

Roller coaster of dieting isn't way to be slim

Meal skipping, food banking, overeating and stress are just a few factors leading to back-sliding when dieting.


Does the thought of one more loaf of lettuce or one more salad put you on the dieter's edge? Being on a roller coaster of gaining and losing weight is not new or different for most of the American population. Finding yourself prowling the kitchen for "something," anything, to eat, may be a symptom to a larger problem.

Examine your mental image. A positive sense of psychological well-being goes a long way toward helping you deal with the ups and downs of your food and exercise behaviors. Accept your mistakes and build from them, rather than punishing yourself and developing guilty feelings. When you feel good about yourself, you can make positive decisions that will help weight management.

PAY ATTENTION to physical changes during weight loss. The scales may not always show you are making progress but your clothes might fit better. You may notice increased muscle tone and trimness. All these are positive indicators of your success.

If certain of your support system when trying to lose weight. It's hard to lose weight on your own. The encouragement can come from an exercise partner or a support group with similar weight loss goals.

When you feel hungry between meals and you don't want to make anything, drink a glass of water, juice, skim milk, tea, hot tea or coffee or eat just a piece of fruit. To feel your very best and control hunger, eat regularly. If you know how many calories you are going to eat in a day, divide that into three regular meals or six small meals. It's hard to get all the required nutrients you



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need for a day in less than three meals. This is particularly true of fiber, iron and calcium, the last two of which are vital concerns for women.

Standing in front of the refrigerator scanning the contents for just the right thing will probably lead to disaster for your diet. Store food out of sight, get rid of tempting high calorie foods and, most importantly, plan meals ahead of time. Even plan snacks. Random refrigerator grabbing will not work.

LOW CALORIE, guilt-free snacks are the goal. For less than 100 calories, try:

- one-half cup of ice milk topped with one tablespoon fresh blueberries
- one and one-half cups cantaloupe
- 10 medium sized boiled shrimp with one tablespoon cocktail sauce
- one rice cake with two tablespoons of peanut butter
- one medium-sized baked apple sprinkled with cinnamon
- one slice of bread broiled with one tablespoon of Parmesan cheese
- one and one-half cups fresh strawberries and pineapple

are offering a more nutritious selection of foods: foods cooked without fat, more vegetables and fruits, sauces and salad dressings on the side, and more whole grain breads. If possible, order a la carte meals, so you can order when you want and no more. Wait until you have finished your meal before ordering dessert, and then choose a low-calorie, low-fat option. When you feel you have had enough, have the waiter/waitress take your plate away so you are not tempted to nibble "just a little more."

Depriving yourself of special treats may only make you crave them more. Eat foods for nourishment, not as a release for anger or comfort. Losing weight doesn't mean "diet foods." It means eating the usual foods, just in smaller quantities. Learning to eat sensibly and participating in moderate regular exercise are the keys to weight loss.

• one-third cup unsweetened applesauce with two ginger snaps.

All of these nibbles are better than the calorie-loaded ones you may be choosing now.

It's difficult to alter eating habits of a lifetime, of course. You may want to ask yourself if you eat compulsively or use food to relieve stress, or eat because of social pressure. In losing weight you are probably your own worst enemy.

ON THE day of a big dinner party, don't skip meals so that you are starving by mid-afternoon. When you're famished, you are more likely to overeat. Eat a low-fat, high-fiber, carbohydrate-rich something for breakfast and lunch. These foods tend to make you feel full for a longer period of time. Cereal, a bagel, bread, a potato or beans are some good choices.

A growing number of restaurants, cafeterias and even fast-food chains

Pork-Filled Buns are Oriental dish

AP — These plump, meat-filled buns are steamed Oriental-style rather than baked. Serve them as an appetizer, with soup for supper, or as one course of an Oriental meal. You can mix the dough and filling and shape the rolls several hours ahead, then cover and refrigerate. Steam just before serving.

