

## HEALTHY BODY/HEALTHY MIND

### Eating habits to help you stay thin

THE ASSOCIATED PRESS

Start out by giving yourself a break — have breakfast for lunch. Chomping on breakfast food at noon can feel delightfully sinful but is low-cal, filling, and good for you. A bowl of oatmeal made with 2 percent milk, for instance, has 210 calories and loads of fiber.

Get exotic. Buy one unfamiliar fruit, vegetable or healthy snack whenever you go grocery shopping. Some possibilities include fresh figs, pomegranates, baby bananas, jicamas, tomatillos and the new tasty potato breeds.

Focus on eating satisfying foods. A landmark study last year conducted by researchers at the University of Sydney found that you can eat low-calorie meals without going hungry, provided you concentrate on filling foods.

The researchers measured how well 240 calories' worth of 38 different foods curbs the appetite. They then gave each food a number on their "satiety index" — the higher the number, the better. These so-called "low-energy density"

foods give you a lot of bulk for the calories. For instance, 240 calories gets you about two cups of the most filling food tested, boiled potatoes, but just one lightweight croissant, the least filling food on the list.

Fruits, especially apples and oranges, protein-rich foods including steamed fish and lean beef, and carbohydrate-packed items such as whole-wheat pasta and oatmeal, are the most effective at staving off hunger pangs.

Foods with a lot of fat, such as doughnuts and peanuts, don't work to stave off hunger pangs.

Window-shop for 15 minutes after lunch. Walking and shopping will burn off about 50 calories.

Exercise hard before going out to a party or dinner. For some people, a pre-party workout provides a significant psychological boost, making them less likely to down fried appetizers and heavy entrees. New research from Leeds University in England also suggests that exercise acts as a short-term appetite suppress-

sant.

Have one glass of water for every glass of alcohol. Alcohol lowers inhibitions and may stimulate appetite. The latest research shows that cocktail calories are likely to be metabolized like fat. By alternating between alcohol and water, you will cut potential alcohol calories in half and will dilute the uninhibiting action of booze, according to Tammy Baker, a Phoenix, Ariz., nutritionist and spokesperson for the American Dietetic Association.

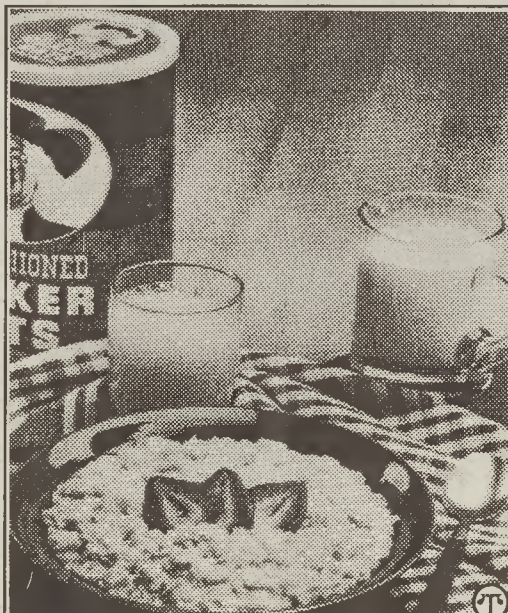
If you dine out, bring home a doggie bag so you don't eat all of what is often an over-size serving.

Limit yourself to just one trip to the buffet table. Another ploy is to take

the smallest plate available, then pile the food on so you fool yourself into thinking you're having a big meal.

At special holiday meals, eat your favorite foods first. Don't fill up on appetizers or bread.

"Start with your favorites," California nutritionist Debra Waterhouse says, "and you'll end up eating less."



### Your child's health: new kitchen safety dimensions

By Dr. Lewis Goldfrank  
NEW YORK UNIVERSITY  
MEDICAL CENTER

Parents who want to protect their children from kitchen-based injuries should take heed of the Boy Scouts motto: "Be prepared."

Taking a few precautions and setting up safety rules can help keep youngsters safe.

Children are physically more susceptible to burns than adults. Their thinner skin scalds or burns more deeply, more quickly and at lower temperatures.

Touching and spilling foods are major safety risks when preparing, cooking and serving foods.

If possible, keep babies and toddlers in another room when you're cooking. If they

must be in the kitchen, keep them safeguarded in a playpen or high chair.

Select a high chair with waist and crotch straps that work separately from the tray. And use the straps every time to keep the child from sliding between the tray and seat.

While the stove is on, do not allow youngsters in the kitchen alone.

Turn pot handles to the back of the stove so that small children can't pull pots over and scald themselves.

