

## Want to lose weight? Try skimming calories

Overweight doesn't happen overnight. Calorie by calorie, extra weight creeps up slowly.

Fortunately, however, calorie by calorie, the extra weight can be lost.

"A daily excess of just 200 calories — the equivalent of one doughnut or two soft drinks — will add up to 18 pounds of fat over the course of a year," said Stephen Riggi, Ph.D., vice president of research and development for the Pharmaceutical Division of Pennwalt Corporation.

"By the same token, consuming 200 fewer calories per day will result in the loss of 18 pounds of fat in a year."

The most practical way to cut out the extra calories that allow excess weight to creep up is to substitute foods with lower calorie contents — but which are just as nourishing and filling — for the foods you currently eat.

"This way, you're getting rid of calories that you'll never even miss," Riggi said.

"Skimming the excess calories from your diet is the first step to slimming your body,"

Riggi said, "Learn where you can cut down on unwanted calories and where you will miss them the least."

For example, by substituting an 8 oz. glass of tomato juice (50 calories) for an 8 oz. glass of prune juice (170 calories), you can save 120 calories.

Substituting one two-inch piece of sponge cake (120 calories) for a two-inch piece of chocolate cake with icing (425 calories), can save you 305 calories.

Wisely choosing snacks can add up to even greater savings. Munching on one cup of grapes (65 calories) instead of one cup of roasted peanuts (1,375 calories) can save a whopping 1,310 calories.

"Each person has his own way of taking in those calories that add up to overweight," Riggi said. "For one person those surplus calories may be no more than an extra slice of buttered toast at breakfast, two eggs when one would be enough, a second helping at dinner or late night snacks."

People who "have to watch

their weight" and are doing so successfully have learned how to eat the foods they like in amounts that will enable them to maintain their proper weight without having to go hungry.

By choosing portion sizes that fit your needs, you can eat what you like — and still reduce.

"A pie is usually cut into six pieces," Riggi said. "One piece may be worth 300 calories, but a half piece is worth only 150 calories and that may fit into your daily caloric allowance."

"Along the same line, one scoop of ice cream is 300 calories. You may be able to budget a smaller scoop for only 150 calories," he said.

Allowing yourself smaller portions of the foods you like is one of the keys to successful weight loss.

"Overweight is a food habit problem that must be solved personally and individually," Riggi said.

"Because we are all different, the personal reducing program of each individual is best worked out in consultation with a physician."

A sensible program of regular exercise should also be part of your program to lose weight, unless your physician prohibits it for a good medical reason, according to Riggi.

"Once you establish a plan of regular activity, you should be as strict about following it as you are about your diet," he said.

"Unfortunately, some people believe that exercise increases the appetite and therefore defeats the purpose of cutting down calories to lose weight."

"We've discovered, however, that only the highly trained athlete finds his appetite increasing as his activity increases," Riggi said. "For normal, relatively sedentary people, greatly increased activity is not accompanied by an increase in appetite."

Through a combination of skimming excess calories and sensible exercise, the extra pounds that have crept up can be taken off — and kept off.

"Gradual weight loss is not only more comfortable but permits one to learn the correct habits of eating that prevent overweight from returning," Riggi said.

For a table of calorie contents for basic foods and more tips on skimming calories, contact your physician for the free booklet, "Are You Really Serious About Losing Weight?"



**HOW MUCH CAN YOU PINCH?** One quick way to get a rough idea if you're overweight is to use the "pinch test." Pinch the skin on your abdomen below your navel and see how close your fingers come together. You're probably of normal weight if your fingers come one inch apart for men, and an inch and a half for women.

## Free energy known as fun in the sun

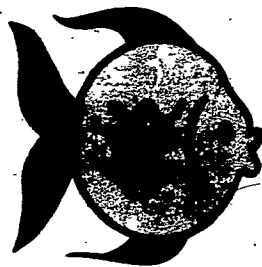
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## New self-monitoring blood test

A recent breakthrough in diabetes research has enabled diabetic patients of all ages to check their blood sugar levels at home quickly, easily and inexpensively.

Thanks to a new self-monitoring test, diabetics can now accurately detect the amount of sugar in the blood within a matter of minutes, and then make any necessary adjustments in diet, exercise or insulin intake immediately, in order to bring the body back into balance.

### The way it used to be

Prior to the development of this new test, urine tests had been the best means available of detecting abnormal sugar levels in the bloodstream.

However, the information received from these tests indicated only the approximate amount of blood sugar that had been present several hours earlier. Urine testing also offered no information regarding abnormally low blood sugars.

The new test, known as the Chemstrip bG test, produces immediate information regarding blood sugar levels. Developed by Boehringer Mannheim of West Germany, and sold in the United States by Bio-Dynamics, the test consists of four simple steps.

### Easy to do

First the patient, using an automatic lancet device, pricks his or her finger and squeezes a large drop of blood onto a chemically treated strip of paper. After 60 seconds, the excess blood is wiped off the strip with cotton.

After waiting an additional 60 seconds, the patient then matches the colors on the strip

to a color chart on the package which indicates the blood sugar level.

Why the convenience of this new self-monitoring method signifies a freer life for the diabetic, with the most overwhelming ramifications being for adolescents and pregnant women.

### Write for information

Information about Chemstrip bG is obtainable from your physician, pharmacist or Bio-Dynamics, at 9115 Hague Road, Indianapolis, IN 46250.

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