

minutes, or until the rice is fully cooked.

- Sprinkle with the cheese and serve.
- Makes 2 servings.

### Honey Mustard Chicken

2 chicken breasts (boneless, skinless)  
1/8 cup of Dijon mustard  
1/3 cup of honey  
1 tablespoon of dried dill (this is optional)

1 teaspoon of grated orange peel

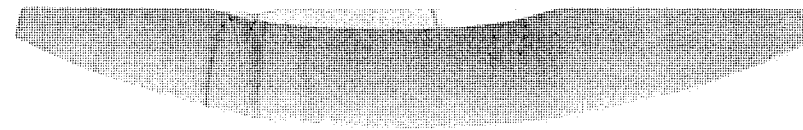
- Preheat the oven to 400 degrees.
- Combine the mustard and honey in a small bowl. Stir in the dill and orange peel.
- Line a baking sheet with aluminum foil. Place the chicken on the baking sheet.
- Brush the chicken with the honey-mustard mixture. Place the chicken in the oven. Bake for 15 minutes and then brush some more of the honey-mustard mixture on the chicken.
- Bake for 15 minutes more (30 minutes total baking time).
- Makes 2 servings.

### Easy Chili Mac

1 cup of elbow macaroni  
1/4 pound of ground beef or ground turkey  
1/4 cup of chopped onions  
Pasta sauce (How much is up to you. For one person, 1 1/2 cups should be enough.)

1 tablespoon oil  
A dash of garlic powder  
A pinch of salt  
A pinch of pepper

- Boil the elbow macaroni according to the directions and time on the box (should be about 7 to 10 minutes).
- While the macaroni is boiling, add the oil to a saucepan and heat over medium heat for about 1 minute.
- Start browning the ground beef in the saucepan over medium to medium-high heat. After about 2 minutes, add the onions, salt, pepper and garlic powder.
- After the ground beef is browned, (approximately 5 minutes), drain the fat. If you use ground turkey you should not have to drain it. There should be enough fat for cooking.



# Life in the FAST FOOD LANE

A look at some ways to curb calories while on the run



AT TABLE ■ JANE DUNNE

## Broiled chicken makes for a perfect bistro dish

BY MOLLY WOULFE  
Times Features Writer

**R**ise and shine! Mmmm mmm. This is the dawn of a new era, a new you. You've vowed to cut back, shape up and trim down in 2003. Yeah, baby?

Let's see. How about a nice bowl of hot oatmeal for breakfast?

What's that? You crave a couple of sausages, cheese and egg biscuits? With hash browns on the side?

No, wait, you're starving, *famished*. You want something heartier. Uh, isn't it a tad early for a mound of beef nachos topped with cheese, sour cream and guacamole?

But your resolution to eat better. You promised!

Gentle reader, if you're already hunting for "Garfield," you're not alone.

America, where chewing is the national pastime, is growing deaf to lectures, media warnings and medical pleas about the evils of fast food. We *know* we should eat five servings of fruit and veggies daily. But we *want* our MTV and bacon double cheeseburgers.

See **FAST, D2**

NW INDIANA TIMES  
1/1/03

Continued from D1

Drink eight glasses of water a day? Fat chance. Only if they're cola-flavored.

According to a November survey by the National Restaurant Association, 95 percent of us wish to make our own "nutritional decisions" when dining out, e.g. we wish the food police would soak their heads in deep fryers. More than two out of three of us (68 percent) are tired about hearing what is good and bad for us.

Coincidentally, two-thirds of us are chubbos, a direct result of our super-sized cravings and sedentary lifestyles. We're also courting diabetes, heart disease and raising the tubbiest kids in history.

Yet one out of four Americans will belly up to a fast-food counter today. We'll blow about \$120 billion in burger, taco, chicken and pizza joints this year, too. Men average 4.6 commercially prepared meals per week, women, 3.8.

There are endless scapegoats for our collective flab: burger-mongers; Madison Avenue; eroding self-discipline; flawed cultural standards; a glut of eateries; and the ever-popular time crunch. What's certain is the food police are crying in a wilderness of Golden Arches.

