

Yo-yo dieting not the way to keep body weight down

Continued from Page 1

Eat vegetables plain and always avoid sauces, she said. Check with the waiter to see if a restaurant's soup is prepared with whole milk or salt. Both should be avoided, she said.

Salads, with a wonderful reputation for automatically carrying low calories, pose a problem. Order salads with the dressing on the side. Always order diet dressing.

Salad bars serve temptation. Avoid bacon bits, garbanzo beans and those tasty-looking extras. Before filling the plate with fruit, ask if the restaurant serves fresh or canned goods. Canned fruit packed in syrup means extra calories.

Other foods popularly believed to be low in calories really pack unwanted calories. Count cottage cheese and tuna the same as a meat item, Greer said.

FOLLOW THE GUIDELINES, but don't expect miracles. "Most people make the mistake of overwhelming themselves. Resolutions are nice but for most people it's too much change all at once. They should make a resolution to be trim and healthy and take it step by step," Stefano said.

Avoiding certain foods must be followed by choosing the correct foods. Eat three meals a day without

any snacks, suggests Greer. She recommends 1,200 calories per day for women, 1,500 a day for men. Weight Watchers comes in lower on its recommendations. It suggests a minimum 1,000 calories a day for women, 1,200 for men.

Plan every meal, even if it means writing out menus for the week before grocery shopping, Greer said. Everyone recommends consulting a doctor before starting an exercise and/or weight-loss program. No matter what plan is used, it's important to be sensible. Don't skip breakfast and lunch and then stuff yourself at dinner. That usually means you're eating more than 1,200 calories in one meal, Greer said.

Exercise should accompany a sensible eating program, most experts say. However, if the exercise program is meant to last only six weeks or until 10 pounds are shed, you may be wasting your time and effort.

"Weight loss doesn't happen automatically with exercise," said Dr. Fred Stransky, director of the Meadow Brook Health Enrichment Institute at Oakland University, Rochester Hills.

WALKING ONE MILE burns about 100 calories. For those sort of results, it might be just as effective to skip eating fast-food hamburgers, he said. "Walking an extra mile a

day, as a New Year's resolution, isn't unrealistic," Stransky said. "For a 150-pound woman, that can mean almost 11 pounds lost throughout the year (down to 119 pounds). But it's a way of life. Short term doesn't do it."

Most weight-loss experts recommend walking as an exercise that's easy to do, requires little special equipment and can be easily integrated into a dieter's lifestyle. Malls open their doors early to walkers. Call ahead for information on time, access and registration.

Low-impact aerobics is also recommended by Greer. She cautions that participants make sure the instructor monitors students' target heart rates.

As in dieting, the key consideration in exercise is a person's ability to make the new practice a permanent part of his or her lifestyle. "Get away from the idea that you've got to go through a 1 1/2-hour routine. Know your lifestyle and be honest with yourself," Stefano said.

Try to keep a positive attitude while dieting. Weight Watchers suggests rewarding yourself for achieving a goal with a non-food item.

"Picture yourself in the spring in the body you want," Stefano said. "Focus on the positive aspects of your body. Don't wet-noodle yourself."

Recipes for a tasteful diet

Continued from Page 1

In nine-inch skillet heat oil; add chicken and cook, turning once, until browned, two-three minutes on each side. Transfer chicken to plate and set aside.

In same skillet heat margarine until bubbly and hot; add vegetables and garlic and saute, stirring frequently, until onions are translucent, four-five minutes. Add sherry and bring to a boil; stir in water, mustard, lemon juice, and broth mix. Add potatoes and chicken to skillet and return mixture to a boil. Reduce heat, cover, and let simmer until chicken is tender and, when pierced with a fork, juices run clear, 15-20 minutes.

Each serving provides: three protein exchanges, one bread exchange, two vegetable exchanges, 1 1/4 fat exchanges, 20 calories optional exchange.

Per serving: 320 calories; 30 grams protein; 8 grams fat; 27 carbohydrates; 55 milligrams sodium; 66 milligrams cholesterol.

Source: Weight Watchers Quick and Easy Menu Cookbook.

