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(RNR/CUP) – If you're getting chunky around the middle, now you can blame it on too much sad food.

Psychiatrist and dietetic researcher Dr. Stuart Berger says there are two kinds of food – happy ones and sad ones – and it's the sad ones that make you fat.

Berger contends most overeating is caused by depression, which is biochemical in nature, and is triggered by the sad foods we eat.

His list of sad entrees includes sugar, egg yolks, ripe avacados, chocolate, sour cream and monosodium glutamate. Happy foods include turkey, chicken, cheese, bananas, yoghurt, brown rice and spinach.

Berger claims that munching from the happy list will lift your spirits and melt away those unwanted pounds.

FINAL YEAR?

Don't wait until Graduation Day to look for a job! Why not have one waiting for you!

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From the end of September until December recruiters from more than 75 national firms will be interviewing Dalhousie graduates for permanent employment.



Canada Employment Centre
on Campus
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Lloyd Axworthy, Minister
Employment and Immigration Canada
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Employment and Immigration Canada



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men \$10.00
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10:00 a.m. - 10:00 p.m. - Sat 10:7
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