

### Try Recovering From Xmas With Exercise, Food

The holidays are over. And too much food and too little exercise have taken their toll on your body. So now you're waking up tired and going to bed exhausted. You've got the winter blues.

But those blues can be easily cured with a little tender, loving care. If you overdid it during the holidays, it's not too late to get back on track with a healthful lifestyle.

According to the American Heart Association, North Carolina affiliate, a healthy lifestyle starts with proper nutrition and exercise. A lowfat, low-salt diet and regular exercise can help reduce your risk of developing cardiovascular diseases and stroke, which claim the lives of nearly one million Americans each year.

The benefits, however, go far beyond preventing heart disease. A healthful diet combined with a regular exercise program will help you look better, feel better and have more energy for work and play.

As you resume your trek toward a healthy lifestyle, remember that "diet" doesn't always mean a change in eating patterns to lose weight. Your diet is simply the foods you choose to eat on a regular basis. The AHA recommends that healthy Americans over the age of two reduce the total fat in their diet to about 30 percent of total calories and limit cholesterol intake to less than 300 mg per day.

The numbers can be intimidating, but reducing fat and cholesterol in your diet can be easy. You can start by buying only lean cuts of meat and trimming any visible fat before cooking. Remember to remove the skin from poultry before cooking. Instead of frying meats and vegetables, try baking, steaming, broiling or roasting them to reduce the fat.

You can reduce the amount of fats consumed in dairy products by substituting skim milk, lowfat cheeses and lowfat yogurt for their high-fat counterparts.

It's also important to limit the number of egg yolks you consume to no more than three or four per week, including those used in cooking. Try substituting two egg whites for one whole egg in recipes for baked goods.

Another way to beat the winter blues is by exercising. Many people who exercise regularly have a greater resistance to stress, anxiety and fatigue, not to mention improved condition of the heart and lungs.

And don't let winter weather keep you from keeping fit. Indoor malls are a great place to walk, and local fitness facilities usually offer indoor exercise and aerobics classes, swimming and weight training.

### Foodservice Use Jumps Production

The foodservice industry increased its usage of pork 25 percent during the 12 months which ended in April 1990, compared to the same period in 1988, according to a just-released checkoff-funded study. In fact, foodservice usage now accounts for 48.3 percent of the total U.S. pork production.

"Foodservice in general is the fastest-growing segment of the food industry and an area producers have designated as highly important to meeting the industry goal of making pork the meat of choice by the 21st century," said National Pork Board President Hilman Schroeder, a pork producer from Sauk City, Wis.

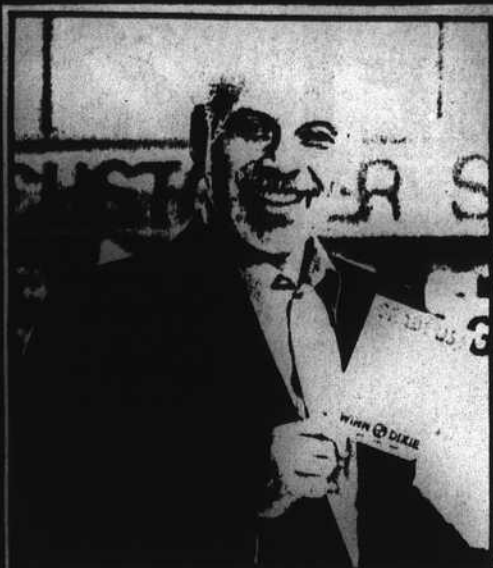
The study showed some 70 percent of the foodservice operators now identify pork as the Other White Meat®, up from 58 percent recorded during the same period a year ago.

"The checkoff-funded Pork-the-Other-White-Meat® campaign has definitely not only made an impression with the general consumers but with the foodservice industry that pork is a healthy and versatile entree," said Schroeder.

