By Audrey C. Lodato
Post Staff Writer
Many of us, especially after
holiday binging, look for ways to cut
down on calories and lose the few or
more pounds acquired so painlessly.
For some, however, the search is in
the other direction.
"Raing a recentless was a label."

the other direction.

"Being a marathon runner, I look for calories," remarks Ahmad Daniels, lifestyle consultant. He quickly adds, however, that he seeks calories with nutritional value, and not simply the empty calories that candy cars provide.

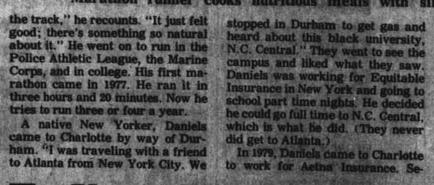
Breakfast is an important meal, insists Daniels, and one that too many people skip. He typically starts his day with oatmeal, not the instant ("just add boiling water")

starts his day with oatmeal, not the instant ("just add boiling water" sort), served with honey and raisins, toast with Smuckers strawberry preserves and orange juice. "This keeps me going 'til around noon," he attests. Such a breakfast is high in fiber, carbohydrate and protein, and low in fat and is a far cry from the standard high in cholesterol breakfast of bacon or ham and eggs which many people indulge in. Too, Daniels points out, "Oatmeal stays with you longer than bacon and eggs."

He provides simple breakfast dishes among the recipes that follow.

Daniels admits he eats so-called junk foods, "but I always eat nutri-tionally first." Often, he'll snack on peanut butter, a source of protein.

Daniels recalls that he first began running 24 years ago, after watching the Rome Olympics on televi-sion. He was 12 at the time, "Some friends and I began running around.



Marathon runner cooks nutritious meals with simple ingredients.

veral years later, he started Alternative Lifestyles, which he describes as a dietary program (he's quick to say this refers to a qualitative style rather than a "diet" as most people mean it). He also helps people work out for fitness. A lot of his clients had been members of some spa "but lost their initiative."

Although an avid runner himself, he admits running is not, for everybody. Any aerobic activity, he believes, will do. An aerobic activity is one which elevates the heartbeat for at least 30 minutes. This would include biting, running, swimming, and cross country skiing, all activities which involve the major muscle groups. As Daniels explains it, once you begin using large muscles, they require more oxygenated blood, which in turn makes them become stronger and larger, as well as strengthens the heart. Too, the arteries become cleaner, he states, because more blood is passing through them.

Exercise by itself, however, is not the entire answer; rather, it is an adjunct to proper diet. "If the body is properly tuned, it will do things in order," he advises. "The body tells us what it needs. It could be giving you signals but you don't know it."

Noting that the most popular books are exercise books and cookbooks, he believes that "staying healthy is an art form. It becomes a balancing act. Most people lack the self-discipline to balance properly."

Following are several of Daniels'

self-discipline to balance properly."

Following are several of Daniels' 'nutritional calories' recipes.

AHMAD'S SPAGHETTI SAUCE

2 celery stalks, chopped 2 carrots, chopped 1 onion, chopped 1 med. zucchini, chopped

1-2 bell peppers, chopped Fresh tomatoes, chopped Any other fresh vegetables

you have on hand
Handful of hulled, unsalted sunflower seeds
24 oz. jar spaghetti sauce
6 oz. can tomato paste

Saute vegetables in olive oil 'til soft. Add remaining ingredients and season with salt-free Mrs. Dash Season-ing. Simmer half an hour, stirring occasionally. Serve over cooked spaghetti, pre-ferably whole wheat.

FRENCH TOAST

Skim milk Ground cinnamon Vanilla extract Whole wheat bread

Beat egg with milk and "a touch of real vanilla ex-tract." Sprinkle with cinnamon. In shallow dish or bowl, dip bread in egg mix-ture. Brown on both sides in margarine. "(I have this with oatmeal.")

MAD'S OATMEAL

Oatmeal, cooked Sunflower seeds Raisins Banana, sliced

Stir together and serve hot.

SALMON AND **BROWN RICE**

1 large can pink salmon 1 green pepper, chopped 1-2 carrots, shredded Other fresh vegetables as desired

Brown rice, cooked

Steam vegetables. Mix with salmon and cooked brown rice. Heat through Serve with spinach salad. ("Since you're not boiling the vegetables, the nutrients are locked in. The purpose of eating is to refuel the body.")

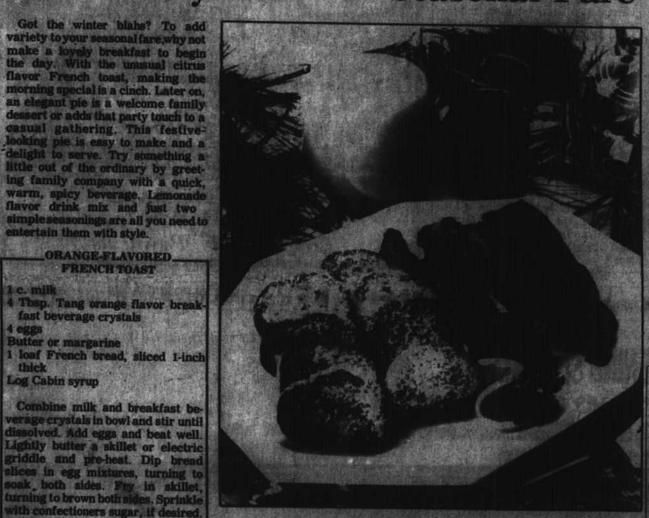
BROCCOLI AND SHELLS

Fresh broccoli Green pepper Seashall macaroni Parmesan cheese Cheddar cheese, shredded

Saute cut-up broccoli in olive oil. Add remaining ingredients and season to taste. Stir in mix ingredients. Cover and simmer 'til cheese melts through. ("Serve with whole wheat bread on the side. Apply juice rounds everything out really well.")

