## You can enjoy the pasta without guilt

Good news: high protein, low carb diets are unhealthy. It's good news because it means great foods like pasta, cereal and French bread can

remain in our diets.
Silvin Veri, a registered dietitian with Beaumont Hospital's
Weight Loss

Weight Loss Center explained the problems with trends towards the controver-sial Dr. Robert

Atkins' diet.
It only works for the short

"Limiting carbohydrates forces the body to burn its own fat," Veri said. "A diet high in torces the body to burn its own far, Veri said. "A diet high in protein, and usually fat as well, is satisfying and reduces hunger, but high protein/low card diete sesentially eliminates a whole food group. When one limits food choices, one can experience short-term weight loss because caloric intake is decreased." Start the day with food that tastes good, if breakfast is dull it will be more tempting to grab a candy bar or fast food burger at lunch.

Veri recommends breakfast salance protein, starch, and

Veri recommends breaklasts balance protein, starch, and fruit with 100-calorie portions of each. For example, try a three-quarter cup of Kashi Go Lean cereal with one-cup skim milk (or soy milk) and one

mist (or soy must) and one banuna.

"Eating breakfast within the first or second of waking stim-ulates metabolism. An all-carb breakfast will not satisfy and you'll be hungry soon after," Veri said.

Learning to cook whole

Veri said.

Learning to cook whole foods and reducing portion size is one of the best ways to lose weight because it makes us more aware of what we are actually consuming, said Barbara Beznos of Integrated Nutrition LLC in Farmington Hills. And the result is better quality meals.

Hills. And the result is better quality meals.
Beznos said more important than diet fads is America's overall attitude toward food—it needs to change.

learn more about German wines. We say this from experience. It's not a bricks and mortar school

bricks and mortar school but rather a guided wine region tour, where particlpants travel throughout several of Germany's famous winespowing regions, visit renowned wine estates and taste an array of wines with the producers.

Cost in Surcos is 1,250 per person with a single room supplement of 150

WINE

FROM PAGE B1

Fast food, instant processed dinners and the marketing trend that bigger portions are better is much of the problem. Beznos said Americans need to shop locally for quality pro-duce foods and cook it home. Doing so gives us control: tread can duce foods and cook it home. Doing so gives us control: Control over portion size, flavor, cooking methods and the types of oils that are used.

HOMETOWN Society that values more for less so I can understand why recole

can understand why people may complain if portions are small," Veri said. "Portions at may complain if portions are small? Veri said. Portions at an average restaurant are too large. Patients often tell me that portions in Europe are smaller, but they have been satisfied by the meal. So, I believe mentally people feel better if they are getting more food for their money, but in reality their not necessary. The health problems with Akins are cholesterol related. Excessive protein intake, especially from animal sources, increases calcium loss over time and may contribute to the development of osteoporosis, Veri said.

For those looking for healthy high people of the property of the people of the property of the proper

development of osteoporosis, Veri said.
For those looking for healthy high protein foods, eggs, tofu and beans are good ideas.
So is it healthy to avoid the carbs we love?
It depends. Not all carbohydrates are nutritionally equal.
Some are preferred carbohydrates alter buble grains, beans, fruits, and vegetables which the body needs.
Others are unpreferred like refined flour, products made with refined flour, products made with refined flour, products made bread, crackers, cookies, cakes

bread, crackers, cookies, cakes and muffins.

Also, sugar falls under this

Also, sugar falls under this category.
So what's a good goal for a healthy, but interesting diet. Ver i suggests getting 30 percent of total calories from protein, 40-50 percent from good carbohydrates (beans, grains, fruits and vegetables) and 20

Euros for the six-day course including hotel, meals, tastings and semi-nar transportation. Trans-Atlantic flights or roundtrip transportation from the Frankort airport are not included. Log onto www.germanwines.de for more information, the 2003 tour schedules, tour literaries and a registra-tion form.

The Healds are Troy residents who write about wine, spirits, food, and restaurants for the Observer & Eccentric Newspapers. To leave them a voice mail message, dial (174) 953-2047, mailbox 18648.