Progressive nutritionists concede that junk food is here to stay. Even better, that a few onion rings are good for the soul. The key word: moderation.

"It's not a case of 'If you can't beat them, join them,'" said John Hastings, author of "Change One: Lose Weight Simply, Safely and Forever."

"The steady voice of reason is coming through," the Reader's Digest health editor continued. "Eating out is a way of life in this country."

"Going cold turkey is not a good idea," agreed Melanie Jordan, author of "Have Your Cheeseburger and Keep Your

## Restaurant Hall of Fame

These foods keep the saturated fat at reasonable levels and, in most cases, supply some fruit or vegetables. (Unfortunately, even the best restaurant foods contain too much sodium.)

	Calories	Total Fat (g)	Saturated Fat (g)
1. Subway's "7 Subs with 6 Grams of Fat or Less" *	260	5	1
2. Blimpie's Veggie Max Sub	400	7	1
3. McDonald's Fruit 'n Yogurt Parfait with granola	380	5	2
4. Turkey sandwich with lettuce, tomato and mustard	370	6	2**
5. Grilled or broiled chicken or seafood (average, without side dishes)	270	8	2**
6. Szechwan shrimp or chicken with rice *	930	19	2
7. Chicken, lamb or pork souvlaki with rice *	290	10	3**
8. Chinese stir-fried spinach, broccoli or mixed vegetables with rice *	750	19	3
9. Pasta with red clam or marinara sauce *	870	20	4
10. Fajitas (chicken, shrimp or vegetable) with tortillas *	840	24	5

## Restaurant Hall of Shame

Each of these foods has more than 1,000 calories and one to four days' worth of saturated fat.

	Calories	Total Fat (g)	Saturated Fat (g)
1. Cheese fries with ranch dressing	3,010	217	91**
2. Movie theater popcorn with "butter" (large)	1,640	126	73**
3. Prime rib, untrimmed (16 oz.)	1,280	94	52**
4. Fettuccine Alfredo	1,500	97	48
5. Stuffed potato skins with sour cream	1,260	95	48**
6. Fudge brownie sundae	1,130	57	30**
7. Beef and cheese nachos with sour cream and guacamole	1,360	89	28**
8. Denny's Meat Lover's Skillet (ham, bacon, sausage over fried potatoes with cheddar and two eggs)	1,150	93	26
9. The Cheesecake Factory Carrot Cake (1 slice)	1,560	84	23
10. Pizzeria Uno Chicago Classic (1/2 pizza)	1,500	74	30**

\* Numbers are an average of the items listed.

\*\* Saturated fat numbers include artery-clogging trans fat.

Source: "Restaurant Confidential," by Michael F. Jacobson and Jayne Hurley (Workman Publishing, 2002)

Health, Too." "It's like the guy or gal who's afraid of commitment and all of a sudden they're going to get married. They go nuts.

"It's the same thing with food," the health coach continued. "You get that 'last meal' mentality. You go berserk. You feel deprived and put restraints on yourself before you start. The all-or-nothing mentality - food is either good or bad - is not necessary. A gradual process works.

"Unfortunately, that's not what people want to hear," she added. "They want to hear they can take a pill and drop 10 pounds in a week."

The trick is to stop making excuses about what you can't do, and focus on what you can do, the experts agreed.

"Realize that there's no need to change everything," said dietician Joanne Lichten, author of "Dining Lean" and "Dr. Jo's No Big Deal Diet." "Just a few simple changes can make a big difference in your weight and well-being."

Try to implement one change at a time until it becomes habit, she urged.

a typical restaurant meal may pack 1,000 calories, "not counting appetizers or dessert, each of which could run another 1,000," authors Michael Jacobson and Jayne Hurley write in their cautionary tome, "Restaurant Confidential." It's enough to make you swear off cheese fries with ranch dressing (3,010 calories) for life.

■ Downsize your portions. Servings sizes are grossly out of whack; today's child's portion is equal to an adult meal two decades ago. Our appetites didn't grow; servings did so fast-food giants could charge more.