OPEN-FACE DILLY CRAB SANDWICHES

Makes two servings, two open-face sandwiches

2 ounces thawed and thoroughly drained frozen crabmeat, chilled
1 tablespoon plus 1 teaspoon reduced-calorie mayonnaise
1 tablespoon sour cream
1 teaspoon chopped fresh dill
1/4 teaspoon each lemon juice and dill mustard
1/4 teaspoon grated lemon peel
4 slices pumpernickel cocktail bread (1 1/2 ounces)
2 lettuce leaves, cut into halves
Garnish: 2 lemon slices, halved, and 4 dill sprigs

In small mixing bowl combine crabmeat, mayonnaise, sour cream, dill, lemon juice, mustard, and lemon peel and stir until thoroughly combined.

Top each slice of bread with a lettuce leaf half and then spread 1/4 of crab mixture over each. Top each portion with lemon slice and dill sprig.

Each serving provides: one protein exchange, one bread exchange, 1/4 vegetable exchange, one fat exchange, 15 calories optional.

Per serving: 129 calories, 8 grams protein, 5 grams fat, 13 grams carbohydrate, 69 milligrams calcium, 318 milligrams sodium, 35 milligrams cholesterol.

Source: Weight Watchers 1989 Engagement Calendar.

cooking calendar

NUTRITION PROGRAM

A program on nutrition and your health, sponsored by Harper-Grace Hospitals, will be held Tuesday at the Southfield Civic Center. A healthy lunch will be served at 11:30 a.m., followed by the one-hour program at noon. Individuals may bring their own lunch if desired. Speakers will be Dr. James R. Sowers, chief of endocrinology and metabolism at Harper-Grace Hospitals, and Paula Zemel, nutritionist. Cost for the lunch is \$5, or \$3 for the program and a beverage. Registration may be made by calling 745-9983 or 354-4884.

LIGHTEN UP

During January, A&P Future Stores and Weight Watchers is showing how to lighten up without losing

great taste. Food specialists are demonstrating tempting low-calorie recipes with easy step-by-step instructions. To learn more about these free demonstrations call 1-800-462-7495.

CHEFS' RECIPES

The Junior League of Birmingham

recently published a booklet featuring the recipes that were presented by local chefs during the league's Holiday Benefit Preview. Booklets are available at the Junior League of Birmingham office, 123 W. Brown, Birmingham. For more information, call 646-2613 Mondays-Fridays from 10 a.m. to 4:30 p.m.



SUPERIOR FISH CO.

SEAFOOD... BORN IN THE USA!

Fresh FLORIDA SHARK STEAKS \$3.99 lb. Expires 1-28-89	Fresh Boned IDAHO Rainbow TROUT \$3.89 lb. Expires 1-28-89	Fresh Farm Raised MISSISSIPPI CATFISH FILLETS \$3.89 lb. Expires 1-28-89
---	--	--

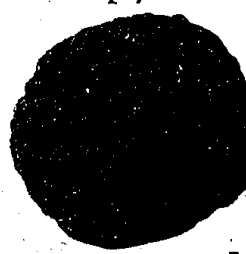
EXPIRES 1-28-89

11 Miles S.W. of Detroit
300 E. Eleven Mile Rd. • Royal Oak • 541-4832 M-W-F 9-11:30, S-F 9-11:30, S-F 9-11:30

Serving Metro Detroit for over 40 years
FREE Recipes

Our Cookie Diet™

can help you lose 15-20 pounds a month.



You can lose weight without getting hungry, thanks to our special hunger suppressing Cookie Diet™. One low monthly fee allows you unlimited private consultations. Call us. And take your first step toward safe, fast, permanent weight loss.

The Cookie Diet™ originated by
Nutritional Weight Control Clinic Inc.™

Troy (313) 689-7530
Flinn (313) 230-8822 • Holly (313) 634-5592 • Lapeer (313) 667-9431 • Lansing (313) 337-5656 • Breckinridge (517) 842-1155 • Fenton (313) 628-5386

La Rose Market

YOUR FAMILY FOOD STORE
OUR EVERYDAY PRICES ARE OTHER STORE SPECIALS



31300 5 MILE ROAD
AT MERRIMAN
LIVONIA
313/437-1444

HOURS
Mon.-Sat. 9 A.M. - 9 P.M.
Sunday 9 A.M. - 6 P.M.

