

# Learn to eat right over the holidays

We all know that there are hundreds of cookbooks at the Milton Public Library to tempt us with high calorie foods during the holiday season. But we have also purchased some new books that address healthy eating and balanced living — something that may be difficult to achieve during December.

For those holiday potlucks, check out the South Beach Diet Parties and Holidays Cookbook by Arthur Agatston. With healthy and delicious recipes for entertaining, it will help you enjoy festive occasions, not just at Christmas but all year.

If you do indulge over the holidays and want to get back on track in January, don't look to fad diets to help you. Instead consider Leslie Beck's No-Fail Diet. It's a healthy eating plan that fits into real life and includes a fitness

Cover to cover



plan and tracking tools. How to Make Almost Any Diet Work by Anne Katherine views excess weight as a symptom and turns our attention to the causes of over-eating.

If the prospect of changing your lifestyle seems daunting, Rose Reisman, in The Balance of Living Well, focuses on six aspects of life that, when in balance, bring harmony to your life. Doing one thing right will have a domino effect and other aspects of your life will begin to fall into place. The six aspects of Reisman's life that are important to her are fitness, food, fam-

ily, friends, fashion, and finance — her 6 Fs!

If you're concerned about your children's nutrition, two of the newest books at the library will help. The Healthiest Kid in the Neighborhood by pediatricians William and Martha Sears, suggests 10 ways to get your family on the right nutritional track. Their methods aren't difficult to follow but the authors are realistic enough to expect that it will take time and effort on the part of parents. Super Foods for Children by Michael Van Straten and Barbara Griggs reviews nutrient-rich foods for babies, toddlers, and children. It offers nutritious menus and recipes with the theory that the wider the variety of food selection, the broader the range of vitamins your child will consume.

• see NO on page B12

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## TERRA GREENHOUSES

# Season's Greetings

The Management and Staff of TERRA Greenhouses would like to thank all of our customers for their patronage. We look forward to helping decorate your holiday home and to assisting you with all of your gardening needs in the New Year.

May one and all have a Merry Christmas and a safe and happy New Year!

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# Weekend SPOTLIGHT

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**988 Donnelly Street**

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