



## State Fair of Texas AKA FRIED FOOD CAPITAL OF TEXAS



Since the invention of the Fletcher's Corny Dog, fairgoers have often ranked food as one of the top reasons for attending the annual State Fair of Texas. This year is no different. Fried foods are high on the menu, with Texas Fried Frito Pie claiming the Best Taste Award. Other fried foods being offered include:

**Texas Fried FRITOS® Pie** – A generous portion of savory Texas born chili accented with a hint of sharp cheddar encased in everybody's favorite corn chip. Lightly battered and fried to a golden brown perfection. With its smooth medley of hot, meaty, crunchy, salty, cheesy, oozing goodness; "Texas Fried FRITOS® Pie" transports you back to the golden age of Fair Food.

**Fried Beer™** - Beer-filled pretzel pocket is deep-fried to a golden brown. One bite and the escaping beer serves as a dipping sauce. 21 and over, ID required. .

**Deep Fried S'mores Pop• Tart®** – Pop•Tart® with a sensational chocolate, peanut butter, s'mores flavor is lightly battered & deep fried. Hot out of the fryer the sinfully diet-busting treat is drizzled with chocolate syrup and topped with whipped cream. .

**Deep Fried Frozen Margarita** - Sweet & creamy funnel cake batter is deliciously coupled with margarita ingredients. Fried, dusted with a tangy lemon/lime mixture and lightly spritzed with south of the border flavor, it's served in a salt rimmed glass. 21 and over, ID required.

**Fernie's Fried Club Salad** – Super colossal 12" spinach wrap surrounds generous layers of juicy diced ham & chicken, shredded iceberg, crunchy carrot strips, ripe cherry tomatoes, shredded sharp cheddar and hickory smoked bacon. . Deep fried until lightly crispy; topped with deep-fried sour dough croutons on a stick & served on a bed of shredded romaine lettuce. Choice of creamy Ranch, Thousand Island or Caesar dressing.

**Fried Chocolate** – A white chocolate mini candy bar + a cherry are stuffed into a mouth-watering brownie, dipped into delicious chocolate cake batter & deep fried to perfection. The finished product has a warm just-out-of-the-oven taste! Topped with powdered sugar and a rich cherry sauce and served with chocolate flavored whip cream. .

**Fried Lemonade** – Lemon flavored pastry is made from Country Time® lemonade. First baked, then fried, this taste tempting treat is glazed with a mix of lemonade, powdered sugar, and lemon zest. .

**Fried Texas Caviar** – Texas version of a southern good luck staple. Black-eyed peas are fried and laced with special spices blended with Old Bay® Seasoning and are available in regular or spicy.



*While these food items sound oh so tasty and tempting, remember that fried foods often cause damage to*

*your heart and arteries:*

## The Dangers of Fried Foods

**What happens in frying?** Temperatures up to 600-700° F. may be obtained. If fried foods become burned or scorched, temperatures up to 1000 or 1100° F. may have been reached. At these temperatures "cis" fatty acids are converted to "trans" fatty acids. . . in other words, the unsaturated fats behave as if they were saturated.

Thus, fried foods are more likely than un-fried foods to increase the likelihood of hardening of the arteries. When fat is reheated to frying temperatures the second time, the fat is more likely to develop the cancer producing agent acrolein.'

The dangers to health of frying and deep-frying result from rapid oxidation and other chemical changes that take place when oils are subjected to high temperature in the presence of light and oxygen. First, antioxidants in the

oil (vitamin E and carotene) are used up.

Then, frying and deep-frying produce free radicals that start chain reactions in oil molecules. Under these conditions, many chemical changes take place in oils. Frying and deep-frying produce some trans - fatty acids. These are **the least harmful** of the altered molecules produced by these processes. Other oxidation products are far more toxic than trans- fatty acids. Scores of unnatural breakdown, dimer, and polymer products with unknown effects on health are produced by frying and deep-frying.

Frying with oils once will not kill us, and so [this practice] seems harmless. Our body copes with toxic substances. But over 10, 20, or 30 years, our cells accumulate altered and toxic products for which they have not evolved efficient detoxifying mechanisms. The altered and toxic substances interfere with our body's life chemistry, our 'bio-chemistry'. Cells then degenerate, and these degenerative processes manifest as degenerative diseases.

## Safe Frying

Frying is not recommended, because safe frying is a contradiction



in terms. Frying temperatures are too high. When foods turn brown, they have been burned. The nutrients in the browned material have been destroyed. Proteins turn into carcinogenic acrolein. Starches and sugars are browned (caramelized) through molecular destruction. Fats and oils are turned to smoke by destruction of fatty acids and glycerol.

Oils least damaged by high temperatures and oxygen include (in order of preference): include butter; topical fats, high oleic sunflower (not regular sunflower oil), peanut oil, sesame oil, canola oil and olive oil.

Andrea George  
Faith Fitness Director  
972-693-6758  
faith\_fitness@yahoo.com

Friendship West Baptist Church  
Dr. Frederick D. Haynes, III  
2020 W. Wheatland Rd.  
Dallas, Texas 75232  
972-228-5200



# Announcements



## ATTENTION ALL MEN AND WOMEN!! ADULT SPORTS LEAGUES

Please stop by the Sports and Recreation table in the narthex immediately after each service on Sunday for information about upcoming **adult basketball, volleyball, bowling, kickball and flag football** leagues. Registration deadlines are approaching fast so sign up today! Whether you're a "free agent" or you already have your team together, we've got a spot for you!!

- **Men's basketball:** Team fee: \$250.00 \* Games on Sun or Mon \* league starts August 22 at Lake West YMCA teams of 10
- **Women's basketball:** Team fee: \$350.00 \* Games on Mon \* league starts October 18 at Grand Prairie Recreation Center \* teams of 10
- **Coed Flag Football:** Team fee: \$350.00 \* Games on Sat \* league starts September 18 at YMCA Hampton
- **Women's Volleyball:** Team fee: \$165.00 \* Games on Tues \* league starts September 7 at Grand Prairie Recreation Center \* teams of 10
- **Coed Volleyball:** Team fee: \$165.00 \* Games on Thurs \* league starts on September 16 at Grand Prairie Recreation Center \* teams of 10
- **Coed Bowling:** Weekly dues of \$10.00 + \$2.50 shoe rental fee \* Game days TBD \* league starts the week of September 17 at Redbird Lanes in Duncanville \* coed teams of 3

If you have any questions or would like more information, please stop by the table on Sunday, email [sports@friendshipwest.org](mailto:sports@friendshipwest.org) or by phone at (972) 228-7235.

### ***September 2010 Faith Fitness Class Schedule*** ***"Bring a friend or Family member and come ready for a workout!"***

#### **Tuesday September 7, 14, 21, and 28, 2010**

6:45pm-7:45pm - Low Impact Workout  
7:45pm-8:30pm The Fit Kids Workout  
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

#### **Thursday September 9, 16, 23, and 30, 2010**

6:45pm-7:45pm - Step Aerobics "Steppin For Christ"  
7:45pm-8:30pm The Fit Kids Workout  
7:45pm- 8:45pm- Dance For Christ with Wendell Ross

#### **Saturday September 11, 18, and 25, 2010**

9:00am-10:00am- Walk For Christ Group Walk  
Outside/Upstairs When Raining Meet In Narthex

