



# Byrd's Kitchen

by Vivian Byrd

## Diet and body harmony go hand in hand

Elaine Lippitt runs an exercise program she describes as a mind and body harmony.

"Mind and body harmony go hand in hand," she said. "In order to feel good about yourself, you have to feel good in every area."

"It is a program that helps people deal with pressure and stress by reinforcing positive ways to work off tensions and pressures. I do the exercises along with the group. After class, I feel good and they feel good."

Mrs. Lippitt starts each student slowly. She watches the student closely to determine the level at which that person should begin.

"If someone tells me that after the first class they were unable to walk up or down the stairs because they were so sore, that tells me the exercises had been too strenuous for a first session."

"Nobody wants to get sweaty. I don't believe in someone coming into class and knocking themselves out. The best exercise program is a common sense program that starts slowly, avoiding certain exercises in the beginning."

"It should include a certain amount of toning exercise and exercises to break down the fatty tissues. The exercises should gradually increase in diffi-

culty. It makes a difference in how the body reacts. Also, the results last longer."

Mrs. Lippitt, a slim and petite woman, has a dance background and uses some ballet related exercise in her classes, though those exercises are taught differently in a ballet dance class.

SHE WORKS toward teaching proper form and movement so each student can achieve the particular result he wants.

"The entire program is based on proper body posture, muscle control and breathing."

To maintain her own slim figure, Mrs. Lippitt has developed a strict personal diet. Though she willingly discusses her diet, she does not push it in her classes, or even with her family.

The problem with most people who diet, she explained, is that they starve themselves for a few days. They deny themselves everything, which is a terrible way to modify eating habits. A few days later, they cannot tolerate it any longer and revert to their old eating habits.

Mrs. Lippitt stopped eating beef a few years ago when she reached a

weight level she could not seem to pare. Her sister had just adopted a vegetarian diet and suggested the elimination of red meat.

Not only did she reach her weight goal, she noticed that she had more energy and was less sluggish.

That experience led her to examine other foods, particularly sugar, which she believes induces sluggishness and irritability. She also eliminated sugar from her diet.

SHE SUBSTITUTED fish for meat and now has fish almost every night for dinner, choosing from the varying textures and flavors of fish to prevent monotony.

For instance, when she wishes to enjoy more chewy texture of meat, she will have a broiled swordfish steak. A lighter texture such as whitefish is the choice for a less hearty dinner.

Occasionally, she will have baked chicken breasts with the skin removed, or a small serving of veal. Eggs, cheese and beans supply needed protein.

She has learned to create her own snacks, ranging from a small can of tomato juice to splurging on a handful of nuts. The tomato juice is thick and almost like food. The nuts add crunch to

her diet and additional protein.

Mrs. Lippitt eats lots of vegetables, preferring that the cooked ones be steamed to the still-crunchy stage. Some recipes she uses to maintain her diet appear below.

For information about Elaine Lippitt's Exercise Program, including fees, locations and times for classes, call 644-8854, or write to her at 31723 Waltham Court, Birmingham 48009.

**ELAINE'S YOGURT DIP**  
2 cups plain yogurt (or, for non-dieters, 1 cup sour cream and 1 cup mayonnaise)  
1 1/2 tsp. onion flakes  
1 1/2 tsp. each parsley, dill, and Lawry's seasoning salt  
or, fresh dill, fresh chives, scallions instead of onion flakes

Mix thoroughly with whisk and chill in refrigerator before serving with cut-up vegetables.

**FRESH FRUIT SALAD**

Cup into a one-half gallon container, pineapple, grapefruit, oranges, pears, grapes, all fresh. Add maraschino cherries to taste. Fill container to

one-quarter with fresh orange juice. In summer, add or substitute plums and peaches. Keeps in refrigerator for four-five days.

**STEAMED ARTICHOKE**

Cut off bottom of vegetable and trim outer leaves. Sit in bottom of saucepan. For each artichoke, add one tablespoon each of lemon juice and olive oil, plus one-half clove of garlic, crushed. Add water to about one-half inch and steam covered for 20 minutes on low to medium heat. Serve hot with butter for dipping.

**BEAN SALAD**

2 cans kidney beans, drained  
1 can lima beans, drained

1 can chick peas, drained (or navy beans)  
1 stalk celery, chopped  
2 onions, chopped  
3 pieces pimiento, chopped  
2 cloves garlic, chopped  
1 cup oil  
1/4 cup wine vinegar  
1/4 cup sugar  
1/4 tsp. salt  
1/4 cup elder vinegar

3 scant tsp. lemon juice  
Mix all ingredients in a large bowl. Marinate for 24 hours in refrigerator. Makes 16-20 servings and can be kept for three-four weeks.

Correspondence should be addressed to Vivian Byrd, P.O. Box 1024, Birmingham, 48012.

### Solar financing facts offered

Michigan residents interested in solar energy installations for their homes can get information on financing from a publication of the Michigan Department of Commerce and Energy Administration.

A free directory describes programs that offer financial incentives to buyers of solar and other renewable energy

systems. Called Sun Dollars, the booklet lists government-related sources for loans and grants.

Single copies of Sun Dollars may be obtained by writing to the Michigan Department of Commerce and Energy Administration, PO Box 30228, Lansing 48909. It is also available by calling the toll-free energy hotline: 1-800-292-4704.

## Dieting never tasted better

Smart calorie counters choose a weight-control program that couples a sensible diet with exercise. Exercising will help the weight come off faster as well as tone muscles and foster a healthy mental attitude. With today's many popular sports and keep-fit classes, boredom need never set in when exercise time rolls around.

Just as a sensible weight reduction program benefits from a variety of exercise, it should offer a variety of foods so that monotony will never be a problem at mealtime either. Beef's versatility helps add appetite appeal to calorie-limited menus, and numerous cuts of beef are appropriate for weight-reduction diets. Fortunately for would-be dieters, beef is in excellent supply and is priced attractively.

Slim Line Beefburgers is a recipe styled for weight reduction. The burgers take on an especially appetizing flair with a creamy yogurt sauce with the fresh garden taste of dill weed. This is supplemented with sliced radishes and cucumbers.

Burgers, vegetables and sauce are served atop rafts of lettuce, a crisp and refreshing low-calorie substitute for hamburger buns. The calorie watcher will agree that dieting never tasted better!

**SLIM LINE BEEFBURGERS**

- 2 lbs. ground beef
- 1/2 cup snipped fresh parsley
- 1 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 carton (8 oz.) plain yogurt
- 1 tsp. grated onion
- 1/2 tsp. dill weed
- 1/4 tsp. salt
- Dash pepper
- 1 head iceberg lettuce
- 3/4 cup thinly sliced cucumbers
- 1/2 cup thinly sliced radishes

6 servings

Lightly mix ground beef with parsley, 1 1/2 teaspoons salt and 1/4 teaspoon pepper; shape into 6 patties, 1/2 inch thick. Place patties on rack in broiler pan so surface of meat is 3 to 4 inches from heat and broil 6 to 7 minutes. Turn and continue broiling 6 to 8 minutes, depending on how well done you want it. Meanwhile combine yogurt, onion, dill weed, 1/4 teaspoon salt and dash pepper. Cut lettuce crosswise into six 3/4-inch slices or rafts. Place patties on lettuce rafts and top with cucumber slices, yogurt dressing and radish slices.

You will need to add a serving of vegetables to the menu, and broccoli or green beans are two good low-calorie possibilities. For a refreshing dessert alternate use citrus sections and apple wedges.

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