

HOW TO SURVIVE ALL THOSE HOLIDAY BINGES

H By Lorraine DePasque
 OLIDAY binges can leave you with a Santa-size tummy, warns nutritionist Ann Newswanger.

"When you're tempted by sugar cookies, eggnog, Grandma's plum pudding and sinfully delicious pies, it's hard to eat 100-percent healthfully," says Newswanger, a New Jersey-based, independent diet consultant.

"It's important to know the nutritional value of foods, so you can learn to better balance what you eat."

Take this nutrition quiz. Then use the knowledge the answers provide to get through the holidays slim and healthy.

Answer each question below True or False:

1. Avoid serving cheese as a party hors d'oeuvre. It's high in calories.
2. If you're going to a party in the evening but need a snack to hold you over until dinner, eat half a roast beef sandwich. It actually contains fewer calories than a cup of plain yogurt.
3. Vitamins are the most important thing you can take for your body during the holidays, when you need more energy than usual.
4. When you have a fish feast, serve salmon and herring.
5. A good way to fall asleep more easily is to drink warm milk at bedtime.
6. Pedaling three miles on a stationary bike burns off the calories you consume when drinking ½ cup of eggnog.
7. A white wine spritzer uses equal amounts of wine and water.
8. Make a holiday custard with instant nonfat dry milk — it's good for you.
9. To get as much vitamin C as possible in your green salads during this season of colds and flu, squeeze fresh lemon juice over the greens or replace vinegar in the salad dressing recipe with lemon juice.
10. When cutting down on salt, avoid canned and instant prepared foods.
11. A slice of chocolate cake after dinner is less harmful to your teeth than sucking a piece of hard candy.
12. Weight-watchers who crave dessert are better off eating a serving of rice pudding with raisins than a slice of pumpkin or mince pie.

ANSWERS

1. False. You and your guests can enjoy cheese as a party hors

Nutrition test will help you stay slim and healthy

d'oeuvre, but avoid varieties high in saturated fat. Those made from skim milk or part skim milk are low-fat cottage cheese, farmers cheese, pot cheese, ricotta, mozzarella and Port du Salut. Remember, cheese is high in protein and a good source of calcium.

2. True. While one cup of plain whole-milk yogurt contains 150 calories, half a roast-beef sandwich (1 oz. reduced-calorie bread plus 1 oz. roast beef) — has only 120 calories.

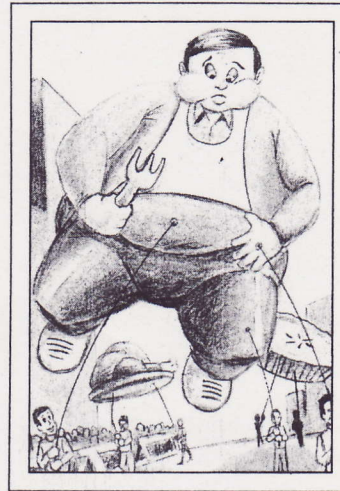
3. False. Vitamins are important, but maintaining a well-balanced diet and getting proper rest will provide all the energy you need.

And a sound diet with a variety of foods will also provide all the vitamins you require. P.S.: Always consult your physician before taking supplements.

4. True. Nutritionally, salmon and herring are sound choices. Both are good sources of omega-3 fatty acids, which recent research has linked to reducing cholesterol.

5. True. Assuming you aren't allergic to milk, a cup of warm milk can be an aid. It contains the sleep-inducing amino acid, tryptophan.

6. False. No way. If you want to



toast the New Year with ½ cup of eggnog topped with cinnamon, bear in mind that you'll be consuming about 200 calories.

Since pedaling three miles on a stationary bike burns about 100 calories, be prepared to pedal an additional three miles to make up for your splurge!

7. False. To keep calories down — and the taste just right — prepare a white wine spritzer by pouring over ice 3 oz. of dry white wine and 4 oz. of naturally sparkling water or pure seltzer. It takes only 30 seconds to mix and voilà! — a cocktail party favorite with only 75 calories.

8. True. Powdered skim milk gives you protein. It's practically fat-free

and rich in calcium and riboflavin (vitamin B-2).

Besides using it in custards, try adding it to holiday breads, soups and sauces — your guests won't know the difference.

