

Looking For Weight Loss Miracle? Scientist Says Forget Fads, Crash Diets

By David Williamson
CHAPEL HILL — Did you ever want to write a best-selling book on diets, retire early and live, so to speak, off the fat of the land?

Well, why not? In a single year, there are so many diet books that it sometimes seems like half the country is writing them and the other half is buying them.

Probably everyone who has had trouble shedding pounds has dreamed of an easy way to do it. But unfortunately, there never have been any weight loss miracles, and paying for one is a waste of money, says a scientist at the University of North Carolina at Chapel Hill.

Dr. Joseph C. Edozien, chairman of the department of nutrition in the School of Public Health, says probably no other field in medicine rivals nutrition in producing so many instant experts and quack cures.

"Eating is such a common activity that I suppose some people confuse their personal experiences with expertise in nutrition," Edozien says. "Others just want to get rich."

Although a few of the fad diets can be dangerous, like the liquid protein diet that caused such a controversy two years ago, the scientist says most can be effective in promoting weight loss if followed according to directions.

"The success of any weight loss program lies not in what it tells you to eat, but the restrictions it includes," he explains. "If you cut down your intake of calories, you're bound to lose weight."

Nutritionists cannot rule out the possibility that certain combinations of foods may affect the body's use of energy differently, as some popular diet books claim, but any differences will be minimal, Edozien says.

"The best nutrition advice you can give a healthy person is to eat a well-balanced diet," he says. "The best advice you can give a healthy person who wants to lose weight is to eat smaller amounts of a well-balanced diet."

Many individuals, especially women, complain about the accumulation of fatty tissue on hips and thighs. But special belts, clothing, gadgets, massages and even exercise will have no effect on the distribution of fat, the physician explains. When weight is lost, it's a process that occurs simultaneously all over.

"Men and women tend to put on fat at different sites on the body, and individuals also vary as to the proportion of fat they put on at different sites," he says. "Genetics, hormones, race and possibly diet can also affect this distribution, but no one

knows enough about them to offer practical weight loss advice."

One of the most common misconceptions, people have is that certain foods like sugar, potatoes and bread will make them fat, while other foods like fruits will not. An average-sized apple, however, contains the equivalent of two and a half tablespoons of sugar (about 120 calories), and the body's fat cells cannot tell the difference.

Edozien says the primary benefits of eating fruits are that they are filling and that they include fiber and essential nutrients like vitamin C.

There's nothing wrong with so-called "junk foods" except that they are high in calories. For example, a twelve-ounce Coke contains the equivalent of ten teaspoons of sugar - 160 calories, and a double cheeseburger may contain almost 700 calories.

Another misconception is that there are different kinds of fat such as the insidious "cellulite" that girdles hips and thighs.

"It's all the same thing," he says, smiling.

Vigorous exercise is an important component of any weight loss program because it tones flabby muscles, improves circulation and breathing, and strengthens the heart. Many dieters find it even helps curb their appetites.

But don't expect to lose a lot of weight by playing golf twice a week, Edozien says. He estimates an average adult would have to job three hours a day for roughly a week to burn up a single pound of fat.

Crash diets frequently are doomed to fail because no one likes to feel hungry for extended periods. After a few days, willpower declines, the dieter begins eating again and the only result is a heavy dose of guilt.

A far better strategy is to reduce energy intake by about 500 calories a day and to substitute low-calorie but filling foods for the more fattening varieties.

Although some nutritionists advise against skipping meals, Edozien says he sees nothing wrong with that if a person finds it hard to limit himself to small meals.

"It's important that people who want to lose weight learn enough about nutrition so that they will continue to get all the essential nutrients while they diet," he cautions.

Public health departments and local libraries usually contain a wealth of information about nutrition and safe dieting, he says, and there is no charge.

O.A. Taylor Is Raffle Winner

The Durham Chapter of the National Association of Blacks in Criminal Justice concluded its annual charitable raffle on December 21. Oscar A. Taylor of Durham was the winner.

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MR. AND MRS. JULIOUS BASS of Barbee Road, Durham, will celebrate their 25th wedding anniversary on Friday, December 25, at the home of her mother, Mrs. Luomey Marshall in Greensboro. The celebration will begin with the repeating of marriage vows officiated by the Rev. F. Guy, pastor of St. Stephens United Church of Christ in Greensboro, followed by a reception given by the family. They have two children, Wanda and Toy, both of Durham.