Have a recipe or two to share?

Add Variety To Your Seasonal Fare



Orange-flavored French toast adds zip to breakfast,

-GRASSHOPPER PIE

1 package (3 oz.) JELL-O brand lime flavor gelatin 1 c. boiling water 14 c. cold water

ORANGE-FLAVORED FRENCH TOAST

The Tang orange flavor break fast beverage crystals

Butter or margarine 1 loaf French bread, sliced 1-inch

Combine milk and breakfast be-rage crystals in bowl and stir until solved. Add eggs and beat well, shily butter a skillet or electric

dle and pre-heat. Dip bread s in egg mixtures, turning to both sides. Fry in skillet, ing to brown both sides. Sprinkle confectioners sugar, if desired.

erve with syrup. Makes 8 servings

Log Cabin syrup

Tosp. green creme de menthe

Then, white creme de cacao

1% c. (4 oz.) Cool Whip whipped

topping, thawed

1 baked 9-inch chocolate or
graham cracker crumb crust,

Dissolve gelatin in boiling water.

a. Chill until slightly thickened. Fold whipped topping into gelatin nixture. Spoon into pie crust. Chill until fim, about 3 hours. Garnish with additional whipped topping or chocolate curls, if desired. Add cold water, liqueurs and vanilHOTSPICED LEMONADE -

1½ c. prepared Country Time le-monade flavor drink mix1 stick cinnamon

4 whole cloves
1 to 2 Tbsp. brown sugar
1 tsp. butter or margarine
14 to one-third c. (2 to 3 oz.) rum
(optional)

Heat lemonade in saucepan with pices, sugar and butter. Stir in rum, serve hot. Makes 1½ cups or 3

Nouvelle Cuisine Offers "Lighter" Cooking

It started in France, home of many of the world's great food raditions. Today, it is popular in arban areas across the nation.

It's nouvelle cuisine, that form of lighter cooking that is more adventurous, has smaller portions, and offers an interesting and flavorful combination of ingredients.

For the sophisticated palate, nouvelle cuisine may not be new, but it's

For the sophisticated palate, nouvelle cuisine may not be new, but it's becoming more of a staple of everyday dining, says Donna Higgins, director of Del Monte Kitchens. "Nouvelle cuisince still allows some sauces that helped make French cooking famous, but with a versatility and lightness that go beyond just one form of cooking.

"As a food source, pasta has become increasingly popular as people realize it is an important complex carbohydrate. Readily available everywhere, and in some areas, in a variety of flavors often sold fresh, pasta can benefit from nouvelle sauces that enhance its flavor rather than smother it." Higgins adds, "That's one of the real benefits of nouvelle cuisine."

To prove her point, Higgins offers a series of tomato sauce recipes based on one basic sauce that can be

ed on one basic sauce that can be odified to a creamy sauce, or a am sauce, for example. Although offered as a sauce for pasta, she says it is also good with light fish, hicken and vegetables.

Higgins suggests preparing a

large supply of basic sauce, and freeze it, thawing just enough to serve as is, or add a few new ingredients for variety.

BASIC CHUNKY TOMATO SAUCE-

1 med. onion, coarsely chopped 2 cloves garlic, minced

2 Tosp. olive oil 3 cans (14½ oz. each) Del Monte stewed tomatoes 1 can (15 oz.) Del Monte tomato

2 tsp. crushed oregano 2 tsp. crushed basil

In large saucepan, saute onion and parlic in oil until onion is soft. Place garlic in oil until onion is soft. Place one can of stewed tomatoes in blender container. Cover and run on low 2 seconds. Add to onion and garlic. Repeat for remaining tomatoes. Add tomato sauce, oregano and basil to saucepan. Boil, uncovered, 15 minutes, atirring frequently. Serve over pasta; or make a sauce variation (see additional recipes), if desired. Makes 6 cups sauce.

Variation: To reduce sodium, substitute Del Monte No Salt Added Stewed Tomatoes and Tomato sauce. Add 2 teaspoons fresh le-non juice last 5 minutes of cookCREAMY TOMATO SAUCE -

2½ c. Basic Chunky Tomato Sauce

2½ c. Basic Chunky Tomato Sauce ½ c. whipping cream Hot cooked pasta Chopped parsley Combine tomato sauce and cream. Heat through (do not boil). Serve over pasta. Garnish with parsley. Makes 3 cups sauce.

TOMATO SAUCE WITH CLAMS-

2 doz. small fresh clams (in shell)
1/2 c. dry white wine
4 c. Basic Chunky Tornato Sauce
Hot cooked pasta
Chopped paraley
Clean clams thoroughly (+).
Combine wine and clams in large

pot. Cover and cook 5 to 10 minute or until clams open; remove clams Boil remaining broth, uncovered until reduced by half. Reserve 1/4 cu reduced broth. Use remaining reduced broth. Use remaining broth for other uses, if desired Combine tomato sauce and reserves broth in clam pot. Boil, uncovered 10 minutes, stirring frequently. Accopened clams; heat through. Serve over pasta. Garnish with paraley Makes 4 servings.

(+) Helpful Hint: To clean clams scrub under running water. Soak is large bowl of water for 10 minutes drain, removing all sand from bot tom of bowl. Repeat soaking unit water in bowl is clear and no same

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