

## Eating healthy during the holidays is a challenge

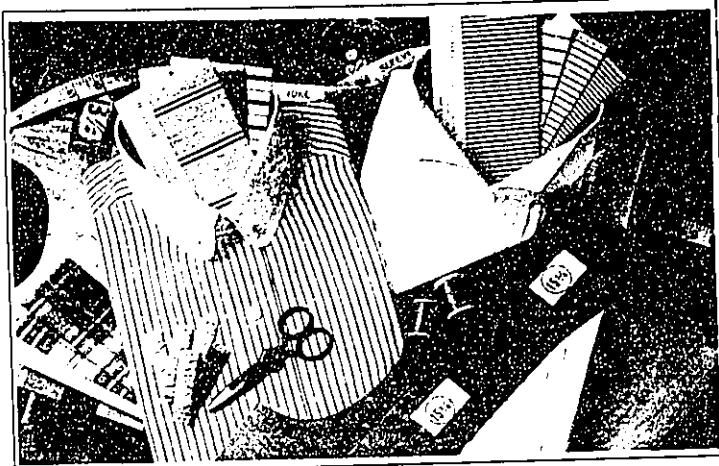
With all the rich food that's served during the holidays, it should come as no surprise that the average person gains five to seven pounds between Thanksgiving and New Year's Day.

Chocolate is a favorite ingredient in holiday baking -- but it may not be all that bad.

Research shows that cocoa butter, the only fat in plain chocolate, does not raise cholesterol levels in the blood, and a substance found in cocoa powder inhibits the formation of plaque.

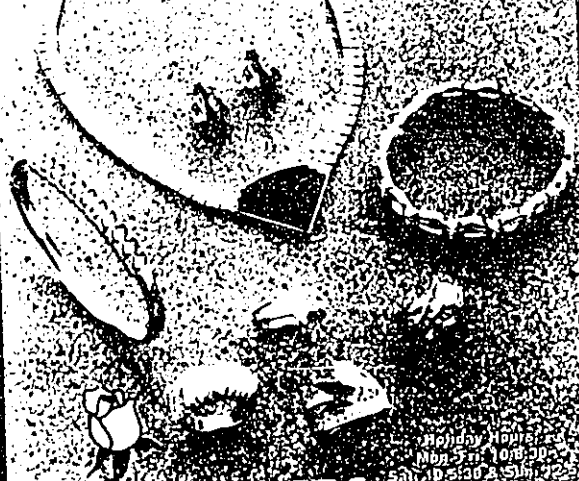
But to help you stave off a few pounds, Jo Ann Carson, director of the clinical nutrition program at the University of Texas Southwestern Medical Center in Dallas offers these strategies for dealing with tempting treats:

- Decrease the frequency of consumption
- Eat smaller portions
- Alter the preparation or substitute healthy ingredients, such as using low-fat milk instead of cream in egg nog.



**A FITTING GIFT:** For the choosy man with refined tastes, try giving him a custom-made shirt the suits him perfectly. With the fit, color or stripe, style, and collar he prefers, it's a tailor-made gift this season (from \$65). At Executive Custom Shirtmakers & Tailors, Birmingham.

## Nothing Says It Better Than a Diamond



**ROSE JEWELERS**

Holiday Hours:  
Mon-Fri 10:00-6:00  
Sat 10:00-5:00  
Sun 12:00-5:00  
115 MAIN STREET, DOWNTOWN ROCHESTER • 662-2400

## Yours for the Holidays!

Heritage Village • Snow Village & Accessories



**GENNA'S**

Michigan's Largest Gallery of Collectibles

20092 Van Dyke • Warren  
Tech Center Plaza at 12 Mile Rd  
573-1512

free parking available  
1-800-535-2111

244 Main St  
Downtown Rochester  
650-3030

free parking available  
1-800-939-3311