PORK-FILLED BUNS
3 1/2-4 cups all-purpose flour
1 package active dry yeast
1 1/4 cups milk
1 tablespoon sugar
1 tablespoon cooking oil
1/2 teaspoon salt
1/2 cup finely chopped mushrooms
2 tablespoons thinly sliced green onion
1 clove garlic, minced
1 tablespoon cooking oil
1/2 cup finely chopped cooked pork
1 tablespoon soy sauce
1 tablespoon dry sherry
1 teaspoon cornstarch

In a medium mixer bowl combine 1 1/2 cups of the flour and the yeast. In a small saucepan heat milk, sugar, 1 tablespoon oil and salt just until warm (120-130 degrees). Add to flour mixture. Beat with electric mixer on low speed for 30 seconds, scraping side of bowl constantly. Beat on high speed for 3 minutes. Using a spoon, stir in as much remaining flour as you can. Turn out onto a lightly floured surface. Knead in enough remaining flour to make a

Plan ahead for a terrific party

AP — Good planning makes a party easier for the hosts. Use these party planning and organization tips and you'll have as much fun as your guests.

- When making your guest list, consider how many people you feel comfortable cooking for and how many you can fit in your home. Hosting a couple of smaller gatherings may be easier than planning one large affair.
- If time or money is a factor, keep your gathering simple. Consider an appetizer and dessert buffet, late-night cookies and coffee, a weekend brunch, or a dinner to which everyone brings a course.
- When you plan your party budget, try to think of all expenses: food, beverages, decorations and flowers, any rentals required, and a baby sitter, if necessary. It's a good idea to add 10 percent to your estimate for unforeseen expenses.
- Dress up serving platters and plates with such simple yet special garnishes as sprigs of fresh herbs, tropical fruits, baby vegetables, edible flowers and sauces ladled onto each plate under the food.
- Decide on your menu well in advance when possible and choose recipes that can be made ahead and frozen or refrigerated. Make extras of recipes that can be frozen to keep on hand for impromptu entertaining.
- To speed preparation time, also

Turkey can lead to inspirational leftovers

plan quick-to-fix foods and recipes that start with such convenience foods as deli meats, frozen bread dough, purchased sauces and pre-shredded cheese.

- Stock your cupboard with a few easy munchies such as mixed nuts, pretzels, dried fruit, or chocolates to serve as filler foods along with your star recipes.
- Keep an emergency supply of cookies, baked goods, or finger foods in the freezer that can easily be thawed for last minute entertaining and unexpected guests.
- When you're looking for buy serving dishes and other entertaining supplies, check a restaurant supply store. The quality is top-notch and you'll be amazed at the variety.

• You can rent many party supplies, such as tables, punch bowls and hot glassware. It's often less hassle to obtain all the items you need at a rental shop than to borrow a few at a time from friends.

- Remove party beverages and appetizers from serving carts and replace with dessert and coffee.
- Serve your last bite brunch foods for an early breakfast.
- Be a responsible host. If you question a guest's ability to drive home, don't let him or her attempt it. Call a cab, arrange for a ride home with another guest or provide transportation yourself.

MAKES 6 SERVINGS. SERVE WITH RICE AND VEGETABLES.

(Recipe from Chef Patrick Augustyn, The Samplings, New York)

TURKEY TETRAZZINI
6 tablespoons unsalted butter or margarine
6 tablespoons flour
2 1/2 cups chicken stock
1 cup milk
1/4 teaspoon Tabasco or hot pepper sauce
Salt and pepper to taste
1/2 cup sherry
1 cups cooked turkey
2 sweet red peppers, diced
1 pound spaghetti-cooked

Melt the butter in a heavy saucepan over low heat. When cooked and bubbling, gradually stir in the stock, stirring until thickened. Add the milk, season with hot pepper sauce, salt, pepper and sherry, then add the turkey and red peppers. Arrange pasta in a buttered baking dish. Spoon the sauce over the pasta. Cover with the bread crumbs and cheese. Bake in a 375 degree oven until bubbling is placed and bubbling. Serve hot. (Adapted from "The Home Style Cookbook" by George's Homes)



IF YOU'RE NOT RECYCLING YOU'RE THROWING IT ALL AWAY.

A little reminder from the Environmental Defense Fund that if you're not recycling, you're throwing away a lot more than just your trash.

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