Tactics and strategies given for weight loss

WILL HELP

Eat slowly

pantry of high-calorie foods and snacks; stock only what you intend to eat on your new diet. * Eat less fat and more com-

plex carbohydrates (grains, fruits and vegetables) Limit your intake of butter,

ice cream, cheese, salad dressings and oils.

Avoid packaged snacks, cookies and high-fat baked

or sour cream.

WON'T HELP Eating out not always disasterous for dieters

If fast food is your speed...make the most of healthier menu choices.

Here are some tricks to help you choose fast foods that will leave you, and your arteries,

*Breakfast sandwiches with egg, sausage and croissants are among the most greasy fast food choices. Order juice, pancakes plain toast or muffins are lower

Keratonomy

It sounds too good to be true: A simple surgical procedure that can correct nearsightedness. Good-

bye glasses, good-bye contacts. Not everyone is pleased with the results of their operation. however. A new report on radial keratotomy shows that between a third of those undergoing the procedure develop vision probiems eventually. Most of the problems are considered minor. though annoying. Fluctuating vision, glare, and inability to focus on close objects have been cited. Uncorrectable vision loss also has been reported, though

* Use honstick cooking uten-

Bake, broil or poach meats * Clear your refrigerator and and steam vegetables (instead of frying or sauteing in fat)

Switch to skim milk and lowfat dairy products

Exercise regularly

Take up enjoyable activities that don't involved food (gardening, adult education, sports)

' Get counseling or join a support group on a long-term

*Fill up at salad bars but skip

"A baked potato is great, but

*Order small portions, such

the bacon bits, extra cheese

don't drown it in butter, cheese

as a single hamburger or small

pizza. You don't really need the

*Skip the fries and onion rings.

*Order sandwiches without

*Remove greasy breading and

*Pizza is a good choice if you

Fast food dining is okay as

top it with vegetables, not meat,

long as you don't rely on it

frequently—say, more than 3-4 times a month. And when you

do eat fast food, try to compen-

sate for the extra fat and calo-

ries with lighter and more nutri-

tious choices at your other daily

and hold the extra cheese.

cheese, mayonnaise, or spreads.

'extra" or "super" do you?

and creamy or sour cream.

Body wraps Be kind to your teeth

Chewing ice-Like to chew on ice? Then don't be surprised if you fracture a tooth. You're particularly at risk if the tooth has a filling; that's because the exyour dentist for regular cleaning

* Any pills or products that

Appetite-suppressing drugs

Any diet plan that promises

Grapefruit diets or pills

Starvation diets-you can't

Fasting-this can be dan-

gerous if prolonged for more

than three days; and a shorter

fast won't contribute to long-

claim to "melt fat away"

to "burn fat"

(speed diet pills)

term weight loss

Fiber supplements

stick to them, no one can

Biting non-food objects-pencils, paper clips, straight pins, fingernalls... Continued biting and chewing on non-food objects can crack a tooth or its enamel, the outer layer of the

Thumb-sucking-Once a child's permanent teeth begin coming in (about age six) thumbsucking can push the front teeth forward. The child may develop an overbite that eventually requires orthodontic treatment.

Drinking coffee or tea-People who drink coffee and tea daily risk staining their teeth. Try to reduce your consumption of these beverages and be sure to see your dentist for regular

Sucking on lemons-Foods and drinks with high acidity can dissolve tooth enamel, leaving the teeth weak and sensitive. Avoid chewable vitamin C tablets, sucking on limes and lemons and limit your consumption of citrus juices, cola drinks and

Muscle stimulators

total daily calories

allowance

* Artificial sweeteners and

sugar substitutes-there's no

evidence that these promote

weight loss unless you cut your

toes and pastas-reasonable amounts of starches should be

part of any well-balanced diet

you crave sweets, include a small

amount in your caloric diet

* Sugaring off all breads, pota-

Sugaring off all sweets-if

Smoking or chewing tobacco-In any form, tobacco is the worst staining offender. The tar is sticky and adheres to the teeth, dissolving them and attracting other staining substances. Tobacco also increases the risk of developing oral cancer and gum disease.

Dizziness explained

As people age, they become more vulnerable to dizziness when they change position suddenly. Some are alarmed by the sensation of lightheadedness and regard the dizziness as a sign of serious trouble.

Sitting a moment before standing, standing a minute before walking and walking in place a second or so while pulling the stomach muscles several times will help the blood return from

foods for cigarettes without in-

creasing your physical activity,

you will probably gain weight.

reduced calorie diet and/or ex-

ercise program before you quit

smoking. Increase your activites,

try a new sport, take walks or

bide rides before or after meals.

Studies show that regular aero-

bic workouts help to step up the

exsmoker's metabolic adjust-

And remember...smoking is a

very unhealthy means of weight

control. Cigarettes hurt you a

lot more than a few extra pounds.

don't change.

Are you using cigarettes to control your weight?

A bigger fear is that of gaining

weight. Evidence suggests that

women especially may continue

Metabloism seems to increase

with smoking; it slows down

when smoking is ceased. There-

fore, about one-quarter to one

third of people who quit smok-

ing tend to put on a few pounds

usually no more than 5-10, says

the American Lung Association.

