

# Don't knock fast-food

If you have ever considered the role of fast food in a conscientious weight-loss program, you may have concluded that there is an inverse relationship between the speed with which a food is prepared and the appropriateness of it on your plate. In other words, "fast food bad, slow food good," may sum up your attitude toward food preparation while dieting.

Nothing could be further from the truth!

"With today's fast-paced, hectic lifestyle, takeout and other so-called fast foods are a fact of life. However, like all food types, there are fast foods you can embrace and fast foods that should be avoided," says Roberta Blackie, Weight Watchers director of operations for Southern Ontario, Quebec and Atlantic Canada. "The difference lies not in the food itself but in the method of preparation."

"Take hamburger restaurants for example," says Blackie. "Many people mistakenly think that a fillet of fish or fried chicken sandwich would be a healthier choice than a broiled hamburger. However, the manner in which fish or fried chicken sandwiches are prepared typically gives them a higher fat content than broiled hamburgers. At Weight Watchers, we help our members distinguish between the basic ingredients of a meal and the manner in which it is prepared. Additionally, we show them how to take this information and apply it to the real world of fast food."

If you are interested in losing weight, but like to eat out or order in, here are some simple tips to help you make a healthy selection:

### Deli & Hamburger Takeout

- Be selective. Many fast food restaurants have salad bars as well as broiled and grilled choices. The greater the selection, the better the chances of making a wise

choice.

- Be savvy. Know what went into the food you order. The salads you make at home may have far less mayonnaise and fat than what you purchase outside. Choose the no-oil salads or pasta salads made with tiny amounts of olive oil. A good rule of thumb is: if the pasta looks like it is swimming in oil, you should swim the other way.

- Eat with dignity. Do not eat out of containers or while standing at the kitchen counter. Regardless of how quickly the food is prepared or delivered, take your time to appreciate each morsel.

- Choose lean cuts of deli meats. A roasted chicken is almost always a good choice so long as you remove the skin.

### Chinese Takeout

- Choose stir fried rather than deep fried dishes. Ask the kitchen staff to "go light on the oil." You might be surprised how accommodating they can be.

- Choose appetizers and entrees wisely. A clear soup will fill you up with fewer calories and steamed rice is lower in fat than fried rice.

### Italian/Pizza Takeout

- Order pizza by the slice and avoid such high-fat selections as pepperoni, sausage and extra cheese. If a whole pizza comes to your door, think about eating only a slice or two and freezing the rest.

- A spicy, full-flavored marinara (meatless tomato) sauce can be very satisfying on any type of pasta. Italian bread, a garden salad and a modest amount of grated cheese will round out a truly great meal.

Many fast food restaurants offer a much healthier menu today than they used to. Salad bars, low-fat and low-salt selections as well as a greater variety of foods have made it easier for weight management with today's hectic lifestyle.

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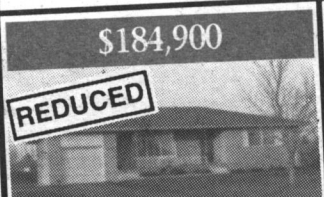
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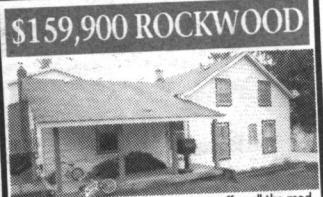
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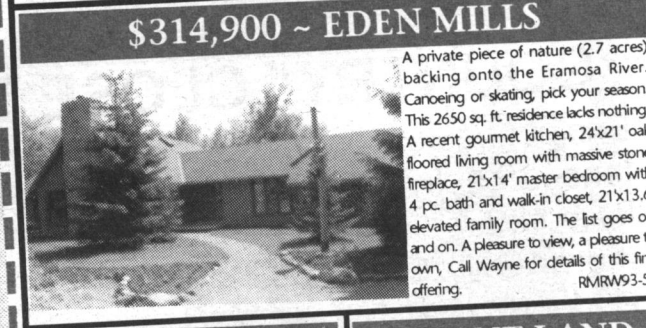
**REDUCED**

Well-cared for custom bungalow in mature village setting east of Rockwood. Additional workshop and garage for the hobbyist. New kitchen. Ideal for retirement or ? Call Wayne Saunders\*. RMRW93-49



**\$159,900 ROCKWOOD**

This spacious updated Century Home offers all the modern conveniences with the charm of yesteryear. A 2 minute walk from Rockwood Conservation park on a well treed & landscaped lot and having extensive rockeries & terraced grounds. A pleasure to view. Call Wayne\*. RMRW93-39