## A pinch of cumin and a dash of millet can make breakfast unique

HEALTHY OMELET

6-8 egg whites or 1 1/2 -2 cups egg substitute 1/4 cup of each-onions, green peppers, tomatoes, and mushrooms

2 cups fresh spinach 1/2 cup reduced fat shrended cheese (Kruft 2 purcent milk cheese)
Salt, pepper, and any seasonings, to taste
Cooking spray (Pam)

Spray pan and saute onions and green pepper until soft. Add tomatoes, mushrooms, and spinach and cook until the spinach wilts.

the spinach wilts.

Add egg whites or egg substitute to vegetables. Add saft, pepper, and seasonings to taste. Let it cook until done. Lastly, add shredded cheese until it melts.

Recipe courtesy of Silvia Veri, registered dictitian of Beaumont Hospital's Weight Control Center.

MILLET MUSSLI

V2 cup cooked millet V2 small very ripe banana (or vanilla flavored soy milk, to taste)

V2 apple chopped (Fuji, Brae-burn or Red Delicious) 1 tablespoon walnuts, pecans or almonds, chopped Some sweet white grapes, halved (opt.)

Cook millet. Put a few tea-spoons of millet in a saucepan, add cold water, enough to cover one-half inct above the grain line, bring to boil, stir, cover, turn down heat to simmer gently till done. Add a little water if needed while cooking. Millet is done in about 20 minutes.

Mash the banana till creamy. Add the rest of the ingredients, mix well.

(Millet is best used for this dish while still warm. Howev-er, you may cook a larger quantity of millet and quickly freshen a desired portion in the microary.)

PROTEIN RANCHOS HUEVOS

1 package firm tofu 1 portabella mushroom I onion I clove garlic I tablespoon on dried basil or

oregano 1/4 teaspoon chili powder t/4 teaspoon garlic powder I flour tortilla for each serv-

ing
11/2 leaspoons turmeric (for
coloring and flavor)
Salsa of your choice
1 can of black beans Pinch of cumin, optional Cilantro for seasoning

Squeèze the block of tofu gently to drain out water. Set aside. Sauté diced together diced mushroom, onion. dieed mushroom, onion, green peper, tomato and garlic, In a separate bowl crumble tofu into pan. Mix in garlic, basil or oregano and turmeric. Transfer mixture to yeggie mix and cook 5-10 minutes until any excess liquid is gone. Salt/pepper to taste and put aside.

Drain canned beans and

Drain canned beans, and warm on the stove top. Mix in chill powder and cumin. Serve on a warm tortilla with some beans and salsa to the side. Serve with whole wheat

Recipe from www.vegweb.com

cherry, earthy notes, tobacco.

roasted coffee and chocolate

Really delicious: 2000 Pine Ridge,

Rutherford (\$39) and 2000 Errazuriz

Don Maximiano Founder's Reserve.

■ New World excellence: 1999 Gallo

of Sonoma Barelli Creek (\$32); 1998 Gallo of Sonoma Stefani Vineyard (\$30); 2000 Penfolds Bin 407 (\$26);

and 2000 Rosemount Estate Show

Reserve Connawarra (\$24). Best buy: 2000 Amberhill (\$9).

DITABLES

Chile (\$60).

percent from fat (mostly monounsaturated fat). Protein sources should come from lean poultry, fish, lean sources of pork and red meat,

New Kosher wines for Seder April 16:

Emerald Riesling/Chenin Blanc (\$10),

Collection Merlot (\$20), a French oak-

2002 Carmel Vineyards Selected

a semi-dry white from Shomron.

Israel and 2000 Carmel Private

aged dry red wine from Israel's

Thinking first barbecue of the

Awesome: 2000 Errazuriz Max

Reserva, Chile (\$60) is a distinctive

Chilean style with black berry, dark

season? Think CABERNET

SAUVIGHON.

beans, egg whites, and low-fat dairy, and soy. So grab some pasta and beans or omelet breakfast and

## TASTE CALENDAR

Grill ThrUIS
Learn how to get more flavor from
grilled hoods, dry rubs, safe food handling and about different woods and
charcoal of Thriff of the fulf class
Wednesday, April 9, at Royal Dak
famball High School, room Mi59
Participants receive a CP-80W or
world champlonship grull recipes and
500 Junimer campout recipes. Create 500 summer campout recipes. Create a lasty dry rub dit to take hus. Bring one clean pint (small) canning jar and lid (trom hardware store). There is a 510 materials fee paid at class and 512 tuition. Call the Royal Oak Community Education office at (249) 588 5050 to enroll (pre-registration remired).