"The key is we're eating too

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**GANGS OF NEW YORK (R)** 11:50 12:50 2:10 4:00 6:00 7:10 9:40 10:20

**TWO WEEKS NOTICE (PG-13)**  
 12:15 2:45 5:15 7:45 10:15

**THE WILD THORNBERY'S MOVIE (PG)**  
 11:50 12:50 2:10 4:00 6:00 7:10 9:40 10:20

**THE LORD OF THE RINGS (PG-13)**  
 11:50 12:50 2:10 4:00 6:00 7:10 9:40 10:20

**ANALYZE THAT (R)** 12:15 2:45 5:15 7:45 10:15

**STAR TREK: NEMESIS (PG-13)**  
 11:50 12:50 2:10 4:00 6:00 7:10 9:40 10:20

**MAID IN MANHATTAN (PG-13)** 10:45 11:30 1:45  
 2:40 4:15 6:25 8:45 10:30 12:45

**THE HOT CHICK (PG-13)** 7:45 10:25

**DRUMLINE (PG-13)** 1:00 3:40 6:25

**ANALYZE THAT (R)** 10:25 PM ONLY

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**THE WILD THORNBERY'S MOVIE (PG)** 12:30  
 1:20 2:40 4:00 5:10 6:30 7:50

**DRUMLINE (PG-13)** 7:45 10:25 12:50  
**THE HOT CHICK (PG-13)** 7:45 10:25 12:50  
**MAID IN MANHATTAN (PG-13)** 10:45 11:30 1:45  
 2:40 4:15 6:25 8:45 10:30 12:45

**ANALYZE THAT (R)** 12:15 2:45 5:15 7:45 10:15  
**TREASURES PLANET (PG)** 11:50 12:50 2:10  
**FRIDAY AFTER NEXT (R)** 9:15 11:15 PM  
**THE RING (PG-13)** 7:30 9:30  
**BIG FAT GREEK WEDDING (PG)** 1:00 3:00  
 2:40 4:40 6:40

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 1:00 3:15  
**THE LORD OF THE RINGS: THE TWO TOWERS (PG-13)** 12:30 4:00 6:30  
**TWO WEEKS NOTICE (PG-13)** 12:30 2:30 4:30 6:30 8:30  
**THE WILD THORNBERY'S MOVIE (PG)** 12:30  
 1:20 2:40 4:00 5:10 6:30

**DRUMLINE (PG-13)** 9:30 PM  
**THE HOT CHICK (PG-13)** 7:45 10:25 12:50  
**MAID IN MANHATTAN (PG-13)** 10:45 11:30 1:45

**SPECIAL ENGAGEMENT** - Not subject to above program.

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becomes naive, she argued. Surprise, eating well can become as routine as bingeing on Doritos. You might develop more gusto for exercise.

You could even wind up financially fitter. In 1970, the average American spent about one-quarter of the food budget dining out, Hastings observed. "Today it's more like one-half," he said.

Some tips on having your junk food and enjoying it, too: **■ Don't be conned by condiments.** Ketchup, mustard and barbecue sauce are OK. But hold the mayo on your sandwich and you subtract 150 calories. **■ Fry on the cheese, too.** Request low-fat mozzarella to liven up burgers and tacos. It's a good substitute for butter and sour cream on baked potatoes as well.

**■ Since you're customizing your burger, anyway, request extra lettuce, tomatoes, onions and peppers.** It's a sneaky way of getting a small serving of veggies into your diet.

**■ Consider calories.** No, you don't have to become an expert. Just take a squint at the nutritional data for your three favorite entrees (fast-food chains post them on their Web sites). You might lose your appetite, fast. Most women only need about 2,000 calories a day, men, 2,500. Yet

"The key is we're eating too much," said Jeanne Toomey, a registered dietitian with the Cardinal Health System in East Central Indiana. "Order a Whopper Junior next time instead of a Whopper. It saves about 250 calories."

The same vigilance should be extended to fries. A small bag of fries is about 200 calories; the jumbo, 610 calories.

