

**Family Living
Focus**

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A Healthy Weigh for 1998

As the new year begins, many of us make a resolution to lose a few pounds. While this is a great time to consider a weight loss, the plan may become a short-lived one. Here are some strategies to help stay on track throughout the year.

•Think "doggie-bag." Whenever dining out, plan to take at least one half of your meal home. Even lower fat meals can reach 1,000 calories because of the large portions given at restau-

rants.

•Speaking of portion sizes, eat less. Many people still consume the same amount of food that they ate when they were younger and more active. But most people need fewer calories when they reach their forties and beyond. Learn to eat a half of a sandwich instead of a whole one. But still have that apple for desert!

•Focus of fruits and vegetables. To stay healthy and lose weight, make these your usual snacks

and occasionally have low fat candy, cookies, or cake.

•Avoid the "no-fat" cookie syndrome. Although cookies, cakes and candies are labeled fat-free, the calories can add up quickly if you eat too many. Pay attention to the serving size listed on the food label and stick to that amount.

•Think before you drink. Calories from alcoholic beverages, fruit drinks, punches, soft drinks, and specialty coffee drinks, can add on pounds if you drink them freely. Limit your consumption of these beverages and have calorie-free drinks, such as water, seltzer, diet sodas, plain coffee and tea.

•Control the condiments. Regular salad dressings, mayonnaise, and other extras can drastically increase the calorie load of low calorie foods like a salad. Be careful with portion sizes at the salad bar or use non-fat substitutes.

•Fast food options. Those who eat at fast food restaurants real-

ize that many of the burger and fries choices are loaded with calories and fat. Choosing a grilled chicken sandwich, holding the mayo, a stuffed pita without the dressing, or a junior hamburger can keep the calories low. Add a side salad and low fat milk and you have a more complete meal. Avoid the "meal-deal combos."

•Overall, don't say no. If you have a strong craving for a high fat food, eat just a very small portion, rather than denying yourself. In the long run, you won't feel deprived and therefore, won't be tempted to cheat and give up your weight loss plans altogether.



Citrus

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SANTA'S SURPRISE

1 gallon vanilla ice cream
46-ounce can pineapple juice,
chilled

10 (7-ounce) bottles lemon-lime
soda, chilled

2 (6-ounce cans) frozen orange
juice

Combine pineapple juice and orange juice in punch bowl slowly pour in lemon-lime soda. Ice cream can be scooped directly into punch bowl or individual glasses. Top with maraschino cherry. Makes 30 cups.

Melanie Harris

Lycoming Co. Dairy Princess

**CITRUS ORANGE
SALAD**

2 (6 ounces each) packages
orange gelatin

2 cups boiling water
6-ounce can frozen orange juice
concentrate

8-ounce can mandarin oranges
with juice

1 pound 4 ounce can crushed
pineapple with juice

Dissolve gelatin in boiling water. Add remaining ingredients. Stir to combine and let set. May pour into mold of your choice. Refrigerate until set.

Sarah Clark

Breezewood

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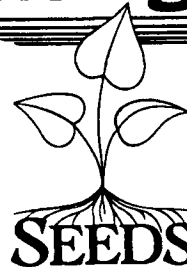
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