

Dieting doesn't have to be expensive

by Monine Strode-Stebbins

"You don't have to buy special expensive foods to lose weight." I was sitting in a meeting when this phrase caught my thoughts. What do you do if you have a weight problem? It would be simple, somehow, if you could find the miracle cure or buy the magic potion.

I had been steadily gaining weight, about two to three pounds a year over the last 10 years. It was mostly nutritious foods, too. I wasn't a junk food junkie or someone who had a lot of bad food habits—I was less and less active, though.

One day I decided that I didn't like the way I looked. It was no longer a case of two or three pounds more that I tried to ignore. It was 20 or 30 pounds and I had chubby cheeks and tight fitting clothing.

Fortunately, a dietician who was a friend of mine was forming a weight control group. I had the group's support and the weekly knowledge that I was going to stand on those scales and couldn't brush off the number that appeared because it would be written down in black and white. I lost the 25 pounds I had as a goal and now, a year and a half later, I haven't gained it back.

I've heard people use lots of reasons for not going on a diet. Many of them relate to the cost of food.

"I can't afford to buy special foods for a diet." A reaction to the concept that steak and salad is the ideal low calorie meal.

"Low-cost foods like beans, bread and potatoes are all fattening," as we have with them.

Does it have to cost a lot of money to go on a successful weight control program? Do we really have to spend more at the grocery store or the drug store to lose weight? No. The price of food items has no relationship to the number of calories they contain. It always amazes me that people believe that cutting down on calories means spending more money.

Certain foods do have more calories than other foods, but a calorie is a calorie. The calories in apple pie aren't any more fattening than the calories in an apple—there are just more of them. You need to eat smaller servings or fewer portions of high calorie foods.

You also need to keep an eye on the benefits—such as vitamins, minerals and protein—that foods provide. If there are calories but no other value—then they aren't the best choice on a diet.

You've heard of the four food groups you should eat? Well, there's now another group—it's called the Fats, Sweets and Alcohol Group. This includes things like butter, margarine, cooking oil, salad dressings; candy, jams, soft drinks and other high sugar beverages; and alcoholic beverages.

These products, with the exceptions of butter and margarine, provide few nutrients, but lots of calories. Some vegetable oils provide Vitamin E and butter and margarine provide some Vitamin A.

Fats and oils have more than twice as many calories as protein, starches or sugars. For instance, a teaspoon of butter or margarine has twice the calories of a teaspoon of jam. Anytime you can cut down on high-fat foods, you can save lots of calories.

If you normally buy beer, wine or other alcoholic beverages or even soft drinks, then switching to water, coffee, tea or fruit juices won't be a big expense. In fact, you will save money.

Beans, bread and potatoes can all be eaten on a diet. What you need to cut down on is the fats we associate with these foods. Beans don't need a

lot of fat or butter. A cut has 225 calories, not any more than a 3-ounce ground beef patty.

As I began my diet I learned several ways of saving calories without starving. I can spread 1/2-teaspoon margarine over two halves of an English muffin or make a teaspoonful with a little hot water to make it fluffy and moist flavor a baked potato.

A really successful diet helps you moderate the amounts of foods you already eat and cut down on the number of high calorie but low-nutrient foods.

The turning point for me was when I changed my attitude. Instead of feeling sorry for myself for passing up seconds and that chocolate cake, I had a tiny piece of chocolate

cake and felt good about taking care of my body.

One of the things I learned to appreciate was the sweet taste and low calories of fresh pineapple. It made a satisfying salad or dessert with nothing added. Here's an easy way to prepare it.

Cutting Fresh Pineapple

With a large knife, cut from top to bottom. If you don't want the leaves, they can be twisted off. If you want them for decoration, lay the pineapple on its side and cut through leaves, too. Cut in quarters.

With a curved grapefruit knife, cut away the center core section (about 1/2-inch). Then cut near the rind edge, using a sawing motion.

Don't cut so close that you have eyes left on the pineapple. This can be cut and left on the rind for a fancy display or removed and combined with other fruits.

Then, using a soup spoon or small serving spoon, scrape the rind areas to get the rest of the pineapple, which is crushed pineapple. Nothing's wasted.

