

Taking the pounds off: what is the solution?

by Margaret Langille

Whether it's overindulgence in Christmas treats, or the approach of summer weather, people are constantly trying to find ways to get those pounds off, quickly and easily.

What is the solution for you? The latest popular diet on the market? Many people lose weight on these diets, but you not only want to look terrific, but you want to feel terrific as well. Diet programs which promise weight loss quickly, do so at an expense to one's overall health.

Many times, the diet followed can not be something which one can stick with for long periods of time. Eventually, one reverts back to old habits, and the weight starts slowly increasing. So, what can we dieters do?

Firstly, take a good look at the diet you're presently following, whether it be from some magazine or from a weight control clinic. Ask yourself a few questions:

- Does the diet...
1. Include foods you would normally eat and enjoy?
 2. Include foods from all four groups from Canada's Food Guide?
 3. Include enough food choices from these four food groups to meet recommendations from the Canada's Food Guide?
 4. Rely on food rather than pills to get all the vitamins and minerals we require?

5. Recommend we increase our physical activity?
6. Promote a weight loss of approximately 2 lbs per week?
7. Allow for snacks?
8. Recommend a variety of food daily.
9. Sound appealing enough to follow for a long period of time?
10. Suggest a doctor be consulted?

All of these points should be answered 'yes' and should indicate to you that the diet you are following is sensible and safe.

In addition to following a diet which offers sound nutrition advice, there are some behavior modification tips which could prove to be beneficial in helping those extra pounds come off. Consider these suggestions:

1. Eat slowly, putting your fork down after every bite.
2. Serve yourself from a smaller plate.
3. Designate one place as your eating area, and don't eat anywhere else in your home.
4. Concentrate on eating. Don't eat while doing something else.
5. Drink 6 - 8 glasses of water daily; a glass preferably before meals.
6. Try to channel your energy into something other than eating, if you're under a lot of stress.
7. Don't skip meals.
8. Break your night fast by having breakfast.
9. Try to plan your next meal before you get excessively hungry, and try to stay with your decision.
10. Incorporate exercise into your regimen, for at least three times weekly.
11. Prior to a weight reduction program, take your body measurements, to see inches being lost while on the program.

Happy Dieting!
Margaret Langille is a Professional Dietitian for Beaver Foods Limited.

Seminar to be held on Middle East events

(UNB-PRI) Events in the Middle East are frequently felt far beyond the borders of the countries in that region. Because the bulk of the world's oil reserves are located there, people in other parts of the world have a special interest in military, political and economic developments in the Middle East.

To help promote a better understanding of events in the Middle East, the Centre for Conflict Studies and the department of political science at the University of New Brunswick in Fredericton are joining forces with the Fredericton branch of the Canadian Institute of International Affairs to present a special public seminar.

Entitled Iraq, the Middle East and the World, the seminar will be held on Saturday, Feb. 2, from 9 a.m. to 4:30 p.m. in Room 270 of Singer Hall on the Fredericton campus.

Angus Hamilton, an engineering professor and one of the organizers of the seminar, said the objective is to give participants enough background for a balanced perspective on the problems in the Middle East. "It'll be a rare opportunity to get answers to a lot of those questions you'd like to ask after watching the evening news," said Prof. Hamilton. "There'll be ample time for questions and discussion with the resource persons who'll be leading the seminar."

Among the experts slated to take part in the seminar are David Charters, director of UNB's Centre for Conflict Studies; Miron Rezun and Henry Llambias, professor of political science at UNB; and Thomas Kuttner, a professor in UNB's faculty of law.

There will be sessions on the Middle East both before and after the creation of Israel in 1948; Islam, Pan Arabism and Saddam Hussein; Iraq, Oil and Instability in the Persian Gulf; and a panel discussion entitled Whither Iraq?

The fee for the seminar is \$20, which includes a luncheon as well as refreshments during morning and afternoon breaks.

Students can attend for only \$10. Organizers advise that advance registration is essential. "The round-table format will facilitate questions and discussions," said Prof. Hamilton, "but it also limits the number of participants we can accommodate to about 30."

For more information or to register for the seminar, call the Centre for Conflict Studies in Fredericton at 453-4587. You can also register by mailing a cheque, payable to "CIIA Seminar," to CIIA Seminar, c/o Centre for Conflict Studies, University of New Brunswick, P.O. Box 4400, Fredericton, NB., E3B 5A3.

CFS opposes use of war in the Gulf

by Murray Carew

The Canadian Federation of students, while recognizing Kuwait's right for self-determination, is opposed to using war as a solution to the current crisis in the Gulf.

In a recent news release the organization says "we also recognize that the complexity of the current crisis is amplified by the over dependence of industrialized countries like Canada on oil and the lack of funding that has been allocated into the research and application of alternative energy sources."

sources.

CFS is calling upon the government of Canada to apply a foreign policy independent from the US's which would emphasize Canada's role as a negotiator and peacemaker.

They are also urging Canada to use its role in the UN to address all other violations of international law.

In addition they call upon the government not to cut social programmes in order to fund the war effort, and to increase funding for the research and application of alternative energy sources.

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