Some People, though, actually

Whether you gain, lose or

remain same weight depends

on how many calories you con-

sume compared to how many

lose weight.

you burn.

to smoke to control weight.

ration and depression.

Cigarettes hold a tight grip on cal problems-anger, frusttoday's smokers; they're addicted to nicotine, or they smoke to deal with psychologi-

Many ways to keep the "human machine" running

Good heatlh is our most precious possession! Our bodies are like machines which need fuel and regular attention. Good health habits followed throughout life are one way to see that our miraculous "human

machines" get proper daily care. Here are some good health guidelines—a checklist for both children and adults.

Balance the daily diet to include a variety of foods at each meal. Eat at regular intervals—don't

skip breakfast or lunch. Drink six to eight glasses of water daily or the equivalent in tion of alcohol. beverages and soups.

Maintain weight for age, sex, height and body build.

Check weight before dressing and breakfast at least once per week, particularly if weight control is a problem.

Exercise regularly. Allow time for relaxation and

entertainment. Sleep six to eight hours each

night.

Brush the teeth after meals and floss once daily.

Schedule annual medical and dental checkups.

Avoid smoking and consump-

If you substitute high calorie Breakfast can be many things. Some possibilities for those non-

traditional breakfast eaters include:

Leftover Spaghetti **Bowl of Soup** Cold Pizza or Chicken **Peanut Butter Sandwich Dried Fish**

Leftover Macaroni and Cheese

Serve these up with a glass of milk and a piece of fruit. Food is nutritious, no matter what time of the day it is eaten.

Recipes are calorie-thin and easy to prepare

Russian Hamburgers

- 1 lb. lean ground beef or turkey 2 eggs, lightly beaten
- 1 tablespoon chopped parsley 1 teaspoon dill weed
- 1/2 teaspoon salt ¼ teaspoon pepper
- 3 drops tabasco
- 1 tablespoon salad oil
- 2 medium potatoes, shredded 2 small onion, thinly sliced
- 6 onion or hamburger buns, split and toasted

In a large bowl, combine meat, eggs, parsley, dill, salt, pepper and tabasco. In a small skillet, in oil, saute potatoes and onion a few minutes until almost tender. Add to meat mixture, mixing well. Form into six patties. Refrigerate until ready to cook. To serve, broil or barbecue patties to desired doneness. Makes six

Add calcium to your ground beef recipes

Try this one and you'll be pleasantly surprised. Ground meat can be calcium-enriched by adding 1/3 cup of dry nonfat dry milk to every pound of meat. Mix the dry milk and your seasonings thoroughly throuhout the meat. This will make the meat more moist without your having to add any fat.



- 1/4 cup frozen chopped onion 1-2 tablespoons butter or marga-
- 1 teaspoon mustard

es; set aside. Microcook onion and butter in two-quart microwavesafe dish at high (100 percent) two to three minutes or until onion is tender. Stir in frozen vegetables, mustard and tarragon; mix well. Place fish on vegetables; cover with waxed paper. Microcook at high seven to ten minutes or until fish flakes when tested with fork at thickest part. Sprinkle with parsley. Makes two to three servings. Recipe developed for 600 to 700 watt microwave ovens

canned salmon

Salmon Dip 1 7-ounce can salmon 2 tablespoons lemon juice 3 tablespoons scallions minced

or onion 1 small clove garlic minced 1/2 teaspoon ground ginger

1/4 teaspoon thyme

visible bones and skin. Combine all ingredients in a bowl until well-mixed. Chill for 1-2 hours. Serve with raw vegetables. Makes 11/2 cups. A healthy, tasty, easy to-prepare dish to take to potlucks or to serve at

Fish-Vegetable Bake

12 ounces cod, pollock or salmon

Cut fish into serving-size piec-

A great way to use

1/4 cup reduced calories mayonnaise or salad dressing

4 cup plain lowfat yogurt Drain salmon. Remove any

1 package (10 oz.) or about two cups favorite frozen vegetable

¼ teaspoon tarragon, crushed 1 tablespoon chopped parsley

> 1 Cup skim milk added)

1/2 Wholewheat English muffin 2 Tablespoons natural peanut butter (no sugar, fat, or salt 1/2 Small banana

Approximately 185 calories

Cup bran cereal

¾ Cup strawberries

Lunch Approximately 255 calories

11/2 Cup split pea soup 6 Unsalted crackers 1 Apple Water

Dinner

Approximately 475 calories 3 Ounces boiled chicken breast, chopped

Mixed with: 1/2 Minced apple with skin Tablespoon lite mayonnaise

Bran muffin 6 Ounces orange juice

Low-calorie frozen dinner Tossed greens with tomato

Tablespoon oil and vinegar

Large peach 1/2 Cup skim milk

Watch your diet with these!

