

Keeping trim is for all seasons—including summer

By **PATTY RHULE**
Collegian Staff Writer

This being the last dieting column this year, now is the time to kick you dieters out of the nest and let you flap your wings on your own—at least for the summer.

Summer can be a dieter's Waterloo, with picnics, parties, Dairy Queen trips and other potentially fattening activities. On the other hand, if you play your cards right, summer could be your time to throw all your chips in the pot and come away a happy loser!

Picnics are as much a part of summer as sun tan lotion and mosquitoes. Since usual picnic fare includes such caloric catastrophes as hamburgers (quarter-pounders—223 calories each), hot dogs (124 calories each), potato chips, pretzels, soft drinks and beer, some advice should be given as to how you can picnic without becoming plump.

One way to cut the calories in the food you eat is by careful preparation. For

picnickers this could mean dry-frying hamburgers in coarse salt, not fat. An article in Seventeen magazine said this saved calories and tasted good, too.

Pack fresh fruits and vegetables in your picnic basket rather than junk foods. Three carrot sticks contain only 13 calories and make good eating—even if your name isn't Bugs. Green seedless grapes (18 to 20) contain 21 calories, one-half cup sour cherries has 58, and one medium-sized orange has 73.

Apples, pears, cantaloupes, melons, peaches and other fruits that are available in great quantity during the summer months taste good, are low in calories, and are good for you.

Instead of guzzling beer and soda at the picnic, drink iced tea (without sugar is has no calories) or diet soda. Lemonade, although refreshing, is a relatively high-calorie drink at 104 calories per glass.

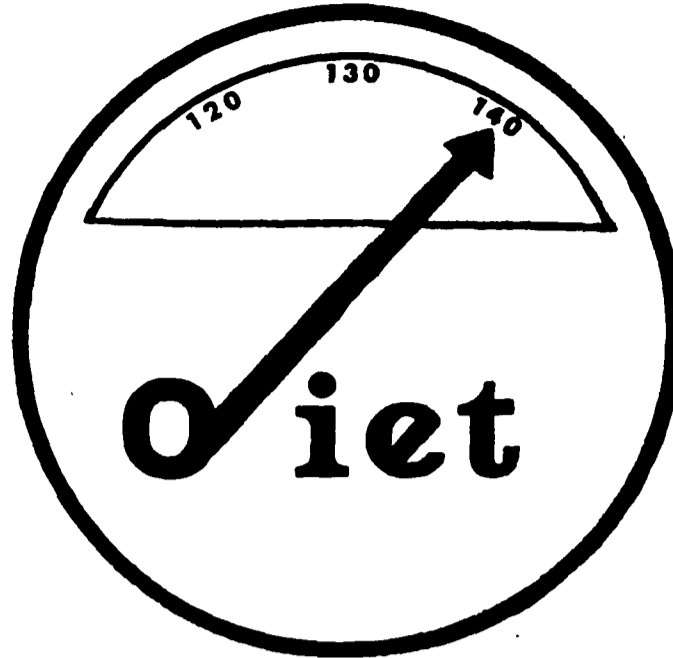
Don't spend all your time

eating at the picnic—for those of you who have been using poor weather as an excuse for lack of exercise, summer is the time to get out and move! Softball, frisbee, volleyball, swimming are all great summertime activities—and you may get a tan in the process.

If part of your summertime routine includes a nightly raid of your local ice cream parlor, be aware that one banana split contains 649 calories. An unadulterated banana at 127 calories would be better fare for dieters.

Ten large strawberries contain only 37 calories. When sliced and frozen with sugar added, the caloric value is quadrupled to 140 calories in ½ cup berries. And when made into strawberry shortcake, with one cup of berries and one medium biscuit, the end product has 399 calories.

Ice cream contains approximately 255 to 300 calories per cup, and sherbet has 260 per cup. If you must indulge, try ice milk (200



calories per cup) instead. Ice milk should be an occasional treat for the summertime dieter, not a daily staple.

An article in Seventeen suggested fruit slushes as refreshing summer drinks. To make a pineapple slush, drain one 21-ounce can of unsweetened pineapple chunks. Spread the chunks on paper towels on a baking sheet and place them in the freezer for 30 minutes. Remove the chunks from the freezer and whirl ½ cup of the

chunks in a blender. This recipe makes four servings of slush.

For those of you who are staying in State College this summer, the pool outside the Natatorium is now open. The track around the golf course makes scenic viewing while you work off that extra poundage—but be on the lookout for fast flying white orbs.

Here is this week's dieting menu, prepared by Cheryl Sowers (6th-nutrition). Have a good summer and remember, to recapitulate the lyrics of a one-time hit record, eating "ain't no cure for the summertime blues!"

