

Waisting aweigh

What to buy your favorite dieter

By NANCY AUSTIN

If you are not a dieter or worried about your weight, chances are you probably know someone who is. Read on.

If you are a dieter and, of course, worried about your weight, this article is for you too. Selecting Christmas gifts for the weight conscious can be tricky and embarrassing, for both the giver and receiver, so I urge you to carefully consider the sensitivity of the person or people involved in the gift exchange.

Those of us who have a weight problem genuinely appreciate the positive encouragement from family and friends, which will hopefully manifest itself in an appropriate gift selection. Don't be fooled by the jolly exterior of the overweight person. In 98 per cent of all cases, this person is crying on the inside and needs moral support.

Although a man or woman may joke about his physical size, it is only a facade. And though it is important for an overweight person to keep a healthy sense of humor, his emotions regarding his state of health run very deep within. An inappropriate gift can crush an already troubled ego.

Personally, while I appreciate the gesture of someone selecting a gift for me, I do not appreciate the ultimate

results of a three-pound or even a one-pound box of chocolates.

KEEPING THIS in mind, then, the following suggestions are directed towards those who will be buying a gift for a dieter.

The same list can be used by a weight watcher when Santa asks him or her what he would like for Christmas. Any dieter seriously interested in losing weight, and keeping it off, would welcome any of these items.

The nitty-gritty of weight watching revolves around the bathroom scale. It is something we don't often buy. It is not unusual to find scales at least ten years old in any home, and seriously out of balance—discouraging for someone trying to keep an accurate account of weight loss achievements.

Scales are available in a variety of sizes, shapes, colors, and prices. In addition to the choice this year in the availability of the electronic LED scales, accurate to within two-tenths of a pound. They range from \$80 by Counselor to \$135.00 by Heathkit. The Counselor scales also can register your weight in kilograms (1 kg.—2.2 lbs.) if you desire. Available at the Wayside shop in Plymouth.

DIET COOKBOOKS are plentiful, as

are books on nutrition.

Both paperback and hardcover, range from \$1.95 for the "American Heart Association Cookbook" (Ballantine Books) to \$12.95 for "Cuisine Minute" by Michel Guerard. A book particularly good for understanding nutrition in a non-technical style is "A Diet for Living" by Dr. Jean Meyer, hardcover or paperback. It is an excellent reference book and should be on everyone's bookshelf. It is appropriate for both men and women. A good selection of books including those mentioned are available at Plymouth Book World and the Gourmet Gallerie.

Consider the selection of cheeses and wine. Remember dry white wine contains the fewest calories of all wines. Salespersons at cheese and wine shops can help you make an appropriate selection.

Consider a fruit basket from Florida. Citrus fruits are a welcome mid-

winter treat to spark up otherwise dull assortments of fruit. Gift baskets are available at Stockers Market in Farmington.

The Diet Master Frozen Dessert Maker is the low calorie way of satisfying the sweet tooth. This new machine provides a way to prepare soft "ice cream" with fewer calories. It resembles an ice cream maker, but neither rock salt nor electricity are required. It comes complete with a recipe book and each recipe includes the calorie count. Available at the Gourmet Gallerie for \$14.95.

THE MOST UNIQUE item on the diet scene this year is the Diet Fork.

The silver-plated fork differs from the rest in that the tines curl back and around toward the handle so that passing food from plate to palate is impossible.

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