

Food Facts and Fiction

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From now until April, I am giving you the chance to get free information about virtually anything you would like to know about food! All you need to do is e-mail me at ahanlon@upei.ca and I will either reply to your e-mail or answer your

question in my column. Don't worry, I won't mention your name because that's just unprofessional.

I love junk food but I am trying to cut down so that I can lose weight. Is there some way I can lose weight without giving up all junk foods? In other words, are there low fat treats that taste good? By the way, I really don't want to give up chocolate.

There are some tricks to eating treats while

trying to lose weight. I know you don't want to hear this but MODERATION REALLY IS THE KEY, and you don't have to completely give up junk food in order to have a healthy body weight. I know of a few treats that aren't terribly fattening. These items include:

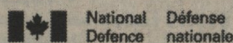
- Three Musketeers Bar
- Black licorice
- Chocolate pudding
- Sugar cereal
- Frozen yogurt
- "Smart" brand candy
- Granola bars
- Fruit roll-ups
- Yogurt covered cranberries, pretzels, and nuts
- dried mangoes, cherries, cranberries, and papaya

- chocolate milk
- creamsicles

Soft-serve ice cream, such as Dairy Queen, is less fattening than regular ice cream. However, the syrups and blizzard ingredients that Dairy Queen uses increases the calorie content of their "DQ treats". There are healthier options such as the fruit blizzard, which is very tasty.

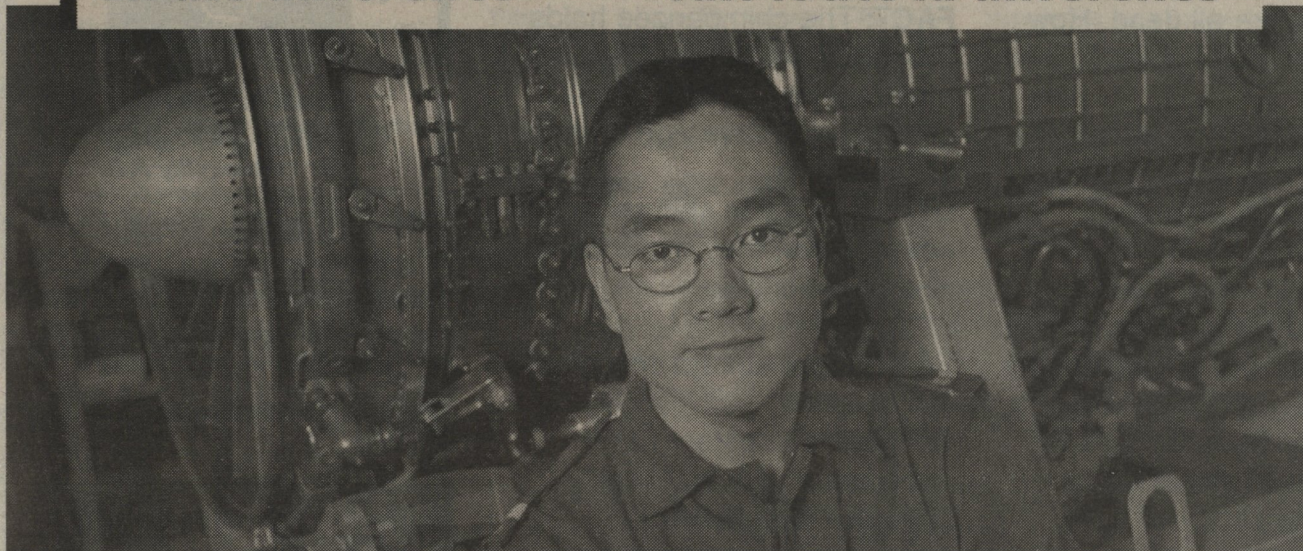
I find I am spending too much money buying my lunch every day and am trying very hard to pack lunches. However, I always forget to pack my lunch at night and I have only a few minutes in the morning to assemble a lunch. Do you have any suggestions?

I have the same problem because it's so easy to just swing by the cafeteria and grab something great tasting. Try the Skillet Sensations in the freezer section of the Superstore. They take about 5 minutes to fry up in a pan and one bag makes about three meals. Since rice can be prepared in five minutes, you can also add rice to them if you want to economize, because each bag supplies plenty of sauce. There are packaged salads in the produce section of supermarkets and tuna helper in the packaged food section. You can mix fruit, granola, and yogurt together to make fruit salad or you can mix tuna, mayonnaise, and peas together to make rice salad. Veggie burgers are tasty if you buy the right brand and they stay fresh for a longer interval than real hamburgers. Veggie burgers are also cheaper than hamburger patties. Boca, Sol, and President's choice brands are all very good choices if you want to buy veggie burgers.



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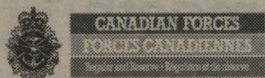
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