

A juggling act

From cabbage to carbs, beware of fad diets

By Jenny Ballen
Reporter

Lose thirty pounds in two weeks! Eat all the steak you want and still take inches off your waist! Do these catchy phrases sound familiar? Welcome to the wonderful world of fad diets, where, for just \$2.00, you can purchase a miracle plan that will help you lose the fat while still eating all the foods you love.

Though these flashy diets sound attractive, they can be dangerous. Many weight-reduction programs draw customers because the diet menu involves large amounts of foods high in fat and other usual diet taboos. Promises of quick weight loss may lure an unsuspecting dieter to a plan, only to prove unhealthy in the long run.

The Dr. Atkins diet, also called the no carbohydrate diet, is one example of those catchy high fat diets. It involves eating foods high in fat -beef, pork rinds, butter, and ham-as well as certain fruits and vegetables. The only restriction in the diet is car-

bohydrates: You can't have any. A person may not eat bread, cereal, or any foods with sugar.

Also, certain fruits and vegetables with higher amounts of carbohydrates are not allowed. Bananas, mangos, and broccoli are banned from this diet.

Dr. Atkins' diet revolves around the body's production of insulin. Carbohydrates cause the body to produce insulin, which allows fat to store in the body. So, by robbing the body of its supply of carbohydrates, fat will be burned for energy. As the plan progresses, carbohydrates are gradually added back into the diet. Dieters may lose as much as half a pound per day for as long as they wish. But, because of the sudden loss of carbohydrates when starting the plan, participants may suffer headaches and energy loss. The body isn't used to being denied such a major part of the normal diet. As a result, the first four weeks are the hardest. Activity is difficult and exercise may even be strenuous and exhausting.

Other quick weight loss plans may be more hazardous to your health. Fasting and diet pills are the most dangerous ways to take off the pounds. Not eating is certainly a quick way to lose weight, but the body loses precious amounts of protein, calcium, and potassium. And when you start eating again, your body will soak up the extra weight as if it had never been gone. The same happens with diet pills that decrease your appetite: Once you eat regular food, the fat returns. Even worse, people may become dependent on pills to keep their weight down.

In truth, the first several pounds you lose on any diet are probably water weight and not fat itself. When

looking for a diet that is right for you, remember that any plan that doesn't allow you to eat the foods you normally do will make you lose

Healthy Choices

By Hallie Rojeski
Reporter

Fat/Sugar-Free Shake

1/2 c. skim
3 packets of Equal
3 ice cubes
1 tbs. vanilla extract
*or omit vanilla and add (1/2 c.) fruit
Mix in blender to desired consistency
Provided by "Equal" Delicious Recipes

Sundae Breakfast

1 10 oz. container low-fat vanilla yogurt
1/2 c. chopped strawberries or peaches
2 tbs. non-fat chocolate sundae syrup
1 tbs. low-fat granola cereal
Place yogurt in bowl and add other ingredients in order. (Only 4 grams fat)
Provided by Jeanette Rojeski

Baked "Fries"

Nonstick spray coating
2 lg. baking potatoes
1/4 c. grated fat-free Parmesan cheese
1/2 tsp. paprika
1/8 tsp. pepper
Cut potatoes lengthwise into wedges and place in plastic bag. Spray wedges with nonstick coating. Combine cheese, paprika, and pepper. Add mixture to bag, close. Shake until coated then arrange potatoes on single layer on a 15x10x1 inch sprayed baking sheet at 425 degrees for 30 min. or until crisp, turning once. Season with salt. Serves 4. (3 grams fat, 155 cal.)
Provided by "Better Homes and Gardens"

Low-fat Oatmeal-raisin Cookies

3/4 c. applesauce (unsweetened)
1 c. brown sugar
1 c. granulated sugar
2 egg whites
1 tsp. vanilla
1 1/2 c. flour
1 tsp. salt
1 tsp. baking soda
1 1/2 tsp. cinnamon
1 tsp. nutmeg
3 c. oatmeal
1 1/2 c. raisins
Combine all ingredients, mixing in between. Use a spoon full of dough to form cookies. Place cookies on lightly sprayed cookie sheet. Bake at 350 degrees for 7-9 min.
Provided by "Delta Phi Epsilon" cookbook, Pat Knip



Beauty icons: Is health their priority?

By Whitney Wright
Staff Writer

At 5'7" and under 110 pounds, Kate Moss appears an icon to many Americans peering through the latest "Cosmopolitan." After all, magazines and the television make it seem that thin is good and that there is little room for anyone tipping the scales over 110 pounds. Facing these slender, well-built male models and runway waifs is launting for men and women alike, and society's high premium on the perfect physique is blatantly apparent.

But how healthy are these media prototypes? Kate Moss herself reports that she does not exercise and that she eats whatever she wants without hesitation.

Robbie Griffin, a junior, said, "When I see models, I think of them as the pinnacles of good health. However, the media focuses on only one aspect of healthy living, outside appearance."

However, more and more, doctors are diverging from the notion that a skinny body equates to overall healthy living. Recent studies have found that regular exercisers- whether thin or overweight -live longer than nonexercisers. In fact, those who are thin but out of shape were nearly three times more likely to die young than heavier people who work out routinely. The study suggests that in terms of health and life span, your fitness level is more important than what number the scale shows.

Micahan Burgess, a junior, said, "You see

cigarette billboards and alcohol commercials showing thin people having fun, and we believe they are in perfect shape."

The media and fashion industry are finally beginning to make concessions for the disparity between the figure of the average man or woman and that of the runway models we see. More and more, shorter, less well-built men are gracing the catalogs and giving a new look to the "ideal" male build. As for women, there is a new category of plus models, ranging in dress size from 8 to 26. Nevertheless, the majority of visible models are sample models who have to be a perfect size 6 or 8, and expectations of thinness is a constant force.

Ashby Pettigrew, a senior, said, the message is "clear that if you're not thin or buff, and don't wear attractive clothes, you're not an attractive person. There are different types of beauty, and society hasn't made that clear enough."

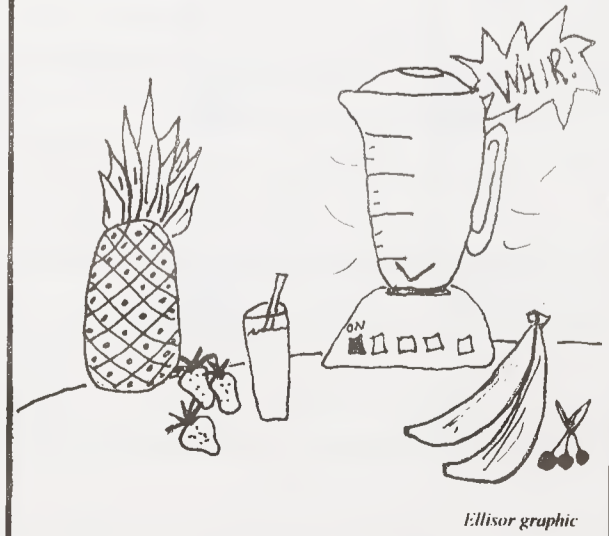
Regardless of the seemingly flawless bodies present throughout the media and the constant dieting propaganda at hand, a pretty body is not synonymous with good health. A good number of models are inherently and effortlessly thin, but this does not mean that they are the ideals of physical well-being. Above all, doctors say that in striving to be a fit individual, work toward being healthy and happy.

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-Robbie Griffin

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