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BREAD?") that would breathe life back into the industry. Otherwise we might be seeing a lot more whole grain breads being offered in place of all-American white.

And what about pasta? Low-carb noodles, made either with unprocessed wheat or who knows what else, have entered the marketplace, although the texture and taste may still need some work. Italian restaurants around town have yet to create a specific Atkins-friendly menu, although they seem very willing to point out items that can be served without pasta, such as a steak or a grilled chicken salad.

So much talk about doing the low-carb thing the wrong way leads me to ask, is there a right way? It could work with a diet "rich in whole foods, minimally processed, low in fat, high in complex carbohydrates (which are broken down slowly in your body to sugars), and that contains a wide

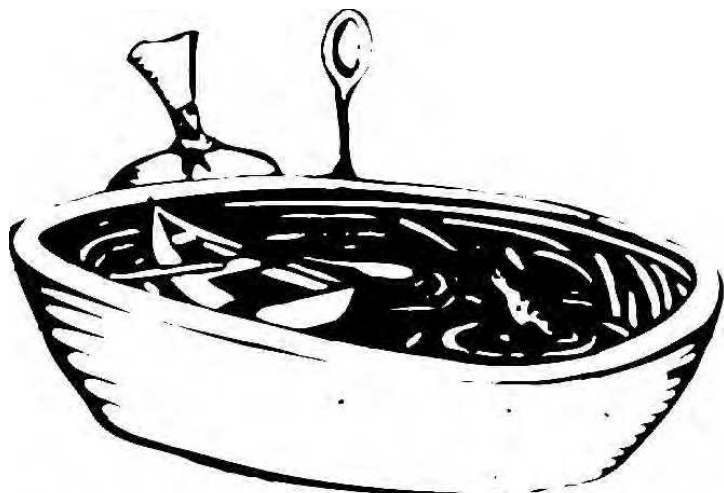
variety of foods — like lots of fruits and vegetables," says Dr. Skellercf. These are healthy sources of fuel for the body.

She also recommends that people follow two other rules in order to maintain a healthy lifestyle: Pay attention to portion sizes, and maintain an active lifestyle that includes exercise. Without acknowledging portion size and daily activity, it is nearly impossible to lose weight or to keep it off once the dieting is done.

My verdict on low-carb diets is mixed: It seems to be an effective quick fix for people who need to lose a lot of weight, and choosing low-fat proteins and eating a balanced diet that includes fruit and veggies is ideal. But the reality of the low-carb craze seems to be a diet based more around pork rinds and Michelob Ultra. Does that really sound like a healthy lifestyle change to you? **EW**

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