Microwaves also present a burn hazard to children. But the majority of burns from these appliances result from food temperatures, not spills. Microwaves can heat foods to an unexpectedly high temperature. The jelly in a frozen doughnut microwaved for 30

seconds can be hotter than the boiling point of water.

There is an added risk of falls and burns when children stand on a counter or chair to reach the heated food in the microwave. As a safeguard, keep the microwave off-limits until children can read and follow directions and can reach inside the microwave without needing a boost.

Restrict access to other electric appliances, such as coffee pots, corn poppers, toasters, frying pans and irons.

Other precautions to help prevent accidents:

- Fasten cords and wires from appliances along the wall with tape or insulated staples. Set the water heater at a lower temperature to help prevent scalding by children using bathroom or kitchen

water.

- Install safety latches on kitchen cabinets and drawers, especially those containing knives and other dangerous utensils.

- Keep cleaning products, detergents, lighter fluid, furniture polishes, and insecticides in a locked cabinet or on a high shelf out of reach. Store them in their original containers, with labels for antidotes in case of poisoning. And put the supplies away immediately after use.

- Don't leave medicine on the kitchen counter or in other accessible areas — even when you are fighting a cold or other illness. The convenience is not worth putting a child at risk.

### Cover to Cover

#### Stay away from compilation

By Jeri Young  
THE CHARLOTTE POST

**Sisters**  
Anita Richmond Bunkley  
Sandra Kitt  
Eva Rutland  
Signet  
\$5.99

Anita Richmond Bunkley, Sandra Kitt and Eva Rutland have established themselves as literary sisters to be reckoned with.

Smart, sassy and humorous, they have taken the romance industry by storm and filled a much needed void for black romance writers.

Kitt was the first African American author to be published by Harlequin. She was followed by Rutland, a Spelman College graduate who has been published several times by the romance giant.

Bunkley made her mark in historical fiction with "Starlight Passage" and "Black Gold."

Singly, any of the three are good reads. Together, however, they can't seem to get off the ground.

Compiled in "Sisters," a collection of novellas published by Signet, their stories lack the edge that shines in most of the authors' previous works.

The best of the bunch is Rutland's "Guess What's Cooking." The other two drag along with the appeal of soggy cereal.

I couldn't quite figure out Bunkley's "Into Tomorrow" or Kitt's submission "Homecoming," which reads a little like a chocolate version of any Danielle Steele novel.

Can't recommend this one, but

any of the authors' other works are well worth a glance.

Looking for hard-to-find books by black authors? Try the Internet. A new website African


American Bookshelf, has compiled a list of books, reviews and as well as comprehensive list of recommended reading. Founded by African American author J. Alfred Phelps, the page makes it easy to find works not available in conventional bookstores. The address is:  
<http://www.japhelps.com>.


### MEMORY LOSS IN AN OLDER ADULT?

"Mom isn't acting right; she seems confused."  
"Dad is so forgetful. He keeps asking the same questions."

Difficulty remembering things is often just a normal part of aging. However, a memory problem which gets progressively worse can be a sign of something more serious. Alzheimer's disease affects an estimated four million Americans, most of them elderly. It is characterized by impaired memory, thinking and behavior, and currently there is no cure.

Physicians at Carolina Neurological Clinic are studying an investigational medication that may help people suffering from Alzheimer's disease. As part of this study a free research treatment program will be provided to qualified older adults. Participants will receive expert medical care and study medication at no cost.

 Carolina  
Neurological  
Clinic, PA

 Alzheimer's  
Disease

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### BIG LEAGUE SPORTS ARE HERE



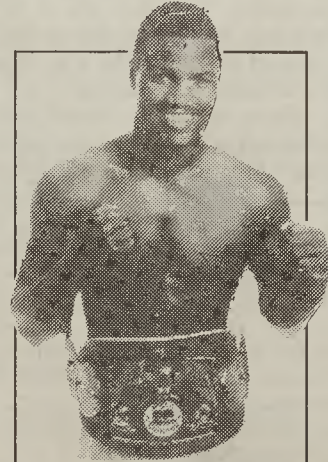
WHICH WILL COME FIRST?  
SUPERBOWL? N.B.A. CHAMPIONSHIP?



CHARLOTTE  
HASN'T HAD  
EITHER ONE  
**YET**

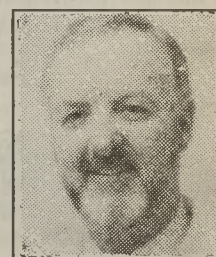


BUT WE'VE  
ALREADY HAD  
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CHAMPION  
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