

**FOR YOUR HEALTH:
EATING LITE & HEALTHY**

At one time or another, half the women and a quarter of the men in this country have tried to lose weight. The ones destined to try again and again are most likely those looking for shortcuts. There are none.

The only way to step off the diet treadmill is to find a weight-loss program that helps you lose weight slowly and steadily; one that trains you to adopt a healthy eating plan so simple it becomes a way of life. With that in mind, here is an introductory guide to the last diet you may ever need.

GOOD HABITS

START STRONG. People who eat a healthy breakfast generally feel less hungry throughout the day.

CURB YOUR APPETITE.

Drink a glass of water or some tea just before a meal.

STOP COUNTING CALORIES.

The best diet foods are complex carbohydrates. Low in fat, fast burning, and rich in vitamins and minerals, they are also high in bulk, which means you, can feel full on fewer calories. Eat whole-grain cereals, rice, breads, pasta, beans, nuts, and some types of fruits and vegetables.

EAT WHAT YOU LIKE. Nothing makes a diet more difficult than having to eat rice cakes when you can't stand them.

SIT DOWN. Train yourself to eat in one place, preferably at a table. It's too easy to overeat when meals are grabbed on the run or while standing in front of the refrigerator.

SLOW DOWN. Eat slowly enough to give your body time to release the enzymes that tell your brain when you've had all you need.

EXERCISE. It burns calories and suppresses the appetite, and it's awfully hard to lose weight without doing it. An easy way to get started is to strap on a pedometer and go for a walk, then work on increasing your mileage from one week to the next.

DON'T GIVE UP. Falling off your diet once or twice does not mean the effort is hopeless. Simply acknowledge that you overate, and get back on the plan.

REWARD YOURSELF. Treat yourself with a massage, or a piece of gourmet chocolate, or whatever, for each week that you maintain your new weight.

FIRST – RATE SNACK PACK

Air-popped popcorn seasoned with herbs, Bagels, Bread sticks
Broth-based soups,
Cereals, low-sugar, low-fat
Cocoa, low-sugar, low-fat
English muffins, Fresh fruit
Frozen fruit-juice bars
Gingersnaps, Graham crackers
Low-fat or nonfat frozen yogurt
Matzoh, Milk shake of low-fat milk and frozen fruit
Pita chips with salsa
Plain nonfat yogurt with fruit and cinnamon, Pretzels
Rye crisps or rice cakes thinly spread with peanut butter or low-fat cheese, Sorbet
Tabbouleh, Vegetables marinated in vinegar or dipped in low-fat yogurt seasoned with herbs
Whole-wheat crackers