

Low-cal alternatives healthier than sweets

By JESSICA BROOKS
Staff Writer

Two layers in a double fudge chocolate cake add up to too many calories for most weight-conscious Americans.

But many health food stores and fitness centers are offering a break from the chocolate cake routine by suggesting low-calorie dessert alternatives to their concerned customers.

Substituting frozen yogurt, gelatin, honey and fruits for sweets and changing eating habits are possibilities they suggest.

Angela Ayotte, manager at The Country's Best Yogurt, said more dieters are turning to the store's yogurt because it contains low-fat milk and natural flavoring.

TCBY claims their yogurt has about half the calories of ice cream. According to Ayotte, TCBY's fruit-flavored yogurt contains about 30 calories an ounce, chocolate contains 35 calories and French vanilla, approximately 41.

One of TCBY's rivals in the recent yogurt war is The Yogurt Pump, and, calorie for calorie (or rather, lack of calorie for lack of calorie), The Yogurt Pump has TCBY beaten. Most of the store's flavors contain about 20 calories an ounce, except for chocolate, which has about 25 calories, employee Nancy Redfern said.

Georgan Shaw, a Weight Watchers consultant, has a low-cal milk shake recipe. "You can freeze skim milk, take it out of the freezer and run it through the blender for an ice cream treat," she said. Dieters

can then add flavoring for extra taste.

Shaw also suggests both unflavored gelatin and fruits cooked with artificial flavoring.

John Shrader, a Harmony Farms health food store employee, also stresses the advantages of substituting fruit for sweet high-calorie desserts. "Fruit is really good because it's quality calories instead of empty calories," he said.

Employees of The Gym in Carboro agree that fruit is the dieter's wisest choice. "When people have a craving for carbohydrates, the best thing to do is eat an apple. Fruit provides a natural sweetness that is healthier than regular desserts," one employee said.

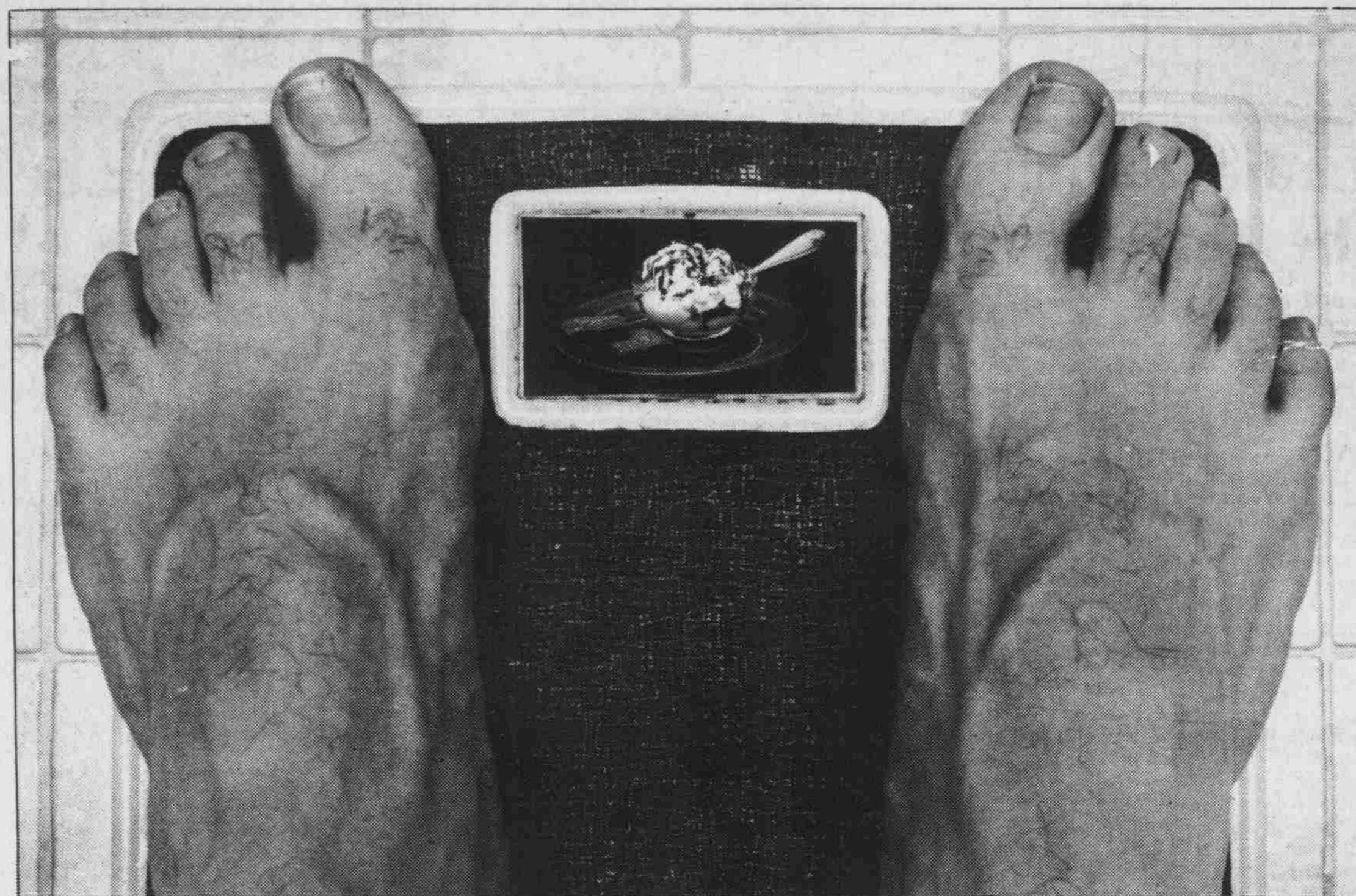
Shrader said dieters should eat candy made with honey instead of sugar. "Products made with fruit sugars are twice as sweet as those sweetened with sugar, but are lower in calories," Shrader said.