Pacific Rim
Expire the tastes of the Pacific Rim
Expire the tastes of the Pacific Rim
and discover the mystenes of Asian
cuisine at Dakland Community
College's Orchard Ridge campus.
Student culinarians will guide you
through a five course dinner fantasy

10. Fare is only SSO per guest. Students in the Culinary Arts and Restaurant Management programs are in charge of planning, organizing and executing this meat lickets are usually sold out. To reserve your seat, call (248) 522-3700

Southern Cooking Doris Tackett, test editor for Taste of Dors Tackett, test editor for Isste of Whom emagazine, will demonstrate the wonderful and of southern style cook-ing, Fried chicken, milk grays, home-made piscuits and pie will be Fratured. This class is scheduled 7-9 pm. Friday. April 25 at Namny's Kitchen, 304 East Street, Romester, Mil 48307. Cost is 545 per person. For Information, visit www.namnyskitchen.com or call (249) 651-M22.

ophoca.

Do you have an item for the Taste calendar? Please submit it at least two weeks before the event to Ken Abramczyk, Taste editor, Observer & Eccentric Newspapers, 805 East Maple, Birmingham MI 48009 or email kabramczyk@oe.homecomm.net

## OF SURVINGE TO SERVE Bach Collegium Bach's St. Matthew Passian

Japan

Masach Suruki conductor

Ned 4/9 7 33 pm

St. Francis of Assisi Catholic Church - Ann Arbor

Led by Massakis Sutuki, a much-celeorated organist and harpsichordist. Bach Collegium Japan has been widely recognized as a bright and ascending star among the world's leading interpretars of the mosterpieces of Bach and his contemporaries.

St. Matthew Passion (1727)

Matthias Goerne baritone

Thu 4/10 1 pm Lydia Mendelssohn Theatre - Ann Arb

The chosen pupil of lieder legends Dietrich Fischer-Dieskau and Elisabeth Schwartskopf, Matthias Goerne dazzles listeners with his fluid, velvety baritone and profound artistry. The Chicago Tribune raved, "He is

a great and true lieder singer, perhaps the finest of his generation. PROGRAM Songs of Franz Schubert and Hugo Half

Afro-Brazilian

featuring Daniela Mercury Sat 4/12+pm ENIJ Convocation Center - Ypsilant

Get ready to samba the night away to this uct ready to samba the night away to this explosive performance by Brazilian bomb-shell Daniel Mercury and her troupe of dancets, singers and musicians at what is sure to be one of the most popular UAS events this season!

() women (50)

An Evening with

Audra McDanald and Trio Audra McDonald

Audra McDanaia and irro
Ted Sperling russe & rector and prame
Mary Ann McSweeney bass
Marren Odze &ums
u ts geest Celig Keenan-Bolger weeks

Fri 4/18 8 pm Michigan Theater + Ann Arbor

Fri 4/18 1 pm Michigan Theater - Ann Arbor

Michigan Theater - Ann Albor - Broadway's most adventurous singer!" (Time) his first performer in theater history to receive three Tony Awards before age 10 (for Carousel, Moster Class and Regime), Audio McClanald was also nominated for an Emmy in 2002, promising equal success as she begins a film and television cores: She returns in April Ton her second UKS performance with her jazz ton.

Gabrieli Consort Bach's St. John Passion and Players Sat 4/19 Epm Hichigan Theater - Ann Arbor



Nichiga inserter: Annivarior The Gabriel Consort and Players began as an ensemble that facused on historically inform performances of Renausiance music. It non-coptivates audiences with its blood eradings of the mosterworks of the Bosoque period, especially its world and moving interpretation of Bath.

es of Dev. Times of Season" Thu 4/10 7 pm

Daniela Mercury Artist Interview & Reception In 4/11 4pm

Michigan League + Vandenberg Room International Institute - Room 1416 For more information, please call she UMS Education Department at 734.633.6739, empl umsed dumich edu, or visit our nebsite at winn ums.org

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