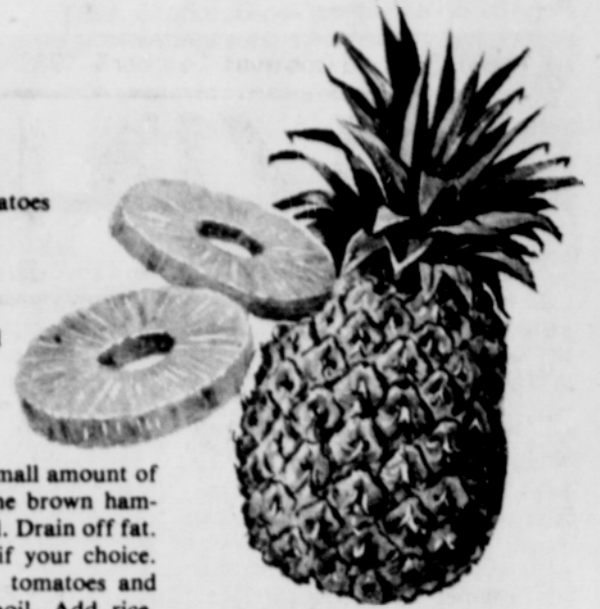
Another low-calorie treat is:

Easy Homemade vegetable Soup

- 1 lb. hamburger or 2 cups leftover meat or poultry
- 1 large diced onion
- 4 sliced carrots
- 4 stalks celery
- 4 diced potatoes

- 1/2 small cabbage
- 3 1/2 cups canned tomatoes
- 1/4 cup rice
- Bay leaf
- 1/2 teaspoon thyme
- 1/2 teaspoon basil
- 1/4 teaspoon dill weed
- 4 teaspoons salt
- 1/2 teaspoon pepper
- 1 quart water

Cook onion in a small amount of fat. At the same time brown hamburger, if that is used. Drain off fat. Add leftover meat, if your choice. Add carrots, celery, tomatoes and water. Bring to a boil. Add rice. Simmer 30 minutes. Add potatoes and herbs. Cook 30 minutes. Add cabbage about 5 minutes before through cooking.



Fresh pineapple is an easy sweet treat without added calories.

STOCK-UP AT SAFEWAY'S...

WESTERN DAYS

Pork Loins Whole Or Cut

Wrapped In One Package.
Pork For Chops Or Roasting

\$1.38
Lb. **1**
Sirloin Halves Lb. **1.19**
Blade Halves Lb. **1.28**

Fresh Pork Spareribs

Medium Size Ribs From Finest Pork

\$1.78
Lb. **1**

Assorted Pork Chops

Lean & Meaty, Well-Trimmed Pork

\$1.48
Lb. **1**

Boneless Stew Beef

\$1.78
Lb. **1**
Lean Cubes Of Quality Beef

Parkay Soft Margarine 1 lb. **78¢**

As seen on TV **PARKAY** **SUPER SAVER**

Margarine
Parkay, 1-Pound

2.99¢

Dennison's Chili & Beans

Saltine Crackers Buy Baker **\$1.29**

Chili & Beans
Dennison's, Regular Or Hot, 15-Ounce

68¢

Town House Noodles

59¢

Saltésea Clams
Minc'd Or Chopped, 6.5-Oz. Can

68¢

Cat Tray Absorbent Safety, 25-Lb.

\$1.99

Cat Food
Puss 'N Boots Moist Meals

12-oz Assorted Varieties

69¢



Extra Fancy Delicious Apples

Sweet, Crisp Red Or Golden Apples For Salads, Snacks, Baking.
Fresh Picked Oregon Grown.

26¢
Lb. **26**

Casaba Melons
Sweet, Ripe Whole Melons

10¢
Lb. **10**
Fresh Cut...15' Lb.

Tender Broccoli
Fresh, Delicious

39¢
Lb. **39**

The Johnson Wax Fall Cleaning Express

Pledge Wax

For A Beautiful Wood Shine!

\$1.99
14-Ounce Can

School Menu

Monday, October 10: Mexican Taco, Shredded Lettuce and Tomato, Whole Kernel Corn, Orange Half, Milk.

Tuesday, October 11: Turkey and gravy, whipped potatoes, tossed salad w/French dressing, whole wheat roll, fresh peach, milk.

Wednesday, October 12: Sausage pizza, celery chunks with peanut butter dip, pear halves, nibbles, milk.

Thursday, October 13: Power-source burger, lettuce, tomato & pickle, printout potatoes, vegetable chips, apple bytes, basic milk.

Friday, October 14: Teacher Planning Day: NO SCHOOL.

SAFEGWAY

Prices Effective Oct. 5 Thru Oct. 11 At All Safeway Stores In The Immediate Area Of Originating Publication. Sales Limited To Retail Quantities Only.