

## Not all cheeses are created equal: Lowfat brands are a boon to dieters

This luscious main dish salad is—would you believe—diet food.

If that seems too good to be true, consider the ingredients. We now know that pasta, for example, is actually healthy, providing beneficial carbohydrates. Raw vegetables won't put on the pounds and the dressing is light, sparkly, with minimal oil.

But, you say, 1½ cups of *real cheese*... can that be "legal"? There's been so much talk lately about sodium, calories and cholesterol that many people are afraid to eat anything but artificial products—most of which taste like soap.

The important thing to understand is that not all cheeses are created equal.

Some are, indeed, loaded with fat and salt while others—such as those used in this hearty yet slimming Nordic Cheese And Pasta Salad—offer a delicious, guilt-free alternative.

Both mellow, natty Jarlsberg and delicately spiced Nokkelost come to us from Norway's prime dairy country, nestled in the fjords. Crafted with traditional skill by master cheese makers and completely natural, each is rich in quality calcium and protein—vital for sound bones and muscle—as well as vitamins A, D, B<sub>6</sub> and B<sub>12</sub>.

In addition—and this is the critical plus factor—each is made using *part-skim milk*, therefore significantly lower in both calories and fat than many other cheeses: About 50 percent lower in cholesterol than, for example, Brie. Jarlsberg in particular is also very low in sodium.

So go ahead and enjoy these superb, versatile cheeses—they're favorites in Norway, too, where "fit and trim" is the norm—for salads, sandwiches and lots of other foods. You can feel confident about nutrition...and you'll love the taste.

### NORDIC CHEESE AND PASTA SALAD

- 2 cups cooked pasta—tri-color wheels, elbows or rotelle
- ¼ cup Jarlsberg cheese, cubed
- ¼ cup Nokkelost cheese, cut into julienne strips\*
- 1 cup sliced celery
- ½ cup sliced radishes
- ½ cup small black olives (pitted)
- ½ cup diced pimento
- ¼ cup sliced green onions (scallions)
- 2 tablespoons olive oil
- 1 tablespoon white wine vinegar
- 2 tablespoons orange juice
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 oranges, sectioned or sliced
- 2 tablespoons walnut pieces

In large bowl, combine first 8 ingredients. Add oil, vinegar, orange juice, salt and pepper. Pour over salad and toss until well coated. Fold in orange sections. Cover; chill 1 hour or longer. Just before serving, sprinkle with walnuts. Serve on crisp lettuce leaves. Makes 4 servings, about 265 calories each.

\*Or substitute equivalent additional Jarlsberg for milder flavor.

## Here are some tips to sleep soundly

How many sleepless nights have you spent tossing and turning thanks to a spouse with a snoring problem? If you've spent a good number of evening hours wide awake, take heart...you're not alone.

While getting separate bedrooms may seem like the only way to get a good night's sleep, there are certainly other options available, says Elliott Berger, manager of acoustical engineering for the E-A-R Division of Cabot Corporation, the world's leading manufacturer of hearing protection devices. One of them, for instance, might be to try using earplugs, such as E-A-R's Noise Filter™ Earplugs, to muffle the sound of snoring.

These earplugs can help reduce noise levels by up to 35 decibels, an amount that muffles harmful, distracting or irritating noise to help consumers sleep, concentrate, relax, work and play better. Noise Filter plugs are self-adjusting foam earplugs which compress for easy insertion.

Here are some additional suggestions to help you rest easy:

- Encourage your spouse to sleep on his side instead of his back (since most snoring occurs when the person lies on his back). This "encouragement" can take a variety of forms...everything from nudging him to rolling him over on his side.

Other alternatives include raising the head of the bed or having him sleep on stacked pillows to keep his head raised. Some frustrated wives have even tried this cure: They place a golf ball in a sock and pin it to the back of their husbands' pajamas. When these men roll onto their backs, they feel so uncomfortable that they move to their sides, eliminating the snoring.