Pork's growing popularity as a menu item in fast-food restaurants is one example of how foodservice is utilizing fresh pork in the 1990s. For the second year in a row, McDonald's, the nation's largest fast-food retailer, ran a limited-time promotion of the McRib sandwich. In addition, checkoff dollars are supporting in-store point-of-purchase material promoting McDonald's new Tender Pork and Biscuit breakfast. The in-store material, bearing the pork mark and the phrase, "Supported by America's Pork Producers," is being displayed in the 500 Southeastern McDonald's restaurants where the new menu item is now being offered.

Church's Chicken, the nation's second largest fast-food chicken restaurant chain, just completed a national roll-out of a pork chop dinner at its 1,100 outlets throughout the United States. The restaurant's "Country Cookin' Pork Chop Dinner" is one of the pork industry's first entries into fast-food establishments that have based their initial reputation on chicken entrees.

**Be A Good Sport**



*Bud Wolf* Winn-Dixie's Good Food & Health Expert

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II. Cleanliness of store \_\_\_\_\_ Excellent \_\_\_\_\_ Good \_\_\_\_\_ Fair \_\_\_\_\_ Poor \_\_\_\_\_  
 Speed of service \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_  
 Courtesy and friendliness \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_  
 Well-stocked shelves \_\_\_\_\_ 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

III. Overall, how satisfied are you with your WINN-DIXIE?

Completely Satisfied \_\_\_\_\_ 1 \_\_\_\_\_  
 Somewhat Satisfied \_\_\_\_\_ 2 \_\_\_\_\_  
 Not at All Satisfied \_\_\_\_\_ 3 \_\_\_\_\_

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<p><b>Harvest Fresh</b></p> <p>10-Lb. Vent Vue Bag Harvest Fresh U.S. #1 White Potatoes</p> <p><b>1.48</b></p> <p>20-Lb. Bag 2.98</p>	<p><b>Spud Spectacular!</b> This Spud's For You!</p> <p>Harvest Fresh Loose Baking Potatoes</p> <p><b>53¢</b></p> <p>Harvest Fresh Sweet Potatoes</p> <p><b>3.99¢</b></p> <p>LBS. FOR</p>	<p>Save 70¢ Per Lb.</p> <p>W-D Brand U.S. Choice Western Grain Fed Bone-In Center Cut Chuck Roasts</p> <p><b>1.69</b></p> <p>LBS.</p>
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<p>3-Ltr. Btl. Pepsi-Cola  <small>*Diet Pepsi Seven-Up          *Reg. Or Diet Mountain Dew</small></p> <p><b>ON SALE NOW!</b></p>	<p>W-D Brand U.S. Choice Western Grain Fed Boneless Beef Cubed Steak</p> <p><b>2.99</b></p> <p>LBS.</p>	<p>10-Oz. Square Kountry Fresh Waffles</p> <p><b>2 \$1</b></p> <p>FOR</p>	<p>8-Oz. Superbrand Cheese Steaks  <small>*Mild, Med. Or Sharp Cheddar          *Monterey Jack-Mild Colby          *New York Sharp Cheddar</small></p> <p><b>2 \$3</b></p> <p>FOR</p>
<p>100% pure  <small>EXCESSIVE SUGAR APPROVED</small></p> <p>Superbrand Orange Juice</p> <p><b>1.19</b></p>	<p>W-D Brand U.S. Choice Western Grain Fed Semi-Boneless N.Y. Strip Steaks</p> <p><b>4.99</b></p> <p>LBS.</p>	<p>FEDERALLY INSPECTED SEAFOOD</p> <p>Federally Inspected Delta Pride Grade 'A' Catfish Fillets</p> <p><b>3.33</b></p> <p>LBS.</p> <p>Available in Locations With Fisherman's Wharf Fresh Seafood Dept. Only!</p>	<p><b>DELI-BAKERY</b></p> <p>Save \$1.30 Per Lb. Butterball Skinless Turkey Breast</p> <p><b>3.99</b></p> <p>LBS.</p> <p>Blind To Order          Available in Deli-Bakery Stores Only!</p>

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