MAY HAVE AT ANY TIME: coffee, tea, or iced tea (black or with lemon).

ANY BREAKFAST: ½ glass juice, choice of hot cereal (with ½ tsp. sugar, if desired) or unsweetened cold cereal, 1 glass skim milk.

TODAY'S LUNCH: sliced turkey on lettuce, 2 slices whole wheat hearth bread with 1 pat margarine, 1 glass skim milk.

glass skim milk.

TODAY'S DINNER: manicotti with 2 tbsp. parmesan cheese, broccoli, apricot halves with cottage cheese on lettuce.

TOMORROW'S LUNCH: hamburger on bun with 1 tbsp. catsup, peas, banana.

TOMORROW'S DINNER: french fried flounder with 1 tbsp. CaChili sauce, whole wheat roll with ½ pat margarine, citrus salad on endive with 1 tbsp. poppyseed dressing, 1 glass skim milk.

WEDNESDAY'S LUNCH: mostaccioli, shredded cabbage toss, 1 slice french bread with ½ pat margarine, grapefruit sections, 1 glass skim milk.

WEDNESDAY'S DINNER: oven fried chicken (no gravy), sliced carrots, green beans, 1 piece cornbread with ½ pat margarine.

THURSDAY'S LUNCH: cheese, lettuce, and tomato sandwich on 2 slices bread, tossed salad with ½ tsp. dressing, orange, 1 glass skim milk.

THURSDAY'S DINNER: roast beef (no gravy), brussels sprouts, mixed vegetables, hard roll with ½ pat margarine.

FRIDAY'S LUNCH: macaroni and cheese, fruited coleslaw.

FRIDAY'S DINNER: french fried whitefish with 1 tbsp. CaChili sauce, spinach, cracked wheat roll, whole peeled apricots.

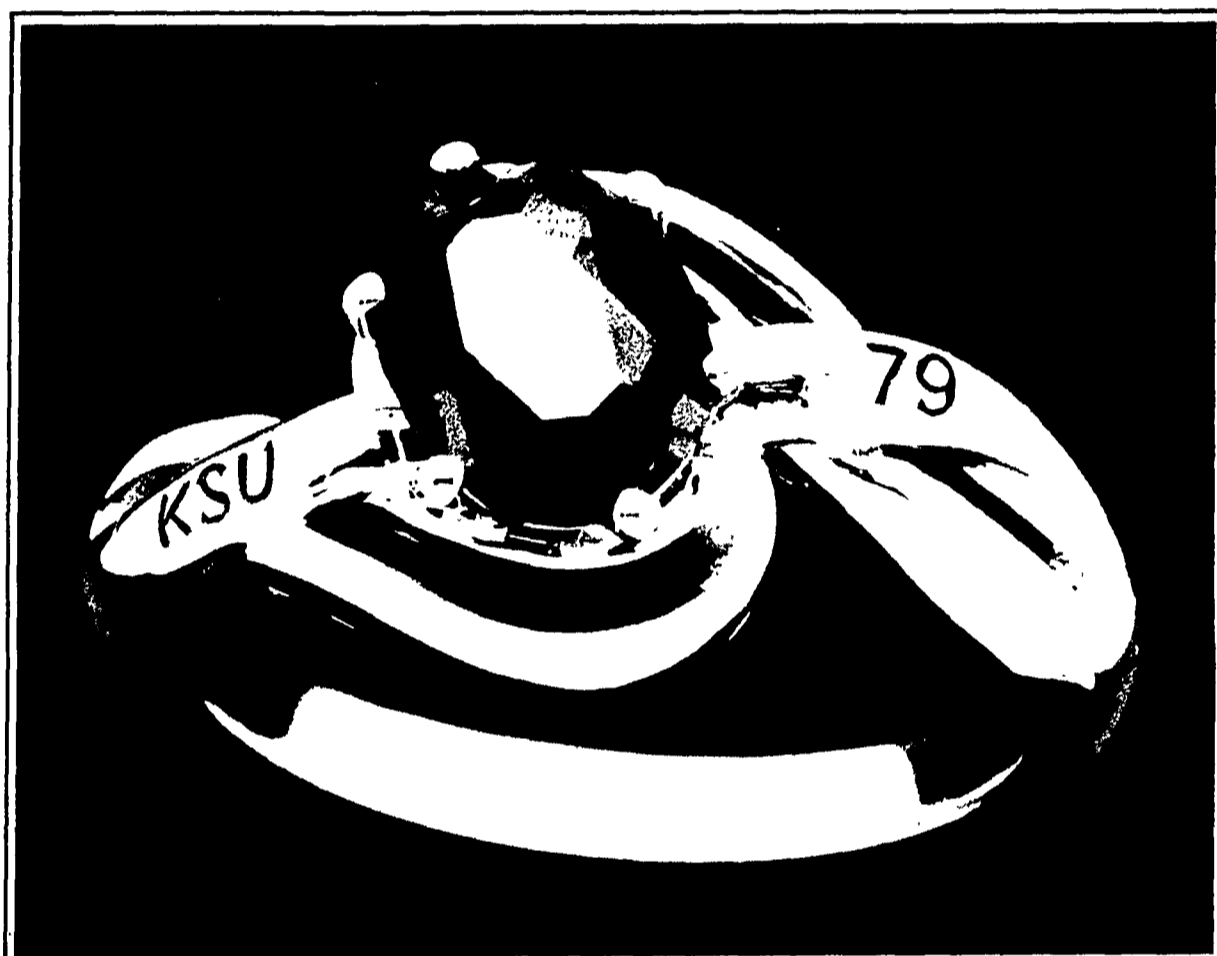
SATURDAY'S LUNCH: meat loaf (no gravy), 2 slices rye bread, mandarin orange sections, 1 glass skim milk.

