

Mini-meals way of eating less

Food is more than just something to stop your stomach from growling. Food provides energy and nutrients your body needs to work, play, blink or breathe.

The trick is to balance the energy (in calories) with the energy out (exercise) so the excess doesn't turn into fat. Eating a balanced diet with a variety of foods is the key to good health.

Don't try to conquer the whole problem in a short time, just get started. Choose physical activities which suit your lifestyle. Exercise is not meant to be punishment for overeating. Exercise will not only help your weight control but can help suppress your appetite, is a natural relaxant, relieves emotions such as tension, anger, boredom and depression, and helps improve the quality of sleep.

Meal skipping can be hazardous to your diet. Especially if you find that when the next meal comes along, you're ravenous and overeat. Or you haven't eaten all day, your energy level and resistance is low and you're tempted by the fastest thing you can get into your mouth no matter what it is. Don't skip meals. Eating several low-calorie mini-meals is a better solution rather than overeating at one meal.

TO STOP YOUR stomach from growling, try unbuttered, unsalted popcorn, unsweetened ready-to-eat cereals such as shredded wheat or puffed cereals, or vegetables sticks. Choose a fresh fruit that takes longer to eat such as an apple, pear or orange.

Start a meal with a low-calorie soup. Soup takes awhile to consume so you'll eat less. Eating soup gives



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your brain time to register satiety before you overconsume. A glass of water before eating will aid as a no-calorie filler-upper and helps digestion. During the winter when a drink of ice water doesn't fit, drink hot water with a slice of lemon or a squirt of lemon juice.

Choose calorie-trimming foods to help in your weight-loss program. Choose an apple over applesauce, baked potato over french fries, yogurt over sour cream, hard rolls over white bread, wine spritzer over wine, a thin layer of low-calorie jam instead of syrup on pancakes or french toast. These will all add up to less calories.

Saute vegetables in a small amount of bouillon or stock rather than oil. Substitute fruit cobbler for double crust pie or choose a graham cracker crust pie which is generally lower in fat and calories.

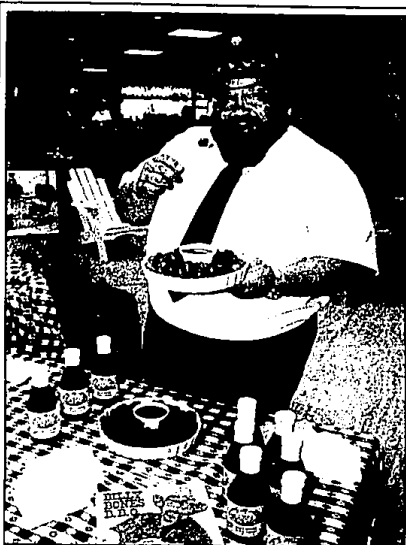
Think high fiber when eating cereal, bread or baked snacks. A bran muffin, especially homemade, is more filling than a doughnut. Don't spend so much time in the kitchen so you're not tempted.

When eating out in a restaurant don't blow the diet. Choose food carefully which will fit into your plan. Eat something such as a piece of fruit or a raw vegetable before you leave home. Don't start out famished or skip lunch because you know you're going out. Go easy on the alcohol, which tends to stimulate the appetite.

SINCE MANY people have dietary problems the waiter or waitress will not be surprised if you ask how the food is prepared. Choose foods without butter, sauces or dressing, or order them on the side. Eat a roll or bread with dinner, just don't add the butter, or hang on to your dinner roll to have the coffee for dessert.

As soon as you have eaten as much as you want, have the waiter remove your plate so you aren't tempted to continue to pick at the remaining food. The fancier the restaurant, the fancier the doggie bag. Take the leftovers home, two meals for the price of one.

A healthy lifestyle is feeling better and starting habits that will help you live longer life. The challenge is to fit together a good diet, regular exercise, the right weight and some good basic health habits by customizing your diet and making it part of your lifestyle.



STEVE FECHT/staff photographer

'Billy Bones' visits

W.E. "Billy Bones" Wall brought his barbecue sauce to Jacobson's Kitchen and Gourmet Shop in Livonia recently. The chef isn't telling all the ingredients — but this sauce does include sweet apple juice, maple syrup, tomatoes and peppercorns. Wall has operated his own outdoor catering and barbecue service in Midland since 1976.

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Various choices in O.J.

AP — Good old orange juice is back in style again. Most people kept drinking it all along, but for a while it was quietly competing with berry drinks and prune juices for the breakfast business.

Now new varieties of orange juice are reminding consumers of their traditional source of vitamin C.

Americans have consumed large quantities of O.J. ever since frozen orange juice concentrates came on the market some 30 years ago. Juice manufacturers estimate that we drank more than 893 million gallons of the sweet citrus drink last year.

Drinking orange juice isn't your only option. Cooks are also using it in a variety of dishes, from entrees to dessert.

Orange juice does not have to be just a breakfast drink. Drinking orange juice with lunch or dinner can have its benefits nutritionally, because vitamin C helps the body to more readily absorb the iron consumed in foods.

Here are some recipes that use orange juice, the traditional source of vitamin C.

GRILLED CHICKEN IN TART FRUIT SAUCE

Two 4-ounce boneless chicken breast halves, skinned
1/2 teaspoon pepper

3 cloves garlic, minced
1 teaspoon vegetable oil
1/4 small green bell pepper, cut into julienne strips

1/2 cup unsweetened orange juice
1 1/2 tablespoons red wine vinegar
1 tablespoon water
2 teaspoons cornstarch

One 11-ounce can unsweetened mandarin oranges, drained

Sprinkle chicken with pepper. Grill over medium-hot coals 15 minutes, turning once.

Saute garlic in oil in a non-aluminum saucepan. Add bell pepper and saute 30 seconds, stirring constantly. Add orange juice and vinegar; bring to a boil. Combine water and cornstarch, stirring well. Add to orange juice mixture; cook until thickened and bubbly, stirring constantly.

Arrange chicken on individual serving plates; top each with orange segments and sauce. Makes 2 servings (about 229 calories per serving).

GREEN AND ORANGE SALAD

4 navel oranges
2 tablespoons minced parsley
1 tablespoon snipped chives
2 tablespoons olive oil
2 tablespoons orange juice
2 teaspoons Dijon mustard
boston or bibb lettuce

Peel and section the oranges, removing all the membranes. Place in a medium bowl. Sprinkle with parsley and chives.

In a small bowl, whisk together the oil, orange juice and mustard. Pour over the oranges. Toss well and allow to marinate in the refrigerator for several hours. Serve on boston or bibb lettuce leaves. Serves 4. (From "Quick and Healthy Cooking," summer 1987)

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