



Andrea Harrison

Change eating habits to lose weight

Want to look and feel better? Want to have more energy and be more active? Simple — change your eating habits and start exercising.

It's easier said than done. Most of us know that there is no magic formula to lose weight. To succeed, we must burn more calories than we consume.

Yet we still think, hope and pray that some day there will be an overnight secret to shedding those excess pounds.

But let's face it, to lose weight — and most important of all, to keep that weight off — we must change our eating habits, forever.

Fats, sugars and starches are the main source of unneeded calories. When I decided to be serious about losing weight, I analyzed what I was eating. I found hidden calories everywhere — cream in coffee, butter on bread and vegetables, dressings on salads, sautéed foods, red meat and junk food.

Fats have more calories per gram than carbohydrates or proteins, nine calories per gram. No diet should totally eliminate fats because they are an essential nutrient, and the body needs small amounts for good health. But fats can be drastically reduced in most Americans' diet.

For example, use lemon on a salad instead of oil or rich, creamy dressings. Use fresh herbs to add flavor to foods. Try enjoying good bread without butter, with the calories you save on the butter, have a second roll for dessert instead of a high-calorie fattening dessert.

Use lemon or vinegars to flavor fish and vegetables. Use a little bouillon instead of oil or butter when sautéing food. Bake, broil or steam to enjoy

the natural goodness of fresh foods. Eat more chicken and fish instead of red meat. Besides having fewer calories, they also have a lot less cholesterol.

Any diet that is boring or not nutritionally balanced will usually be discarded, and any weight that was lost will usually just reappear.

Just because you want to lose weight, don't deprive yourself. Just be sensible. Be creative when cooking in the kitchen and make healthy, low-calorie meals for your family and friends. Enjoy fresh fruit instead of empty-calorie desserts, like fresh vegetables to nibble on at a party instead of potato chips. Did you know that one potato chip has 10 calories?

When bored or lonely, many of us resort to eating to give us pleasure or comfort. Try instead taking a walk or a bike ride. Go shopping and imagine yourself one size smaller. Remember, you're not the only one in the world who wants to lose a few pounds. There are plenty of organizations and self-help groups that will help you on the way. Ask for the support of friends and family members.

Moderate exercise on a consistent daily basis is an important aid in weight loss. It results in an increased pulmonary and cardiovascular efficiency, better muscle tone and a sense of well being. A change of food habits is an essential, not just to lose weight but to keep it off for a lifetime.

Here are some of my favorite recipes for low-calorie and high-nutrition meals.

4 oz. boned and skinned chicken breast, Jellied
1/4 cup pineapple
1/4 cup mushrooms
1/4 cup sliced green pepper
salt and pepper to taste
1/4 cup chicken broth or bouillon

Mix all ingredients in a small casserole dish. Cover with foil. Bake at 325 degrees for 1 hour.

4 fillets of sole or any fish you like
4 large packed romaine leaves
1 tsp. tarragon
Salt and pepper to taste
1/4 cup each of Jellied carrots, leeks and celery

Salt and pepper each fillet. Add tarragon. Roll the fish up in the romaine leaves. Place in low casserole dish. Cover with vegetables. Add 1/4 cup white wine and 1/4 cup water. Cover with foil and bake at 350 degrees for 20 minutes.

2 chicken breasts, boned and skin removed

1 8-oz. package spinach or green beans
1/4 cup fresh basil
1/4 tsp. oregano
1/4 tsp. rosemary
1/4 tsp. salt
Small can of tomatoes, blended

Mix first six ingredients. Cover with tomatoes. Cover with foil. Bake at 375 degrees for 45 minutes.

STIR FRY CHICKEN AND VEGETABLES
10 oz. chicken breasts, skinned, boned and dried
2 tsp. soy sauce
Salt to taste

1 cube chicken bouillon mixed with
1/4 cup hot water
4 oz. sliced bamboo shoots
1/4 red or green pepper
2 ribs celery
1/4 cup quartered mushrooms

Combine diced chicken with soy sauce; set aside. Combine bouillon with hot water in a cup. Cook separately the bamboo shoots, celery and mushrooms with a small amount of the bouillon in the wok.

Stir fry each vegetable for one minute with a dash of salt. Heat about 2 1/2 Tbsp. bouillon until hot and stir fry chicken quickly over high heat. Serve with rice and sweet and sour sauce.

SWEET AND SOUR SAUCE

1/4 cup water
2 Tbsp. tomato paste
2 Tbsp. vinegar
1 Tbsp. green pepper flakes
1/4 tsp. ground mustard
1/4 tsp. garlic powder
1/4 tsp. ginger powder
1/4 tsp. salt
Artificial sweetener to equal
3 Tbsp. sugar
1/4 cup crushed pineapple canned in its own juice

Place all ingredients in a blender to puree. Heat and serve.

Chessecakes revisited

Andrea Harrison's June 7 column about chessecakes included two errors.

In the recipe for three-layer chessecake, the heavy cream should be mixed with the cream cheese.

In the recipe for German chessecake, the remaining sugar should be added to the egg mixture.

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