

Don't start the day on an 'empty tank,' eat breakfast

LIFE SUCCESS



FLORINE MARK

the body to "drive" on an empty tank.

A common misconception is that skipping a meal daily, like breakfast, will help you to lose weight. This is simply not true. Breakfast is your body's most important meal. It provides the energy needed to get going after a night of sleep. Regarding weight loss, it has also been proven that breakfast eaters snack less frequently and are less hungry dur-

ing the remainder of the day. Get going tomorrow morning with one of my favorite "quick" breakfasts. They're easy to prepare and they're great for a breakfast on the go.

BANANA SPICE MUFFINS

- 1 1/4 cups plus 1 tablespoon all-purpose flour
- 3 tablespoons firmly packed dark brown sugar
- 1 1/2 teaspoons double-acting baking powder
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1 1/2 medium bananas, mashed
- 3/4 cup low-fat (1 percent) milk
- 3 tablespoons reduced-calorie tub margarine, melted
- 1 large egg, lightly beaten (or egg substitute)
- 1 ounce chopped walnuts

Preheat oven to 400 degrees. Spray six 2 1/2-inch nonstick muffin cups with nonstick cooking spray,

or line with paper liners; set aside. In medium bowl, combine flour, sugar, baking powder, and spices. In another medium bowl, stir together all remaining ingredients except walnuts. Pour wet ingredients into dry and stir just until moistened (do not beat or overmix).

Spoon batter evenly into prepared cups, filling each about 3/4 full. Sprinkle evenly with chopped walnuts. Bake 20 minutes, until muffins are light brown and toothpick inserted in center comes out clean. Cool on rack. Makes 6 servings. Each serving provides: 1 Fat, 1 Bread, 1/2 Fruit, 76 Optional Calories.

Per serving: 226 calories, 7g fat. Source: Weight Watchers Favorite Recipes, 1993.

BREAKFAST BUZZARD

- 3/4 cup plain nonfat yogurt
- 1/2 medium banana, sliced
- 1/4 cup apple or orange juice

Source: Weight Watchers Favorite Homestyle Recipes, 1993.

SCRAMBLE-IN-A-POCKET

- 1/2 teaspoon olive or vegetable oil
- 1/2 cup sliced mushrooms
- 1/4 cup diced red onion
- 1/4 cup diced red or green bell pepper
- 1/4 cup thawed frozen egg substitute
- 1 tablespoon light cream cheese, softened
- 1 small pita (1 ounce)

In a small nonstick skillet heat

oil; add mushrooms, onion and pepper and cook over medium-high heat, stirring frequently, until pepper is tender-crisp, about 1 minute. Add egg substitute and cream cheese and cook, stirring constantly, until egg substitute is set, about 2 minutes.

Using a sharp knife, cut 1/4 of the way around edge of pita open in form pocket. Fill pita with egg substitute mixture.

Each serving provides: 1/2 Fat, 1 Protein, 2 Vegetables, 1 Bread, 35 Optional Calories. Per serving: 190 calories, 5g fat. Source: Weight Watchers Simply Light Cooking, 1992.

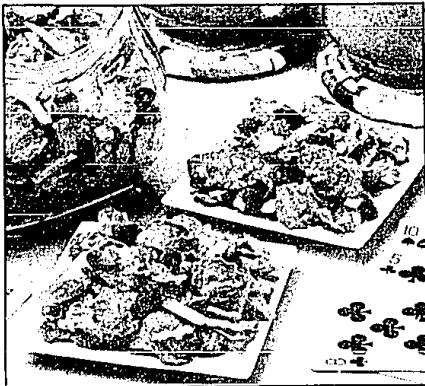
Snack rich in fiber

Fiber appears to be here to stay as a healthy addition to our diet, said Mary Helen Gunkler, registered dietitian and staff nutritionist for Total cereal.

However, we still need to increase the overall fiber content of our diets. The average American consumes about 11 grams of fiber daily, when 20 to 30 grams of fiber is recommended by health professionals.

A good first step toward getting the right amount of fiber daily is to follow the Dietary Guidelines for Americans. This means consuming 3 to 5 servings of vegetables, 2 to 4 servings of fruits, and 6 to 11 servings of foods from the bread, cereal, rice and pasta group.

