



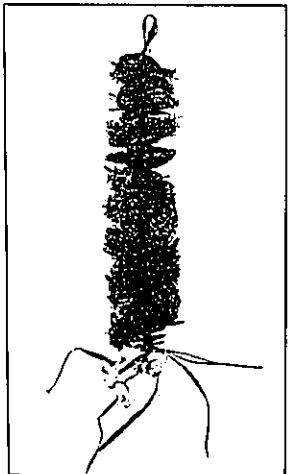
Healthy holiday feasting

By Chef Larry Janes
special writer

ACCORDING TO a study by the National Center for Health Statistics, 34.2 percent of the adult population are more than 10 percent above their desired weight. Of that group, it is predicted that more than 60 percent will gain between 6 and 15 pounds this upcoming holiday season.

During the last two decades, there has been a revolution in the way we think regarding our weight. At one time, for men, it didn't matter if a man was "chunky" or "beefy." That was virile.

Female "flower children" of the '60s were accustomed to dressing in flowing "mumms" and caftans which easily hid excessive avoirdupois. Today, we are being shamed into keeping thin with advertisements that tell us about special jeans that will "shrink to fit EVERY part of your body."



STEVE FECHT/staff photographer

A gift in good taste for your culinary friend is this herb/pepper rope at \$8 from Merchant of Vino in Southfield.

'If you do feel the desire to chow down, position yourself around veggie trays, fruits bowls and relish trays and fill up on the good stuff.'

— Chef Larry Janes

A CONTINUAL barrage of television spots that show tight bellies and rippling biceps dare us to drink "lite" products with curvaceous models in clothes that would have our parents sending us to monasteries if they ever caught us wearing them.

Let's face it, the accent is on healthy eating.

Are you going to be another one of those plump statistics mentioned above?

Keeping your holiday healthy and nutritious won't be as hard as it seems, especially with so many people jumping on the "lite" bandwagon these days.

If you're really serious about making it through the holidays without the excess baggage that starts with "a moment on the lips, forever on the hips," here are a few suggestions to help make it with nary a loosening of the belt notch and continuing with great taste sensations that will have your guests screaming for more.

First off, remember that even though the holiday season brings much reason for merriment, partying and all-around "pigging out" can be disastrous. Don't allow your normal daily routine of healthy eating and exercise to go unchecked. Continue with a daily routine and when you can't find the time to exercise, make time. Twenty minutes of exercise a day, three days a week will help counteract any culinary soiree, to a degree.

REMEMBER TO plan your party-going and throwing. If you schedule a party knowing that you will be in a situation of overeating, fortify yourself before with a healthy meal. If you do feel the desire to chow down, position yourself around veggie trays, fruit

Please turn to Page 37

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