

The skinny on how to cut weight



LOIS THIELEKE
you have to decrease calories by 500 or burn 600 calories with exercise.

Fats, oils, foods high in sugar and fat, soft drinks and alcoholic beverages are all extra sources of calories. If you can't avoid them, at least limit the amount you eat. If rich desserts are a problem, eat a very small portion, or fresh fruit instead. Avoid seconds of high-calorie food and gradually cut back on the serving size. Instead of sauces, butter or margarine, flavor foods with spices and herbs.

Bread, potatoes and pasta are not fattening. A baked potato has 100 calories, but if you add one tablespoon of butter it's 200 calories, and you have 300 calories. Choose a "naked" potato instead of french fries, 320 calories. Think of it this way, 10 french fries equal one medium baked potato plus two teaspoons of fat. If you choose a plain baked potato instead of french fries, you'll save calories and 14 grams of fat.

Try putting salad dressing in a spray bottle and mist your salads. You'll get lots of flavor, but not as many calories. Eat them "naked" occasionally, use lots of vegetables, herbs and spices and no dressing.

Remember to drink eight glasses of water a day, it's not a magic bullet, but it does fill you up and aid digestion. Think your body isn't feeling satisfied with less fat and fewer calories.

Salsa can be used instead of mayonnaise on sandwiches or as a marinade for chicken and fish. Baked white potatoes probably need some butter or sour cream but not, sweet potatoes, which

have a rich taste and creamy texture.

Medium-sized cinnamon raisin bagels are sweet enough without butter. Snack on an orange: It takes time to peel and eat, and the body will think it is full. Air-popped popcorn has just 100 calories, and one gram of fat for four cups. Compare that to four cups of potato chips, which contain 600 calories and 40 grams of fat.

Make a skinny pizza. Use a thin crust, oil-free sauce, lots of garlic and oregano, a variety of vegetables and no cheese. Toast chickpeas and eat as roasted peanuts. Drain canned chickpeas (garbanzo beans) spread on a cookie sheet then roast in a 400-degree oven for five to 10 minutes. Season with salt, chili pepper or garlic salt.

People trying to cut down on calories tend to eat the same things every day, and this leads to boredom. Start making changes by reading food labels to see where hidden fats are, serving sizes, and calories per serving, this will make a difference.

"There is a food saying, 'H - A - L - T!!!!' This means to ask yourself, 'Am I Hungry? Angry? Lonely? Tired?'" Eat only if you are hungry!

The refrigerator can be a magnet when you are in the kitchen and you're trying to cut back. The refrigerator is a good place to hide tasty morsels. Put these goodies in hard-to-see and hard-to-reach places, like the bottom or back corner. Tape the lids on tightly so it's a hassle to open. Freeze leftovers, it's hard to eat them if they are frozen solid.

No one hears about anyone sitting down to eat 20 apples, but 20 cookies or a bag of chips go down pretty quickly! Reward weight loss with a movie or something other than cookies or chips, but don't forget the exercise, they go together.

Lois Thieleke of Birmingham is an extension home economist for the Cooperative Extension Service, Oakland County office.

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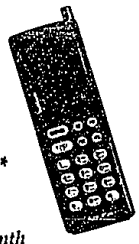
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COOKING CALENDAR

Send items to be considered for publication to: Keely Wygnik, Observer & Eclectic Newspapers, 36251 Schoolcraft, Livonia 48150, or by fax (313) 591-7279.

Cooking demonstrations

KITCHEN ISLAND
"Luscious Lemons, Lovely Lines." — Desserts, and recipes including lemon garlic chicken, featuring Nancy Bayer, 1 & 6:30 p.m. Tuesday, May 18, Nov. 1 & 6:30 p.m. Wednesday, May 17, Receptor; 1 & 6:30 p.m. Thursday, May 18, W. Bloomfield; 1 & 6:30 p.m. Friday, May 19, Rochester. There is a \$3 fee. (313) 537-1300

SUPERSON FISH COMPANY
Seafood cooking featuring Executive Chef Gordon Bowman of Beaumont Hospital, 10 a.m. to noon Saturday, June 10, 303 E. 11 Mile, Royal Oak. No charge. (810) 541-4832

Classes

SCENICLUST CONSUMER COLLEGE
European Travel Making, meets two weeks, 5-10 p.m. Mondays, beginning May 10, the fee is \$85. Foodservice Sanitation, six week course, 7-10 p.m. Tuesdays, beginning May 10. The fee is \$139. Successful Catering for the Entrepreneur, three weeks, 7-10 p.m. Wednesdays beginning May 17. The fee is \$73. Outdoor Dining & Entertaining, three weeks, 6-9:30 p.m. Wednesdays, beginning May 31. The fee is \$97. (313) 462-4448

SOUTHFIELD PUBLIC SCHOOLS
Chef Mike of the Golden Mustang is offering a series of classes 6:35-8:30 p.m. on Tuesdays at the Community Ed Center, 18575 W. Nine Mile, Southfield. Cost \$40 per session. Upcoming classes: Cool Main Courses for Summer, May 15; Fresh and Frozen Desserts, May 23. (810) 744-0700

SEMI PASTI
Crocka's Candy & Cake Supply, 2256 Crocka Road, Rochester Hills, will be offering a 3-week class in Gum Paste making.

ing. Jobe Allen of Home Bakery (Rochester) will be teaching the class, which includes ribbon making, several flowers, and figure modeling. The cost is \$50 for 10 sessions. (810) 853-0008

LEONORE'S NATURAL CHEFING
Cooking school, natural cuisine, step-by-step instruction, recipe hand-outs, 22999 Luster, Road, Farmington Hills. The week, 6-9 p.m. Monday, May 15, Casseres 8; 6-9 p.m. Wednesday, May 17, beginning cooking. (810) 478-4455

VEGETARIAN
Feeding Vegetarian Sushi (Hot Rolls), 6:30-9:30 p.m. Thursday, May 25; Quick, Tasty, Healthy meals, June 1, part of the "Feeding Your Whole Self" series, at the Dairy Grind, 220 Fach Street, Ann Arbor. Cost \$4. (313) 998-0781

Support Groups

NUTRITION FOR THE BABY AND YOU
Get your baby off to a healthy start. Register early in pregnancy. Classes offered monthly. Registration fee \$10. Classes at: Michigan Health Development Network, 39750 Grand River, Ave., Nov. (810) 477-8100

FOOD ALLERGENS
Meeting for people with Anaphylaxis, a life-threatening allergic reaction, which can be caused by foods, insect stings, medications and even exercise. Learn about the signs and symptoms, and what to do when a medical emergency occurs, 7:30 p.m. fourth Monday of the month, Anne Health Building, 950 W. Ann Arbor Trail, Plymouth. For information, call (810) 689-9434 or (313) 420-7005

MENEDIC HEALTH
Your local support group for people who have heart disease and their families. Meets 7 p.m. on the third Tuesday of each month at Beaumont Hospital Administration Building, Classroom 2, 13 Mile Road, Royal Oak. (810) 557-5527

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