PRICES EFFECTIVE JAN. 24 THRU JAN. 30, 1989



SILVAN CENTER
2375 ORCHARD LAKE RD.
PONTIAC
313/482-5193

We Reserve the Right to Limit Quantities

DOUBLE COUPONS

DETAILS INSIDE THE STORE

<p style="font-size: x-small;">FRESH CUT GRADE 'A'</p> <h3 style="margin: 0;">CHICKEN LEG QUARTERS WITH BACKS ATTACHED</h3> <h2 style="margin: 0;">39¢ LB.</h2> 	<p style="font-size: x-small;">FRESH CUT BOSTON BUTT</p> <h3 style="margin: 0;">PORK ROAST</h3> <h2 style="margin: 0;">99¢ LB.</h2> 
<p style="font-size: x-small;">IMPERIAL MARGARINE QUARTERS</p> <h2 style="margin: 0;">49¢ 1 LB. PKG.</h2> 	<p style="font-size: x-small;">WASHINGTON RED OR GOLDEN DELICIOUS APPLES</p> <h2 style="margin: 0;">57¢ LB.</h2> 
<p style="font-size: x-small;">BOUNCE FABRIC SOFTENER SHEETS 40 COUNT</p> <h2 style="margin: 0;">\$1.97</h2> 	<p style="font-size: x-small;">SUNSHINE KRISPY CRACKERS 16 OZ.</p> <h2 style="margin: 0;">77¢</h2> 

LaRose COUPON

BORDEN'S LITE Small or Large Curd COTTAGE CHEESE 16 OZ.

87¢

ADDITIONAL QUANTITIES 99¢ LIMIT ONE PER FAMILY WITH COUPON. EFFECTIVE JAN. 24 THRU JAN. 30, 1989.

LaRose COUPON

PEPSI, VERNORS, SLICE, MOUNTAIN DEW, OR A&W ROOT BEER 2 LITER (PLUS DEPOSIT)

89¢

ADDITIONAL QUANTITIES 99¢ LIMIT THREE PER FAMILY WITH COUPON. EFFECTIVE JAN. 24 THRU JAN. 30, 1989.

LaRose COUPON

WAGNER MILFORD BIRD SEED 10 LB. BAG

\$1.88

ADDITIONAL QUANTITIES \$1.97 LIMIT ONE PER FAMILY WITH COUPON. EFFECTIVE JAN. 24 THRU JAN. 30, 1989.

LaRose COUPON

U.S. NO. 1 FRESH CRISP HEAD LETTUCE 24 SIZE EACH

58¢

ADDITIONAL QUANTITIES 68¢ LIMIT TWO PER FAMILY WITH COUPON. EFFECTIVE JAN. 24 THRU JAN. 30, 1989.

LaRose COUPON

ECKRICH BOLOGNA 16 OZ.

\$1.58

ADDITIONAL QUANTITIES \$1.87 LIMIT TWO PER FAMILY WITH COUPON. EFFECTIVE JAN. 24 THRU JAN. 30, 1989.

LaRose COUPON

NABISCO HONEY GRAHAMS 16 OZ.

\$1.57

ADDITIONAL QUANTITIES \$1.97 LIMIT ONE PER FAMILY WITH COUPON. EFFECTIVE JAN. 24 THRU JAN. 30, 1989.

LaRose COUPON

DORITOS TORTILLA CHIPS 16 OZ.

\$1.97

LIMIT ONE PER FAMILY WITH COUPON. EFFECTIVE JAN. 24 THRU JAN. 30, 1989.

LaRose COUPON

REGULAR, ADC OR ELECTRIC PERK MAXWELL HOUSE COFFEE 26 OZ.

\$3.97

ADDITIONAL QUANTITIES \$4.27 LIMIT TWO PER FAMILY WITH COUPON. EFFECTIVE JAN. 24 THRU JAN. 30, 1989.