

YUMMY NORTHWEST

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Laugh your pounds away

Pants feeling a little tight this month? Don't worry: **Yummy Northwest** is here to help. We recommend a bit of humor.

No doubt you've seen anonymously written helpful eating tips passed around through e-mail. Here are some in one glorious collection.

The problem

Although you may have a weight problem now, for the past two or three months you should have been living it up. You were meant to enjoy the holidays. If you didn't, reread the following in October.

Holiday Eating Tips

- Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Christmas spirit. In fact, if you see carrots, leave immediately. Go next door where they're serving rum balls.
- Drink as much eggnog as you can. And quickly. Like fine single-malt scotch, it's rare. In fact, it's even rarer than single-malt scotch. You can't find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnog-aholic or something.
- It's a treat. Enjoy it. Have one for me. Have two. It's later than you think. It's Christmas!
- If something comes with gravy, use it. That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with



Diet Facts

29 percent of American adults are on a diet

49 percent of Americans who say they need to lose weight claim they don't have enough self-discipline to stay on a diet

34 percent of those who say they need to lose weight admit they often eat for emotional reasons

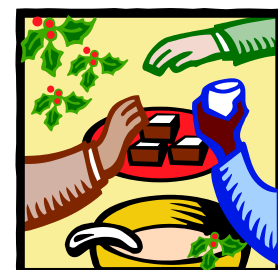
Sugar-free ice cream is the most popular diet treat

The biggest myth about weight loss is that calories don't count

Source: Calorie Control Council National Consumer Survey, 2007

gravy. Eat the volcano. Repeat.

- As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.
- Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Christmas party is to eat other people's food for free. Lots of it. Hello?
- If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa, position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. If you leave them behind, you're never going to see them again.
- Same for pies. Apple. Pumpkin. Mincemeat. Have a slice of each. Or, if you don't like mincemeat, have two apples and one pumpkin. Always have three. When else do you get to have more than one dessert? Labor Day?
- Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories, but avoid it at all cost. I mean, have some standards.
- One final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention.



A couple of solutions

Stress Diet

Breakfast:

1/2 grapefruit
1 slice wholewheat toast
8 oz. skim milk

Lunch:

4 oz. lean broiled chicken breast
1 cup steamed spinach
1 cup herb tea
1 Oreo cookie

Mid-afternoon snack:

The rest of Oreos in the package
2 pints rocky road ice cream, nuts,
cherries, and whipped cream
1 jar hot fudge sauce

Dinner:

2 loaves garlic bread
1 liter bottle of Coke
1 large sausage and mushroom pizza
3 Snickers bars

Bedtime snack:

Large cheesecake

Toddler Miracle Diet

Over the years you may have noticed that most two-year-olds are trim. Now the formula to their success is available to all in this new diet.

Day One

Breakfast: One scrambled egg, one piece of toast with grape jelly. Eat 2 bites of egg, using your fingers; dump the rest on the floor. Take 1 bite of toast, then smear the jelly over your face and clothes.

Lunch: Four crayons (any color), a handful of potato chips, and a glass of milk (3 sips only, then spill the rest).

Dinner: A dry stick, two pennies, and a nickel.

Bedtime snack: Throw a piece of toast on the kitchen floor.

Day Two

Breakfast: Pick up stale toast from kitchen floor and eat it. Drink half bottle of vanilla extract or one vial of vegetable dye.

Diet Rules

1. If you eat something and no one sees you eat it, it has no calories.

2. If you drink a diet soda with a candy bar, the diet soda cancels out the calories in the candy bar.

3. When you eat with someone else, calories don't count if you do not eat more than they do.

4. Food used for medicinal purposes never counts. (Examples: brandy, hot chocolate, and buttered toast.)

5. If you fatten up everyone else around you, then you look thinner.

6. Calories in movie-related foods do not count because they are part of the entertainment package. (Examples: Milk Duds, buttered popcorn, and Junior Mints.)

7. Cookie pieces contain no calories. The process of breaking causes calorie leakage.

8. Things licked off knives and spoons have no calories if you are in the process of preparing something.

9. Anything consumed while standing has no calories. This is due to gravity and the density of the caloric mass.

10. Anything consumed from someone else's plate has no calories since the calories rightfully belong to the other person and will cling to his/her plate. (We all know how calories like to cling!)

Lunch: Half a tube of "Pulsating Pink" lipstick and a handful of dog food (any flavor). One ice cube, if desired.

Afternoon snack: Lick an all-day sucker until sticky, take outside, drop in dirt. Retrieve and continue slurping until it is clean again. Then bring inside and drop on the rug.

Dinner: A rock or an uncooked bean, which should be thrust up your left nostril. Pour grape drink over mashed potatoes; eat with a spoon.

Day Three

Breakfast: Two pancakes with plenty of syrup; eat one with fingers, rub in hair. Glass of milk; drink half, stuff other pancake in glass. After breakfast, pick up yesterday's sucker from rug, lick off fuzz, put it on the cushion of your best chair.

Lunch: Three matches, peanut-butter-and-jelly sandwich. Spit several bites onto the floor. Pour glass of milk on table and slurp it up.

Dinner: Dish of ice cream, handful of potato chips, some red punch. Try to laugh some punch through nose if possible.

Final Day

Breakfast: A quarter tube of toothpaste (any flavor), bit of soap, an olive. Pour a glass of milk over bowl of cornflakes, add half a cup of sugar. Once cereal is soggy, drink milk and feed cereal to dog.

Lunch: Eat bread crumbs off kitchen floor and dining room carpet. Find that sucker and finish eating it.

Dinner: A glass of spaghetti and chocolate milk. Leave meatball on plate. Bite of lipstick for dessert.



About Yummy Northwest

Each monthly issue highlights an edible delight available in the Pacific Northwest and Montana.

Contact the editor

Comments, corrections, topic ideas, and submissions are all most welcome at Yummy_Northwest@hotmail.com. View archives at yummynorthwest.com.