

The new "Magic 888" BANANA & SKIM MILK DIET



by Ann Williams-Heller

WOULD IT MAKE you happy to slim down at the rate of a pound a day, or even more, for the next three or four days? Then here is a new "convenience reducing package," the "Magic 888," by which you can shed over-pounds and extra-inches pleasantly and safely. It is simple, easy to follow at home or away, and meals are ready in minutes and at moderate cost.

Here it is.

THE NEW MAGIC 888 REDUCING DIET

Breakfast and luncheon (each):

- 2 ripe (medium) bananas*
- 1 glass (cup) skim milk*
- black coffee or tea*

Dinner:

- 1/2 bunch crisp water cress*
- 1 rye cracker*
- 1 tbs. cottage-cheese balls*
- 1/2 broiled chicken*
- 3/4 cup steamed broccoli*
- 1 ripe banana, fresh or broiled*
- 15 medium mushroom buttons*
- 1 cup skim milk*
- coffee or tea*

As you may have guessed, the "888" stands for calories, the reducing plan's total daily energy count. Since most reducing diets are set within a calorie frame of 1,100 or thereabouts, the new Magic 888 of-



fers about 20 percent additional calorie savings.

When it comes to weight, it's the calorie that counts. And while an oversupply of calories in foods will infallibly be stored away as body fat, any undersupply will of necessity call upon available fat reserves (apparent as overweight and bulges) to burn them up for needed energy.

Count an average woman's daily calorie needs at a *minimum* of about 2,000, and you can readily see how the Magic 888 can show such fast reducing results. However, in spite of its drastic calorie curbs, there is no danger of "that hungry feeling," for it has sizable quantities of everyday foods that are tasty, satisfying and very easy to digest.

Equally important, it is remarkably well-balanced in all the health-essential proteins, vitamins and minerals. In fact, the Magic 888 detailed dietary evaluation, compared with the "Recommended Daily Dietary Allowances" for specific food substances of the Food and Nutrition Board, National Research Council in Washington, D.C., reveals this. In the vital minerals (calcium and iron) and vitamins (A, B₁, C and riboflavin), it surpasses the Board's recommended quantities. Its proteins are tops in quality and kind, though their quantity is a negligible 1.19 percent shy of meeting the recommended daily allowances.

In a nutshell, the Magic 888 can be regarded as nutritionally safe for a three to four days' reducing regime at a time. But first, of course, check with your doctor to make sure nothing is wrong except undesirable overweight.

How is it possible to have so many hunger-satisfying foods for only 888 calories? Here the magic figure is 88, the calorie count of two venerable foods in the diet. One is a medium banana—golden yellow or flecked with brown spots at peak of ripeness; the other a cup of skim milk.



It is because of ease of digestion and inner values that doctors prescribe bananas as one of baby's first solid foods. Moreover—and this is especially important in reducing—they rank high in appetite satisfaction, the filling feeling known as satiety value.

It is really amazing how the two bananas and cup of milk for breakfast, and then for lunch again, can see you through to dinnertime with no pangs of hunger. Here is why: hidden behind their mellow sweetness, bananas supply both quick and sustained energy in quickly absorbed simple sugars (such as glucose and fructose), and slower-acting complex sugars and starches. Also, bananas are very low in sodium (only four mg.) and altogether free from cholesterol.

From the practical side, all the items on the breakfast and lunch menus are true-and-tried convenience foods in the real sense of the word. They are available everywhere, all year round, at moderate cost, need no preparation to get table ready; and since both beverages are calorie free—no sugar or cream should be added—they may be prepared in any desired strength.

Equally convenient is the Magic 888 dinner. In eating out, broiled chicken is on the menu everywhere. To broil chicken to juicy tenderness at home, rub it with one drop of olive oil on each side before flipping under the broiler about five inches below source of heat. When chicken is well done, season with very little salt, yet enough pepper or paprika to make it tasty. And should dieting day fall on a Friday, you may substitute chicken with a broiled steak of lean white fish, rubbed with lemon juice before cooking.

The vegetables in the diet may be either steamed fresh or frozen, or canned; here again season to taste. Sprinkle banana generously with lemon juice before broiling it.



The more active man who wishes to follow this diet must add one slice of toast (4x3 $\frac{3}{4}$ x1 $\frac{1}{2}$ ") each for breakfast and luncheon; also have one medium-sized potato for dinner, either jacket-cooked or baked. In meeting a man's greater nutritional needs, his diet will then measure about 1,100 calories, which is still low enough to achieve weight losses quickly.

Take it easy while following the new convenience reducing package for three or four days at a time. Eat leisurely and slowly, at definite hours. Plenty of sleep at night is important; also as much rest during the day as you can possibly get.

If you are a nibbler and sipper by habit, chew a few crisp celery leaves or water-cress sprigs or mushroom buttons, either as is or seasoned with a dash of garlic or celery powder. Sip a lemonade made with water or club soda, sweetened with a non-caloric sweetener; or have a non-caloric soft drink.

There is only one don't—*don't cheat!* Except for vitamin pills you may take regularly and coffee or tea (if so desired), do not skip foods hoping to lose weight at an even greater speed. It won't work because in a carefully planned, constructive food regime such as this it is the "altogether"—the sum total of the various and different body-building and regulating food substances—that counts.

Remember that while calories control your weight, food substances in definite quantities control your health, beauty, stamina and resistance. This need for building and regulating food substances remains constant regardless of any weight problem.

Therefore, both calories and food substances must be equally respected. And, since all the foods in the Magic 888 keep company to a wealth of health-essential food substances at a very low calorie price, the skipping of even a very few cal-



ories would cut a deep wedge off those important food substances.

Finally, the Magic 888 is a crash diet for the removal of five pounds or so. It should be used only for the three or four days suggested. And here is what to expect in a three- to four-day battle against poundage: if considerably overweight, the loss may be a pound to a pound and a quarter a day; if only slightly above ideal weight for sex, height and body frame, it may be about a pound. The basal metabolic rate has a slight say, too; and so does the climate. However, why guess? The bathroom scales, the mirror on the wall, the formerly all-too-tight dress will tell. And so will *you!*

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