**\$314,900 ~ EDEN MILLS**

A private piece of nature (2.7 acres) backing onto the Eramosa River. Canoeing or skating, pick your season. This 2650 sq. ft. residence lacks nothing. A recent gourmet kitchen, 24'x21' oak floored living room with massive stone fireplace, 21'x14' master bedroom with 4 pc. bath and walk-in closet, 21'x13.6' elevated family room. The list goes on and on. A pleasure to view, a pleasure to own. Call Wayne for details of this fine offering. RMRW93-57



**\$279,900 PRIVATE**

2.6 acres only 20 minutes to the 401 or 10 minutes east to Guelph. 24 x 32 ft. 4 year old workshop, central air, 4 bathrooms, in-law suite in basement with full walkout, 5 bedrooms, family room with fireplace, den with fireplace, plus a huge deck. This 12 year old custom built quality 2600 sq. ft. home has it all! RMRW93-01

**VACANT LAND**

\$234,900. Lovely 46 acre parcel, 30 of which is workable. Located on a paved maple-lined road 1 1/2 miles north of HWY 7 and just west of Acton. Picture perfect with numerous building sites. RMRW93-17

\$154,000. 22.8 Acres of potential! Rolling land with 10 acres of bush, 4 acres are hardwood and approx. 12 acres of worked land. Very secluded & private. Your plans or ours? Call Wayne\*. RMRW93-25



**\$195,500 ~ ROCKWOOD**

Custom-built with you in mind. 1750 sq. ft. of upgraded luxury in this 4-year-old 3 bedroom home. Cathedral ceilings, fireplace, family room & inground pool are a few of the features. Just call Wayne. RMRW93-25



**\$234,900 JUST FOR YOU**

This 4 year old home located 3 miles from Acton and 14 miles by Hwy. 25 to the 401 is placed on 4.86 acres of rolling land. A lovely mature setting with maples across the front and mixed bush to the rear and an 80 ft. pond. Open concept of 2x6 construction with R20 walls & R40 ceilings the home is tasteful & a pleasure to view. RMRW93-16



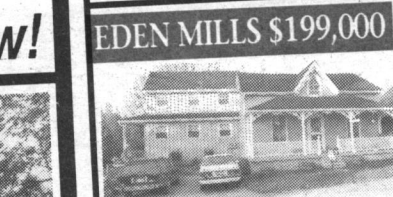
**\$199,900 24 ACRES**

Contemporary home only 1 mile from Rockwood on a paved road, this property is sure to please. Some fencing, 20 acres in alfalfa & timothy, separate garage (insulated & heated) and a 3 bedroom home that needs TLC. Excellent potential for horses or ? Call Wayne\*. RMRW93-66



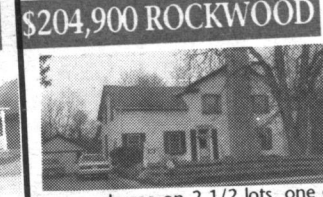
**\$155,000 ~ 8 MIN. TO 401**

Solid brick 1800 sq. ft. home with character, just south of Guelph on over 1/2 acre. Attached garage has loft & storage. This property offers huge backyard, fruit trees, recent gas furnace & roof, original baseboards & trim. This lovely 3 bedroom home is a must to see. Call Wayne\*. RMRW93-67



**EDEN MILLS \$199,000**

Presently 2 residences (1 was built 5 years ago). This updated property has some commercial uses as well. Placed on a mature lot 78' x 132' and in a picturesque setting, near the River. Call Wayne for details. RMRW93-56



**\$204,900 ROCKWOOD**

Century home on 2 1/2 lots, one of which may be severed. Over 3,200 sq. ft. of history. Large principal rooms and 6+ bedroom., Call Wayne\*. RMRW93-65



**\$579,000 ~ COUNTRY ESTATE**

Located 3 miles north of Hwy. 24 on 65 acres of pure nature, this lovely pre-Confederation 4000 sq. ft. stone home is now for sale. Well landscaped with a 7 acre lake and inground pool, numerous outbuildings, 28 acres workable and the Speed River crossing property. This rolling country home has much to offer. For a private viewing, call Wayne\*. RMRW93-69

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From the desk of Marilyn Worrall\* ...

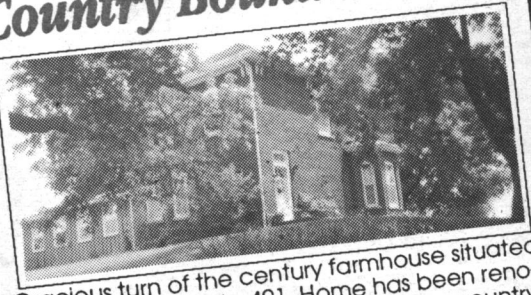
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**MARILYN WORRALL**  
\*Sales Rep.



Gracious turn of the century farmhouse situated on 75 acres, close to 401. Home has been renovated with attention paid to preserving country charm. New listing at \$650,000. Why not call for details.

