

75 Low-fat Recipes Plus Our 1993 Index

Cooking Light

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Guilt-Free Holidays

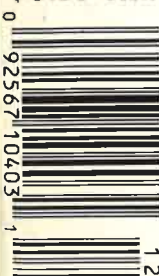
*Low-fat Turkey,
Dressing & Gravy*

*Poundless
Pound Cake*

*Food Gifts
By Phone*



\$2.95 USA
\$3.50 CAN



Give Yourself a Break
see page 32

TAP INTO CLEAN WATER

Although the Environmental Protection Agency says the vast majority of America's water supply is controlled, safe to sip, and pollution-free, an average of 7,400 cases of drinking-water-related illnesses are reported each year. More than 70,000 water contaminants have been identified at this point, including pesticides, microorganisms, metals, and other chemical pollutants.

If there are concerns about the safety of your water supply, the surest way to find out what's in it is to have it tested. Costs range from \$20 to \$200, depending on how many tests are performed. Be sure to consult a reputable, state-certified, independent laboratory, which can be found in the Yellow Pages under "Laboratories—Testing." Don't be fooled into letting a company that sells home water-treatment devices test your water. It's often part of their sales pitch.

Mail-order labs are also available for water testing. *Consumer Reports* recommends three: National Testing Laboratories, Cleveland, Ohio (800/458-3330); Suburban Water Testing Laboratories, Temple, Pennsylvania (800/433-6595); and Clean Water Fund, Asheville, North Carolina (704/251-0518). The labs send you a kit containing collection bottles and detailed instructions. The results of the tests arrive in two to three weeks. Depending on the number of contaminants tested, the cost of analyzing your drinking water through a mail-order laboratory will vary, but the test kits are available from as low as \$12.

For do-it-yourselfers, *Consumer Reports* recommends the Nordic Ware Water Test Kit, which lets you run a few basic water-quality tests for about \$8. These kits are simple to use and available at hardware stores.

To tap into more information about the safety of your water, call your water company and get the latest laboratory test results. If you use a well, check with your public health department or your local Extension Service.

The EPA Safe Drinking Water Hotline is available to answer consumer questions about water safety. Call 800/426-4791, Monday-Friday, 9:00 a.m. to 5:30 p.m., eastern time. —UAB



WHY TRY SOY?

For starters, it may help cool off hot flashes. Japanese women report fewer hot flashes and other symptoms of menopause than American women, and some researchers think the large amount of soybean products in the Japanese diet may be partly responsible for the difference. Japanese women eat about 2 ounces of soybean products a day; Americans eat less than half that amount.

Soybeans contain large amounts of isoflavonoids, which are a weak form of estrogen. The researchers speculate that isoflavonoids may help relieve some of the more common symptoms of menopause.

Another possible health link to soybeans is the discovery that genistein, one of the isoflavonoids, slows the growth of breast and prostate cancer cells in a test tube. This may help to explain why, compared with Americans, Oriental women have lower rates of breast cancer and Oriental men have less risk of developing prostate cancer.

A variety of soy products can be found in many supermarkets and specialty stores. Breads and pastries can be made with soy flour without changing the taste, and soy milk can be used when recipes call for milk. Soybeans can be cooked like any other dried bean and used in soups, casseroles, and stews. —UAB



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