

## Choose and Lose

No one can diet forever. Long-term weight-loss success is based on learning how to eat better while enjoying yourself. There's no need to fill your grocery cart with the high-priced, fake-fat, artificially sweetened stuff the diet-food industry tries to pass off as satisfying and good for you. Getting through your weight-loss program with fake-food rewards is like trying to win the Tour de France with training wheels on: It's not pleasurable, rewarding, fulfilling, or even fun. And you know, those wheels have to come off someday. Start now developing the habits you'll want to keep for a lifetime, and never worry about your weight again.

<b>CHOOSE....</b>	<b>INSTEAD OF .....</b>
chocolate sorbet bar	chocolate-covered ice cream bar
broiled chicken sandwich without skin	fried chicken sandwich
plain popcorn, air-popped, 1 cup	peanuts, raw, ½ cup
pasta with marinara sauce, 1 cup	pasta with meat sauce, 1 cup
steamed clams, 1 cup	fried clams, 1 cup
plain low-fat yogurt, 1 cup	sour cream, 1 cup
part-skim cheese, 2 oz.	whole milk cheese, 2 oz.
tuna in water	tuna in oil
baked apple, unsweetened	apple pie, 1 slice
salsa, ½ cup	guacamole, ½ cup
iced cappuccino with skim milk, 12 oz.	chocolate milk shake, 12 oz.
unsweetened shredded wheat, ½ cup	granola with raisins and dates, ½ cup
flavored seltzer, 1 glass	soft drink, 1 glass
egg-white omelet, 3 eggs	whole-egg omelet, 3 eggs
veggie burger patty	beef hamburger patty
tootsie pop	chocolate candy bar
angel food cake, no frosting	jelly donut
broth, 1 cup	cream soup, 1 cup
light beer, 12 oz.	premium beer, 12 oz.
skim milk, 1 cup	whole milk, 1 cup
fresh apricots, 2	dried apricots, ½ cup
fresh pear, 1	canned pears, 2 halves in heavy syrup