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CALORIE COUNTDOWN

Tips, Pointers, News
By Susan Duff

* We've known for some time that healthful diets (high in nutrients, low in fats) promote longevity; what's news is that a wide variety of foods is essential to a healthy diet. Recent research suggests people who eat a varied diet tend to live longer. This is especially significant for dieters because many of us get into eating-choice ruts and eat the same "safe" foods day after day. Experts recommend just the opposite — an extensive variety of foods to be eaten every day and a variance in the kinds of foods eaten from one day to the next. Look for low-cal, low-fat alternatives to your current healthy diet favorites and seek out new ways to vary the kinds of food you eat, the ways you prepare them and the ingredients you use.

* Food labels being what they are these days, most dieters know that a Weight Watchers' fudge pop has 60 calories to the Haagen-Dazs version's 210. Nonetheless, a new calorie counter due out next month, "The All-In-One Calorie Counter, Third Revised Edition," by Jean Carper (Bantam Books, NYC, \$4.99 paperback) is a well-organized listing that offers calorie counts on practically everything from baby food to yogurt. Dieters who need to plan their calorie intake will find this a good, up-to-date resource. The restaurant section is especially helpful — opt for a corned beef sandwich over pastrami, and save yourself close to 100 calories.

* With chicken calories and fat grams, it all depends on the skin and the preparation style. Fast-food rotisserie-roasted chicken is often touted as being a good choice for dieters. In fact, a chicken roasted slowly in a rotisserie oven may be lower in calories and fat because this cooking method allows fat to drip away from the cooking bird. But when prepared thusly by fast-food chicken joints, the chickens are stacked and the fat tends to drip from one chicken to another. If you love chicken, be aware the skin of the bird is fat, and whenever you cook any kind of poultry or meat the fat becomes heated, converts to liquid and is absorbed into the flesh of the cooking food. An excellent bet for dieters who love fast-food chicken is skinless fried chicken: a three-and-a-half ounce portion has 180 calories and a little over 4.5 fat grams. The same size portion of rotisserie-roasted chicken can have over 200 calories and about 8 grams of fat.

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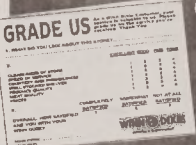
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YOU & YOUR CHILD

News & Notes!
By Eileen Adams

* If your pediatrician has told you your child is milk intolerant, you already know your child is, therefore, deficient in lactase, the enzyme needed to break down lactose (milk sugar). Since yogurt contains lactase, it's a good milk substitute for these children. But NOT all yogurt is alike, and while all claim to contain live cultures, it's now known there are differences in the lactase activity of different yogurts. Your pediatrician may be able to recommend a good brand of yogurt for your youngster; if not, if you try one and it doesn't work, keep trying until you find one your child can tolerate.

* Vaccinating your baby? Then you've probably heard that babies can get the measles or mumps from the MMR vaccine. Well, it's not uncommon for a child to develop such symptoms as a slight fever or a rash within a week or so after receiving this vaccination. But these are non-contagious reactions to the vaccine, not symptoms of one of the diseases a child has been immunized against. At this time, there is no evidence anyone has caught measles, mumps or rubella from a baby who has these reactions to immunization.

* If you have a child anywhere in the newborn to 2-year-old range, always be on the lookout for ear infections. It's important to spot them quickly and treat them promptly. Symptoms can include pain (crying when the ear is touched or tugged), fever, extreme irritability or listlessness, lack of hunger and a reddened eardrum. If these symptoms crop up, contact your physician immediately.

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