To Celebrate 25th Wedding Anniversary

Age Discrimination Case Won by EEOC

CHARLOTTE — In an action brought by the U.S. Equal Employment Opportunity Commission, the United States District Court for the Western District of North Carolina, Charlotte Division, has ruled that Western Electric Company willfully discriminated against employees on the basis of age, in violation of the Age Discrimination in Employment Act.

The Court's decision enjoins Western Electric from future violations of the Act and could require the company to provide relief to as many as 192 employees in nine states. The ruling also entitles the commission to recover from Western Electric liquidated

damages in an amount equal to the actual damages assessed against the company.

The suit, which was originally filed by the U.S. Department of Labor in 1978, was prosecuted by the Equal Employment Opportunity Commission. In its complaint, the EEOC alleged that Western Electric engaged in employment practices which had the effect of discriminating against supervisory employees in the company's Southern Region Installation Organization on the basis of age. Specifically, the commission claimed that Western Electric retained younger employees with less experience and qualifica-

tions while demoting and/or involuntarily retiring its older employees.

In finding for the commission, the court held that Western Electric had failed to prove that employees had been selected for demotions and retirements on the basis of such non-age bias criteria as performance, experience, and geographical location. The court also refused to consider lack of training in the installation of advanced telephone systems as a legitimate non-discriminatory reason for the demotion of older employees because the company's failure to train these employees was, in itself, discriminatory.



New Delta Soror With Durham Connections

WHITE PLAINS, N.Y. — New members of the Westchester County, N.Y. Alumnae Chapter of Delta Sigma Theta Sorority, Mrs. Leyhe Wade (left) and Ms. Natalie Alford read a congratulatory message from Attorney K. Michelle Allison, a Durham, North Carolina soror.

The formal installation, attended by members of the Westchester chapter and visiting sorors, was held during a Christmas luncheon at the Dobbs Ferry, New York Women's Club.

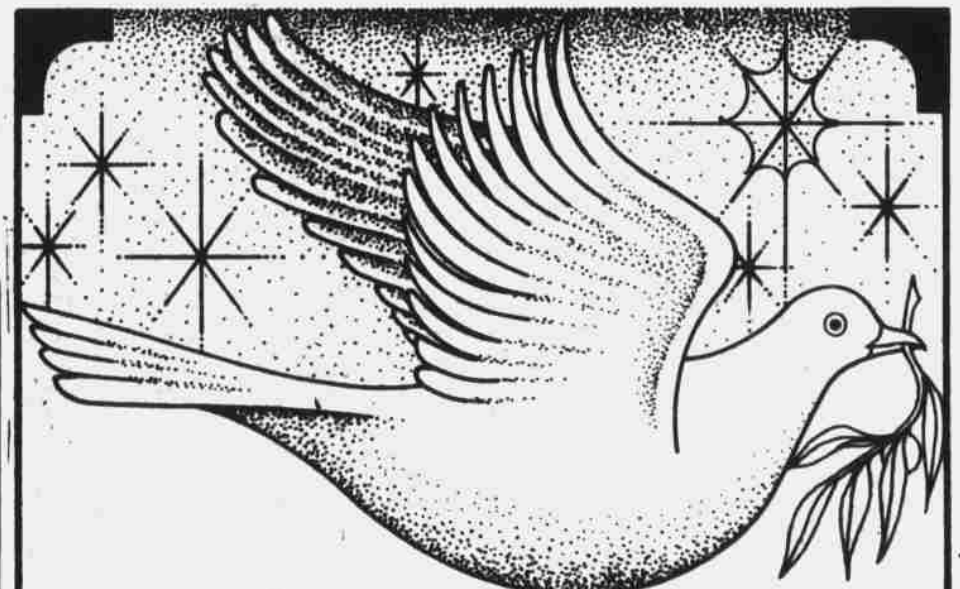
Mrs. Wade was "pinned" by her mother-in-law, Mrs. Alma H. Wade, formerly of Durham.

Both of the new Delta women are active in community affairs. Mrs. Wade, the former Miss F. Leyhe Gilreath of Oxford, N.C., is a music graduate of Hampton Institute. Presently, she is a flight attendant at United Air Lines and lives in White Plains, N.Y., with her husband, E. Clayton Wade and a son, E.C., II.

Ms. Alford, a native of Newark, New Jersey, is a graduate of Rutgers University. She is employed by AT&T in New York City as staff supervisor in the Operations Department, where she works on the company's Management Development Program.



Matthew Henson, the Maryland-born black who placed the flag of the United States at the North Pole in 1909, was a skilled navigator with a fluent command of the Eskimo language.



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