1 Ounce cheese

Fast Food Baked Potatoes

1 Tablespoon chives 1 Orange (from home) Water

The following recipes will keep

you cool and are good for you,

2 cups fresh raspberries

1/2 cup fresh blueberries

1/2 peach, pitted, peeled

1/2 tbsp. concentrated orange juice

1 tbsp. concentrated apple juice

Blend all ingredients in blender

or food processor until smooth.

Pour into ice trays and freeze

until slush point, about one hour.

Spoon into dessert cups and

freeze 1/2 hour longer. (Serves

1 can peach slices, packed in

2 cups fresh or frozen strawber-

Strawberried Peaches

Juice of 1/2 orange

Berry Ice

Ingredients:

1/2 tsp. vanilla

Instructions:

Ingredients:

1 tsp. lemon juice

1/4 cup apple juice

ries

But if you increase your physi-1. Gums that bleed when you 8. Bad breath or a bad taste in cal activity, you may lose weight, your mouth. brush your teeth. exspecially if your eating habits 2. Red, swollen or tender A good plan is to begin a

3. Gums that have pulled away

author of Diet's Don't work.

weight people don't:

they're hungry.

want to eat. 3. They stay conscious of what

having on their bodies. 4. They stop eating when the

That's easier said than done. of course. But it is the natural approach to eating, says

thin people tend to practice when it comes to food. Some examples:

Chew slowly-you'll feel full sooner, and eat less.

Savor each mouthful. Always sit down to eat. People tend to eat more standing up or on the run.

Order sauces and dressings "on the side" and use only very small amounts.

you off

4 tbsp. plain, low-fat yogurt Fresh mint sprigs Instructions:

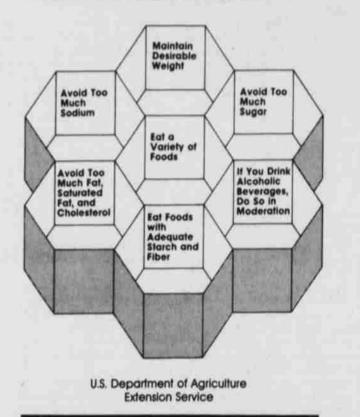
Arrange peach slices on dessert plates. Blend strawberries and juice in blender or food processor until pureed. Spoon strawberries sauce over peaches. Place a dollop of yogurt on each serving and garnish with mint sprigs. (Serves 4).

Frozen Bananas

Ingredients: 6 ripe bananas, cut in half crosswise

1 cup finely chopped peanuts 1/4 cup wheat germ 1 tbsp. brown sugar 12 popsicle sticks

Instructions: Mix peanuts, wheat germ and sugar in large mixing bowl. Insert popsicle sticks into banana halves. Roll bananas in nut mixture until thoroughly coated. Place on cookie tray and freeze at least one hour (Serves 12).



Nutrition and Your Health

for Americans

Dietary Guidelines

Beware of gum disease

from your teeth.

Three out of four adults can expect to have periodontal disease (gum disease) during their lifetime, according to the Amer-

ican Dental Association. Unfortunately, the progression of disease may occur with only subtle warning

of this gum disease:

4. Pus that appears between your teeth and gums when the gums are pressed. 5. Teeth that are becoming

loose or are changing in posi-6. Any change in the way your teeth fit together when you bite.

Here are eight warning signs 7. Any change in the way your partial dentures fit.

> If you notice any of these warning signs, you may have periodontal gum disease. See your dentist immediately.

Eat low fat, high fiber foods.

Indulge in dessert no more

Skip the empty-calorie "junk"

Think of food as food-not

Don't fast or skip meals unless

Eat nutritious snacks. Thin

Here's a nutritious between-

meal snack for dipping fresh cut

carrots, celery, pepper strips,

cauliflower, cabbage and other

vegetable favorites. Using mostly

yogurt, this dip is low in fat but

2/3 cup plain non-fat yogurt 1/3 cup low-cal mayonnaise

people don't like to get to hungry

food and eat only what's nourish-

love, comfort or companionship.

you're just not hungry.

Don't take seconds.

between meals.

still creamy.

1 tsp. curry powder

Eat like a thin person

To eat like a thin person, you have to think like a thin person, according to Bob Schwartz, than once or twice a month.

In studying thin people, Schwartz learned that they do fourfundamental things that over-

1. They hardly ever eat unless

2. They eat exactly what they

they're eating, and the effect it's

hunger is gone.

Schwartz, the way children usual-To allow yourself to think like a thin person, you might try adopting some of the measures

1 tsp. lemon juice pinch of salt (optional) and white Take small portions and small

Blend all ingredients together thoroughly. Chill before serving. Makes one cup; about 15 calories per tablespoon.

Mashed potatoes, anyone? Increase their calories content by adding two tablespoons of dry nonfat dry milk to every cup of potatoes.

Something to cool

Frozen Yogurt Pops

Ingredients: 1-lb. carton vanilla low-fat yogurt 1 medium banana, mashed cup fresh or frozen berries

Instructions: Place all ingredients in blender or food processor and mix until berries are cut into large chunks. pour into ice cube trays. Cover tray with waxed paper and insert toothpicks into center of each cube as holders. (You can also use home ice-pop molds.) (Yield

varies depending on mold used.)

