

Figure 10 - New York Times, Wednesday, February 8, 1995

# Hold the Pasta While Diet Experts Rewrite the Menu

By ANNY OTTOLINI  
The New York Times

NEW YORK — Pasta, pasta, it's been said, but diet experts who have been studying the health benefits of various carbohydrates are now recommending Sunday dinner with a twist, usually one of heat or starch.

"In the old days, you'd eat the same thing every day," said Dr. [Name], the director of the Center for Nutrition at [Name] and [Name] in [Name]. "Now, you have to eat different things every day to keep your body healthy."

And now it's time to rethink the old menu again. "We're looking at the way our bodies are reacting to the food we eat," Dr. [Name] said. "Some foods are good for you, some are not. We need to know what to eat to stay healthy."

The production of weight loss is possible without having to eat less, says Dr. [Name]. "It's all about the quality of the food you eat," he said. "You can eat a lot of food and still be healthy if you eat the right kind of food."

Dr. [Name], who is teaching in the [Name] program, says that people who eat a diet high in carbohydrates are more likely to gain weight. "We're looking at the way our bodies are reacting to the food we eat," he said. "Some foods are good for you, some are not. We need to know what to eat to stay healthy."

The study, however, reported to doctors as well as by the general public, which is now being used to recommend a diet high in carbohydrates. "We're looking at the way our bodies are reacting to the food we eat," he said. "Some foods are good for you, some are not. We need to know what to eat to stay healthy."

"The more you eat, the more your body produces," Dr. [Name] said. "You can eat a lot of food and still be healthy if you eat the right kind of food."

Dr. [Name], the author of "Eat Smart, Stay Lean," is a leading expert on diet and health. He is the author of several books on diet and health, including "Eat Smart, Stay Lean."

## Normalize, Shall We Dancer?

A healthy meal is one that is high in protein and low in fat. The diet is not as simple as it sounds. It's not just about what you eat, but also about how you eat it.

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## So It May Be True After All: Eating Pasta Makes You Fat

By HOLLY OTTOLINI

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