

Healthy eating: a new passion

America has built health and fitness into its lifestyle. The evidence is all around us — from the number of health clubs springing up across the country — to the new "lighter" food choices in supermarkets and restaurants.

Restaurants have made great strides in giving the health-conscious customer food that he wants. Fast food chains, in fact, are in the forefront of responding to our changing eating habits.

At a restaurant salad buffet, it's fun to see how creative you can be. If you're on a diet, there's no need to eat the standard diet plate of cottage cheese, jello and tomato wedges on a bed of lettuce.

Now healthy salads don't have to be boring. Try a "crunch" salad with fresh veggies like red cabbage, broccoli, sunflower seeds, cucumbers and crackers. Top with a classic Thousand Island or reduced calorie cucumber dressing.

Fitness-conscious diners with big appetites can build a hearty smorgasbord salad with a little bit of everything — from mushrooms, carrots, shredded cheese and garbanzo beans to watermelon and macaroni salad.

With restaurants offering lighter options to keep pace with our changing tastes, you can still eat out and stay on the fitness track.

—CREDITS—

Editor
Martha Lofstrom
Special Writer
Mona Grigg
Advertising Coordinators
Margaret Shaieb
Mike Rankin

Thanks to all the individuals and businesses who contributed to this section.

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Health & Fitness

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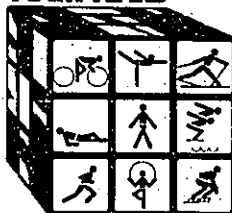
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Program	Date(s)	Time	Location(s)
Smoke Stoppers (smoking cessation)	May 12th & 13th September 8th & 9th November 3rd & 4th April 7th	7:00 p.m.	HRH Folstone Center HRH West Bloomfield Center Mt. Clemens General Hospital
Stress Stoppers (stress management)	May 18th September 11th November 6th	7:00 p.m.	HRH Folstone Center
	May 14th September 10th November 5th	7:00 p.m.	HRH West Bloomfield Center
	April 16th September 17th	7:00 p.m.	HRH Lakeside Center
Be Trim (eating management)	April 15th		Mt. Clemens General Hospital

Henry Ford Hospital
Folstone Center
19401 Hubbard Drive
Dearborn, MI 48128

Henry Ford Hospital
West Bloomfield Center
6777 W. Maple Road
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Henry Ford Hospital
Lakeside Center
14500 Hall Road
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Mt. Clemens General Hospital
1000 Harrison Blvd.
Mt. Clemens, MI 48043