SATURDAY'S DINNER: roast lamb, peas, 1 slice bread with ½ pat margarine, bananas in orange juice.

SUNDAY'S BRUNCH: 1 glass orange juice, mushroom omelet, 2 slices toast with 1 pat margarine, 1 glass skim milk.

SUNDAY'S DINNER: roast turkey (no gravy), broccoli, molded cranberry salad on lettuce, orange roll with ½ pat margarine, 1 glass skim milk.

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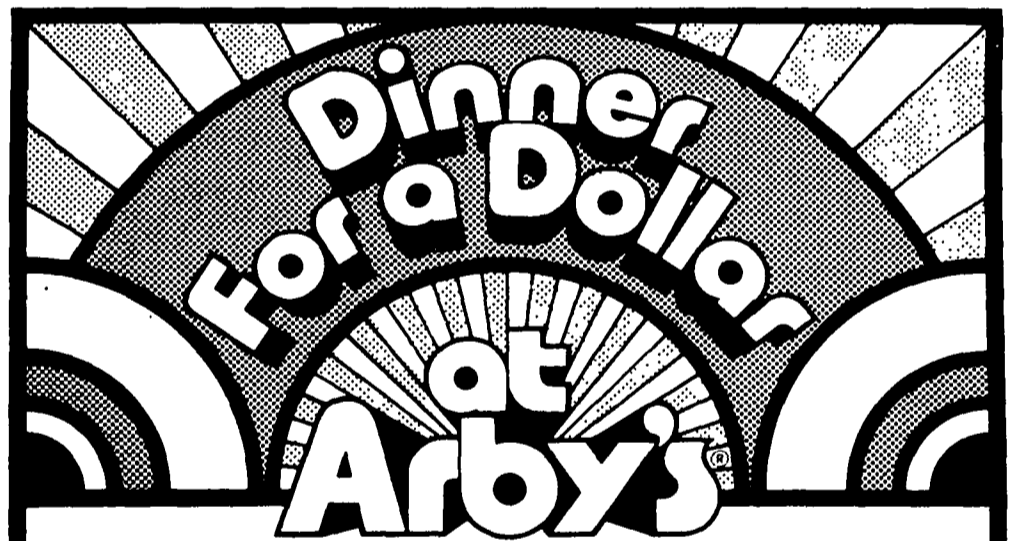
ALBUM OF THE WEEK

FIREFALL



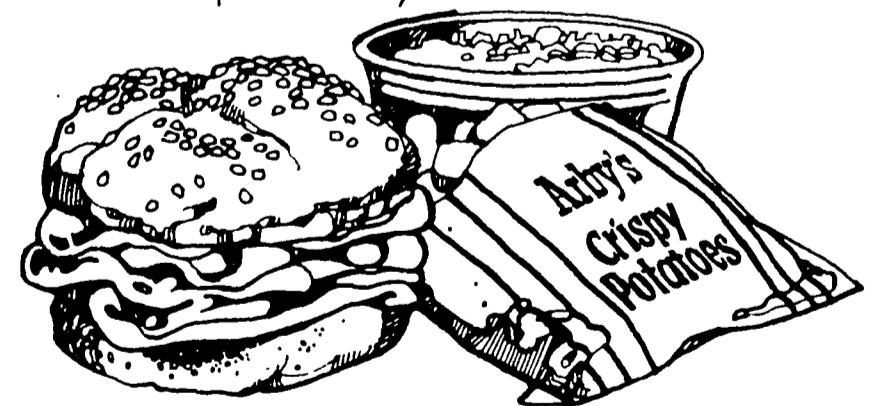
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