Gelatin with Nutra-Sweet is a good-tasting low-calorie dessert, Shrader said. "A lot of people seem to have problems with Nutra-Sweet. Personally, I think it's fine... I even feel guilty when I eat it."

Suzanne Stephens of Spa Health Clubs said Cool Whip is also very low in calories, even though the calories are empty. "Even light pastries are okay as long as the crust is not too thick," Stephens said.

Many food specialists suggest changing eating habits to quell the chocolate cake desire.

Ruby Hendrick consults for the Weight Watchers program, a pro-



Yogurt, gelatin and fruit are healthier and more nutritious ways to lose those extra pounds than eating sugary desserts

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gram oriented more toward making sure its participants get the proper foods than toward counting calories. Hendrick said the craving for sweets comes from the lack of proper nutrition. "If a person gets the proper amount of nutrition, the sweet craving greatly decreases."

Stephens of the Spa Health Club suggests ways to forego dessert altogether. "Before eating dinner, a person should drink about two glasses of water. This helps to curb the appetite." During the course of the meal, a dieter should "eat slower, (eat) less portions and learn to leave food behind," Stephens said.

Another way to avoid eating dessert is to wait 20 minutes after eating a meal before starting dessert. "It takes 20 minutes for the stomach to tell the brain a person is full," Stephens said.

To quell the desire for sweets after a meal, Stephens suggests chewing gum or drinking hot tea. She said, "Many times, hunger is just an oral fixation. Once this is filled, the desire is satisfied."

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lost and found

LOST: At 4 Corners: A Charcol London Fog Overcoat. If you know anything about it, please call Geo at either 968-0525 or 968-9073. There will be no questions asked!

FOUND Nov. 12 in Coker Hall bathroom Greensboro Day, class ring and two other rings. Call 933-6283 to identify.

FOUND SMALL MALE BLACK LAB. ON MANN'S CHAPEL RD. 967-6518.

LOST: Nov. 10 between Winston and Student Union, Lady's silver watch. Call 933-6261 to make this sad young lady smile again. I'm always late.

\$100 REWARD: Lost Female Dog, Chocolate Brown. White spot on chest. Yellow eyes. Brown nylon collar with tags. Medium height. Very thin. Fox-like. Answers to "Mocha," but very shy. 942-0791 or the shelter 967-7383.

Lost a grey Patagonia jacket 11-15 in Troll's. I picked up an identical jacket by mistake. Will swap or just return jacket I took if identified. Call 942-9679 after 2:00pm.

Lost: Timex watch in 100 Hamilton Mon Nov 17. Badly missed!!! Please call 942-1433 anytime (Peter) Reward!

LOST: Gold Bracket with small hearts on it. High Sentimental Value! **GENEROUS REWARD IF FOUND!** Call Mary 933-1845 anytime after 4:30.

LOST: Nov. 14 **14 BIG BLACK AND WHITE CAT AROUND OLD WELL APARTMENTS IN CARBORO. REWARD. 942-0875, 966-2178.**

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