- Ask your husband to reduce his in-

take of alcohol before going to bed. Alcohol impairs breathing during sleep and can irritate the lining of the pharynx. This makes it swell and become obstructed, so snoring becomes even louder.

- Have him cut down his intake of milk, cheese, bread, or salted foods before going to bed. Some experts believe these foods cause swelling in the nasal passages or a buildup of mucus, which may hamper breathing.

- To help your spouse breathe easier, increase the amount of humidity in the bedroom by using a room vaporizer or humidifier.

- Buy a "white noise" machine. This will help distract you from his snoring by producing an even background noise in the room.

- If your husband smokes, urge him to quit. And if he's obese, encourage him to lose weight. Smokers and overweight people are more inclined to snore.

- Advise your spouse to see a doctor. Chronic snoring may signal a severe medical problem. Or, if an allergy or nasal obstruction is causing him to snore, it may be corrected with medical treatment.

If you follow these tips you might be well on your way to sweet dreams tonight!



THIS TEMPTING NORDIC CHEESE AND PASTA SALAD is surprisingly low in calories, cholesterol and sodium. It's just one example of the tasty, nutritious recipes you can make using versatile Norwegian cheeses.

## Running is still popular for fitness

It began as a craze in the 1970s, and continues today as one of the most popular ways to get in shape—running for fitness.

According to the National Sporting Goods Association, 25 million men and women were running or jogging for fitness in 1987, the latest sports participation statistics. They run for health, tension release, improved performance in sports and other activities, and enjoyment.

To get the most fitness benefits from running (or jogging, which is basically running at a slower speed), it is wise to follow some basic guidelines. This will help prevent injury and keep you on the road longer.

If you are new to running, check with your physician first. You may want to get a fitness evaluation to assess your starting level. While no one can tell you exactly how far to go at the beginning, a rule of thumb is to begin with a warmup and then walk briskly until you are moving easily and comfortably.

Then, run at a comfortable pace until you feel a little fatigued. Switch to walking and then run when you feel ready again. Repeat this cycle for 20 minutes. Try this every other day until you are running continuously for 20 minutes.

The intensity should remain fairly constant over the 20 minutes, as your heart and breathing rates increase. After four to six weeks, if you practice three to four times per week, you should be running consistently for 20 minutes. (Older people may take longer to reach that point.)

Then you can start adding on time to a total of 40 minutes. For aerobic benefits to take place, a 20-40 minute workout is recommended.

As mentioned before, a warmup should always be included. A proper warmup includes low level movements (i.e., knee lifts, walking in place, arm circles) combined with stretching for three to five minutes before starting on your run. This helps get your body ready for more intense activity.

It's also important to gradually cool down when you are done. Finish your run by easing into a slow walk and then continue walking until you feel that your

heart and breathing rates are approaching your resting level. Then finish with some stretching exercises.

Running is a fairly inexpensive way to get in shape. About all that is necessary is a good, well-constructed and comfortable pair of running shoes and comfortable clothing. Training shoes with heavy, cushioned soles and arch supports are preferable to flimsy sneakers.

Several running magazines annually rate the major brands and popular models and any sports or shoe store with a qualified staff will be happy to answer your questions. Whatever shoe you choose, make sure it is comfortable.

As for running style, run in an upright position, keeping your head up and your back straight. Carry your arms slightly away from your body with your elbows slightly bent. Occasionally shake and relax your arms to prevent tightness in the shoulders.

Land on your heel and rock forward to drive off the ball of your foot. Keep your stride relatively short and breathe with your mouth open.

Listen to your body when you run. If you develop pain, or any other unusual symptom, slow down or gradually stop. If the problem persists, see your physician before running again. You may have to switch to a combination of aerobic exercises or run on a different surface.

### Be healthy; stop smoking

Jay Burchett, former smoker and recently retired college professor, has just authored the new booklet, "Smoke Away." He stopped smoking in 1946 and now shares how he quit forever, slowly, effortlessly, at his own speed.

Stopping soon decreases risk to the heart. In addition, you can curb smoker's facial wrinkles and even improve your sex life. Learn the tobacco industry's advertising secrets.

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