- Here are some specific tips for adding fiber to your diet:
 - Select fruits and vegetables with edible skins and seeds. Try an apple, strawberries or baked potato with the skin on.
 - Choose whole fruits and vegetables rather than their juices.
 - Add barley, lentils, corn or peas to stews, soups, spaghetti sauce and salads for fiber benefits.
 - Choose whole-grain bread, crackers, pasta and cereal. Try spaghetti or lasagna made with whole-grain pasta. Include vegetables in the lasagna for added fiber.
 - Make snacks count by munching high fiber foods such as dried



Tasty snack: Fiber comes from a variety of sources, including delicious Honey-Fruit Snacks made with whole grain Total.

fruits. Or prepare a special treat that contributes fiber such as Honey-Fruit Snacks with 2 grams of fiber per half-cup serving. Each serving contains 120 calories.

HONEY-FRUIT SNACK

- Nonstick cooking spray
- 1/2 cup honey
- 1/4 cup packed brown sugar
- 5 cups Whole Grain Total cereal
- 1/2 cup slivered almonds
- 1 package (6 ounces) mixed-dried fruit bits (1 1/2 cups)

Heat oven to 350 degrees. Spray jelly roll pan 15 1/2 by 10 1/2 by 1 inch with cooking spray. Heat honey and brown sugar to boiling in 3-quart saucepan over medium heat, stirring constantly; remove from heat.

Stir in cereal and almonds until completely coated. Spread in pan. Bake 8 minutes, stirring frequently. Stir in fruit bits. Bake 6 minutes longer. Cool 5 minutes. Loosen mixture with metal spatula. Let stand about 1 hour or until firm. Store in airtight container. Makes about 7 cups snack.

Ginger makes chicken zesty

AP - Low in fat translates to high in flavor with spicy Asian cooking. For example, the more ginger root you add to Chicken Ginger, the zester it gets. We suggest starting with 2 tablespoons and adding more ginger to suit your taste. With all that ginger and pepper too, no one's going to miss the fat.

CHICKEN GINGER

- 4 Chinese black dried mushrooms (optional)
- Hot water
- 1/2 cup water
- 2 tablespoons yellow bean sauce or paste (available at Oriental markets) or 2 tablespoons soy sauce
- 1 1/2 teaspoons cornstarch (optional)
- 2 tablespoons dry sherry (optional)
- 1 teaspoon sugar
- 1/2 teaspoon ground black pepper

- 2 tablespoons cooking oil
- 2 cups sliced fresh mushrooms
- 1 medium green pepper, cut into 1/4-inch pieces (1 cup)
- 1 cup bias-sliced green onions
- 2 to 4 tablespoons ginger root cut into thin slivers
- 5 cloves garlic, minced
- 2 whole medium chicken breasts, skinned, boned and cut into 1-inch pieces (12 ounces total)
- 2 cups hot cooked rice

If using dried mushrooms, place in a small bowl. Cover with hot water; let soak for 15 to 20 minutes or until softened. Drain; thinly slice mushrooms, discarding stems.

For sauce, in a small mixing bowl stir together the 1/2 cup water, yellow bean sauce or paste or soy sauce, cornstarch (only if using the soy sauce), sherry (if desired),

sugar and black pepper; set aside.

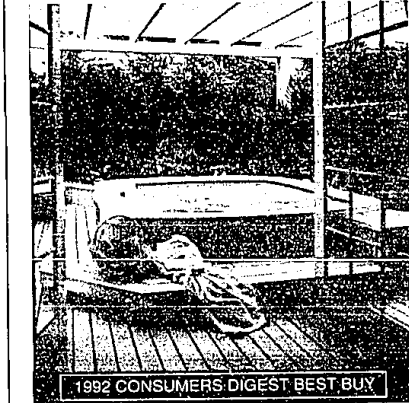
In a large wok or skillet heat 1 tablespoon of the cooking oil over medium-high heat. Add drained mushrooms, fresh mushrooms, green pepper, green onions, ginger and garlic. Stir-fry about 3 minutes or until crisp-tender. Remove vegetables from the wok or skillet. Add remaining oil to the wok or skillet. Add chicken. Stir-fry about 3 minutes or until no longer pink.

Stir sauce; add to the center of the wok or skillet. Cook and stir until bubbly. Cook and stir for 1 minute more. Return the vegetables to the wok or skillet. Heat through, stirring once or twice. Serve with cooked rice. Makes 4 main-dish servings.

Nutrition information per serving: 355 cal., 10 g fat, 54 mg chol., 25 g pro., 39 g carbs., 2 g fiber, 353 mg sodium. RDA: 26 percent iron, 50 percent vit. C, 28 percent thiamine, 23 percent riboflavin, 85 percent niacin.

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—Rush Limbaugh, December, 1992

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