**■ Rethink your drink.** A 12-ounce can of pop - about 150 calories - satisfies your thirst at home. So why swill a 42-ounce at McDonald's or a 64-ounce Big Gulp at 7-Eleven? Pass up the free refills, too. Twenty ounces of most beverages - even juice and fat-free milk - means 200 to 450 calories, Jacobson and Hurlley report. Switch to a small drink, preferably a diet soda or water.

**■ If you can't resist your favorite treat, be it a Big Mac or extra-crispy chicken, split the order with a friend.** Or ask for a take-home container. Eat half and save the rest for your dinner.

**■ Patronize restaurants that let you do it your way.** Sit-down restaurants are especially eager to cater to guests in this economic slowdown. Applebee's, for example, will substitute a meat patty with a grain burger or turkey burger.

Friday's or fast-food places like KFC or Subway. We order burgers a lot. They just don't taste as good when you try to make them at home. I don't ask for the nutritional facts. You know it's bad for you."

Eateries "are totally dependent on what the consumers want," said Linda Van Horn, a professor of preventive medicine at NorthWestern University. "If consumers say they want bean sprouts and rice, there would be a fast-food place offering it tomorrow," she said.

**■ Choose restaurants that offer "light" or "healthy" entrees.** Subway is a forerunner in this area, publicizing its low-fat subs and meal combos via every medium from TV ads to paper napkins. Other good signs are menus that highlight grilled chicken, steamed veggies, salads and low- or fat-free salad dressings. Now and then a nonfat dessert even surfaces like Applebee's Bikini Banana Low-Fat Strawberry Shortcake (less than 5 grams of fat).

**■ Ask if you can order the smaller (and cheaper) lunch portion for dinner at a sit-down restaurant.** Many eateries will oblige, even if they don't advertise this perk on the menu.

**■ Try re-creating your favorite**

comfort foods with healthier ingredients. The average restaurant meal is 20 percent fatter and laced with salt compared to the at-home version. Jordan, who favors a plant-based diet, routinely makes BLTs, chicken Parmesan and tacos at home with meat substitutes like Boca patties. "You can give almost any fast food or highly desirable restaurant food a non-meat/poultry makeover and have a very quick meal to boot," she said.

**■ Set a good example for small fry.** Hastings, health editor for Reader's Digest, works out and zealously avoids junk food. But his young sons love McDonald's chicken nuggets and fries. So he treats them to their favorite meal once a week. Period.

"You don't want to raise your kids on this food," he warned. "It's a big problem for childhood obesity. You pack a lot of calories in small packages."

Molly Woulfe can be reached at (219) 852-4329 or [mwoulfe@nwitimes.com](mailto:mwoulfe@nwitimes.com).

## Chicken

Continued from D1

**■ Rinse chickens under cold running water and dry thoroughly with paper towels.** If you are serving one-half chicken per

person, to keep the drumsticks in place, make a 1/2-inch slit at the lower sides of the breast skin and push the drumstick ends through the slits. Fold the wings akimbo, a wing tip tucked under each shoulder.

**■ Preheat the broiler to high.** Melt the butter with the cooking oil, brush chicken all over and arrange skin side down in a broiling pan (without the rack) or a shallow baking dish.

**■ Place chicken so surface of**

**■ While the chicken is broiling, beat the mustard, shallots or scallions, herbs and Tabasco in a small bowl.** Remove the chicken after its 20 minutes under the broiler, keeping broiler on. Remove the chicken and thoroughly drain the fat and juices in the pan into a glass measuring cup. Return the chicken to the pan. Drop by drop, beat half of the basting fat from the broiling pan into the mustard mixture to make a mayonnaise-like

side up, spread with remaining mustard and crumbs and baste with the last of the juices. Return to the broiler for 5 to 6 minutes more or until chicken is done and the crumbs are golden brown.

**■ Serve piping hot on warm plates.**

**■ Note:** The chicken can be prepared earlier in the day. After the second side of the chicken has its coating of mustard, bread crumbs and white

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