant of Jesus Christ among the Israelites who continue to keep the commandments of Yahweh and desire to keep the testimony of Jesus Christ. (Revelation 12:17). May the grace of our Eternal God rest in a mighty way upon the remnant which our God is calling forth and upon which the trust and revelation of Jesus Christ has come.

TABERNACLES 1986

The CHURCH OF ISRAEL at Schell City wishes to express heartfelt thanksgiving to all the Israelites from throughout America who joined together to celebrate and make possible the Feast of Tabernacles 1986. From the far corners of America, almost 500 Israelites gathered together for this Divine Appointment unto Yahweh. This family of Covenant people gathered for eight days beginning October 3, 1986. From California in the West, to Maine in the East, from North to South and East to West, with almost every area of America represented,

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FAST-FOOD SUPERBURGERS: Six hundred calories--and half of those calories are fat. Interestingly, the plain burgers are not particularly high in fat. But when you throw in the dressing, the cheese and the extra beef it adds up.

GRANOLA BARS: Whoever said they are healthful? Granola is a high-fat, high-sugar cereal. I use it only as a garnish, sprinkling a little bit of it on an unsweetened cereal. Granola bars are simply high-calorie cookies. The latest version--the granola candy bars--are no better for you than a Milky Way or Snickers, and they cost more. Bottomline: There is no advantage to eating a granola bar.

S'MORES CEREAL: Probably the worst cereal ever produced. If you went to camp, you know that s'mores are a campfire confection of graham crackers, toasted marshmallows and chocolate bars. And that's exactly what is in S'mores cereal. More than half the calories come from sugar. You're really eating candy with milk on it.

DOUGHNUTS: Worse than no breakfast at all. Not only do doughnuts have the sugar and white flour that we should be cutting back on, but they're fried. They give me heartburn. Doughnuts put your blood sugar out of whack, and they don't stay with you. By the end of the morning, you'll be in bad shape.

CHEESE: Not at all a wonder food. Cheese has some redeeming features, and I do use it in my recipes, but in small amounts. Many people who have stopped eating meat (because of their concern with fat and cholesterol) are substituting a huge amount of cheese. They would be better off with the red meat. REASON: Cheese has the same amount of fat and cholesterol as red meat--and far more salt. WORST CHEESES: Havarti, Brie and Cream Cheese. Cheese spreads have as much fat as hard cheese. THE BEST CHEESES: Cottage cheese, part-skim Mozarella, skim milk Ricotta and Feta cheese. Grated Parmesan goes a long way, and the best hard cheese is Swiss.