9. True. While most salad greens are loaded with vitamins and minerals, the vitamin C in lemon juice will give your salad a bonus. Women prone to iron deficiencies should have food high in vitamin C at each meal.

10. True. Check the label on canned and prepared foods for sodium content. Generally, it's high. But low-sodium versions are often available.

11. True. How often and how long you eat sugar-sweetened food matters more than how much sugar is present. So if you chew gum, be sure it's sugarless — and the same goes for your soft drinks.

12. True. A ½ cup of rice pudding has only 190 calories. But a normal wedge of pie contains between 300 and 450 calories.

RATING YOURSELF

10 or more right answers: Congratulations! You know more about nutrition than the average person.

Between six and nine right answers: You have a good understanding of nutrition, but be more careful when grocery shopping — check all labels for ingredients before buying.

If you're on a diet, buy a calorie-counter. Your waistline can't afford mistakes.

Five or less right answers: It's time you learned more about nutrition. Perhaps you should ask your doctor for a good book on the subject. □

■ Have you ever met a star? Tell us how the path of a celebrity crossed yours and we will pay you \$50 if we publish your verifiable story. Write to: Star Crossing, P.O. Box 2002, Tarrytown, N.Y. 10591. Jack Desaulniers of Meriden, Conn., wins \$50 for this remembrance.

I WAS a police sergeant when Jerry Lewis performed near our town. I went to his show with my wife and another couple, patrolman Tony Baylow and his pregnant wife.

Toward the end of the show, Mrs. Baylow became ill and had to leave. Being a foursome, my wife and I also left.

But Jerry interrupted his performance and told us to return to

STAR CROSSING

Jerry Lewis gave an order I had to obey



our seats. Tony and his wife could not. My wife and I did.

Thinking we were sneaking out to beat the crowd, Jerry explained that people leaving early kept other acts from performing before a full audience. It was thoughtful of him, and the audience applauded.

Later that night I was assigned to check on Jerry's security at the Holiday Inn in Meriden. I went to his

suite in uniform and told his aide about the earlier incident.

He winked and called out to Mr. Lewis, who was showering: "That man you ordered back to his seat tonight is here. He's big — and he's got a gun."

From the shower, we heard Jerry say: "Uh-oh!" Then he took a peek around the corner, saw my uniform and said: "Whew!" We all laughed.

SEE WHO SHARES YOUR BIRTHDAY



Don Johnson: 37



Sinatra: 71



Susan Dey: 34

DON JOHNSON of *Miami Vice* celebrates his 37th birthday this week.

Now that he's conquered TV as a stylish but grizzled cop, the Stubbled One has fixed his steely gaze on a new career as a rock star.

Judging by the sales of his recent hit album and video, *Heartbeat*, Johnson is on his way to becoming a heartbeat to an entirely different audience.

The father of 3-year-old, Jesse, Johnson has ended his relationship with Patti D'Arbanville, the boy's mom.

If your birthday is this week, check to see which personalities share the date with you:

Dec. 9: Beau Bridges, 45; Kirk Douglas, 68; Donny Osmond, 29; Dick Van Patten, 58; John Cassavetes, 57; Redd Foxx, 64.

Dec. 10: Susan Dey, 34; Dorothy Lamour, 72; Gloria

Loring, 41; country music singer Johnny Rodriguez, 35; soap writer Agnes Nixon, 59.

Dec. 11: Donna Mills, 43; Ron Carey (*Barney Miller*), 51; Jermaine Jackson, 34; Brenda Lee, 42; Rita Moreno, 55; Carlo Ponti, 73; Christina Onassis, 36; author Aleksandr Solzhenitsyn, 68.

Dec. 12: Game-show host Bob Barker, 63; New York City Mayor Ed Koch, 62; Connie Francis, 48; Frank Sinatra, 71; Dionne Warwick, 45; gymnast Cathy Rigby, 34.

Dec. 13: John Davidson, 45; Dick Van Dyke, 61; Christopher Plummer, 57; U.S. Secretary of State George Shultz, 66.

Dec. 14: Patty Duke Pearce, 40; Lee Remick 51; country singer Charlie Rich, 54.

Dec. 15: Don Johnson 37; Tim Conway, 53. □