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OF THE UNION-BULLETIN



Merilee

Kern,
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cations
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Calif., periodically e-mails me informative communiques.

Her most recent one contains useful details about how to cope with eating events centered around the annual assault of holidays between Halloween and New Year's Day — or Feb. 7 if you count Super Bowl Sunday. But why stop there when we can continue with other food-related events such as St. Patrick's Day, Easter, Memorial Day, Fourth of July, Labor Day, reunions, anniversaries, barbecues and birthdays?

My experience is that eating events happen pretty much any time we as revelers feel like having big, calorie-saturated dining experiences.

And Howard Ostby, director of the Senior Round Table nutrition program, Meals-on-Wheels and meals in congregate settings, commented on the challenges of holiday eating in The Center at the Park's The Bot-

tom Line newsletter for November.

Moderation is one key to tackling special-occasion meals, Howard noted. He recommends not skimping on breakfast and lunch so you won't overeat at the big meal. These meals are not all-you-can-eat, he said. A great strategy is to fill half of your plate with vegetables, a quarter with lean meat and the rest with a starch of your choice.

Eat slowly and stop when you're full. To cut the cholesterol, go skinless with the 4-ounce turkey portion. Go for smaller portions with the side dishes so you can sample all the different foods.

Smaller portions will help you cope with all the high-fat foods. Drink lots of zero-calorie water to fill you up, because coffee and alcohol can dehydrate you.

Susan Burke March, a dietitian who authored "Making Weight Control Second Nature: Living Thin Naturally," also suggests we pick our battles. After all, is it more fun to consume fatty foods or have a fit body? Simple strategies at parties include avoiding waist-expanding fried hors d'oeuvres and bowls of nuts. Make weight control second nature by gravitating toward filling, lower-calorie foods.

