

It's what you eat that brings fat

DID YOU know that... Two recent studies indicate that it's not just the number of calories you eat that's responsible for weight gain, but also the type of foods the calories come from. In both reports, the degree of excess weight was most closely linked to the proportion of daily calories that came from fat (especially saturated fat), rather than the daily caloric intake.

• It takes about 20 minutes for your brain to get the message that your stomach is satisfied. If you wolf down your meal, you won't get the signal to "stop eating" until it's too late. Thus, by eating slowly, you may avoid the tendency to overeat.

• One plain doughnut has four times the number of calories as a slice of bread with jam. Moreover, half the calories in the doughnut come from fat. In contrast, only 10 percent of the calories in bread and jam are derived from fat.

• Stanford University researchers suggest that approximately one out of every two heart attack survivors may safely return to full-time work in just five to six weeks.

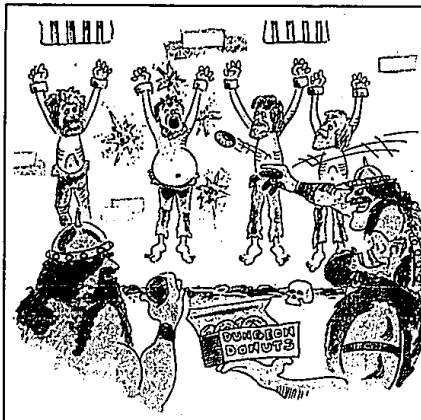


fitness
Barry Franklin

• Women are twice as likely to reach age 100 as men.

• Kellogg has developed a new pocket-size fat and cholesterol counter that is available for the asking. To receive your free copy, simply write to: Kellogg Co., Fat and Cholesterol Counter, Department 0-8, One Kellogg Square, Battle Creek 49018-3599.

Barry A. Franklin is director of cardiac rehabilitation and exercise laboratories, William Beaumont Hospital, Royal Oak, and associate professor of physiology, Wayne State University School of Medicine, Detroit.



MARVIN TEEPLES/artwork

Others watched in disbelief as Frank's harebrained scheme actually began to pay off.

Rail buffs set fall color ride Saturday

Railroad buffs will see fall color from a railroad car Saturday when the Bluewater Michigan Chapter of the National Railway Historical Society sponsors a trip to Crossroads Village and the Huckleberry Railroad near Flint.

The train will depart from the CSX Transportation Co. headquarters in Livonia near the Jeffries Freeway on Levan and travel to Flint, where passengers will board connecting buses to Crossroads Village near Mt. Morris.

Crossroads Village has hayrides, cider and doughnuts and a 10-mile fall color ride aboard the Huckleberry Railroad's antique cars and narrow gauge steam locomotive.

THE VILLAGE has original and replica buildings, including period homes with 19th Century antiques and craft shops.

Entertainment will include music by the Novi Jug Band, horsedrawn wagon rides, a kite flying contest, and a fiddler and dulcimer exhibition.

Train fare includes admission to

the village and antique railroad. Some activities, like a carousel and hay wagon ride, have an additional fee.

First class seats at \$99 includes breakfast, hors d'oeuvres, coffee, soft drinks and snacks and a full evening meal.

THE TRAIN departs Livonia at 8:30 a.m., arrives in Flint at 10:30 and Crossroads Village at 11 a.m. It will return to Livonia at 8 p.m.

Roundtrip coach seating is \$49 for adults, and \$29 for children ages 5 to 16.

Tickets can be purchased at the CSX tracks in Plymouth or the Bluewater Michigan chapter office at 500 E. Fourth, Royal Oak. Telephone credit card orders will be taken at 264-4418 or 455-4455 between 1 p.m. and 8:30 p.m.

The Bluewater Michigan chapter has arranged chartered bus service to the Livonia departure site. A bus will leave Birmingham from Norman's Eaton Street Station restaurant on Eton Rd. at Maple at 6:45 a.m.

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