


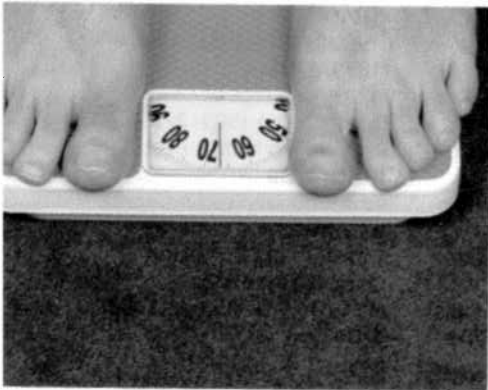
# Yes, it's that time of the year again

Funktionieren Diäten? Nicht wirklich. Aber das liegt nur daran, dass man immer wieder Sahnetorte essen muss, damit man Grund hat, die neueste Diät auszuprobieren. 

**W**hen it comes to New Year's resolutions, going on a diet must be among the most popular — though the word may be misleading, since dieting is never popular. Still, it's a resolution that many make, and I am no exception.

In America, dieting is a way of life. Almost everyone is either on a diet or planning to be — or should be. Lots of options are available if you want to lose weight. You can join a group where you'll receive encourage-

“ I have a long history of eating everything I want, and I can tell you that it has never resulted in weight loss ”



ment from other dieters. Other organizations deliver fully prepared meals to you. As long as you eat only these, they guarantee that you'll lose the pounds.

There's the South Beach diet, the Atkins diet, the Mediterranean diet, the cabbage-soup diet... The list is endless. Ads for weight-loss pills show dramatic “before” and “after” pictures. But I am always skeptical of anything that promises: “You can eat everything you want and still lose weight.” I have a long history of eat-

ing everything I want — and it has never resulted in weight loss.

I'm convinced I can do this dieting thing without having to take pills or eat large quantities of cheese, bacon, and butter, while avoiding watermelon, bread, or carrots. I have filled my kitchen with just what I need to lose weight. How do I know? Ah, because here in the U.S., we have package labeling to tell us exactly how many calories and carbohydrates our food has, as well as how much fat, protein, sodium, and vitamins it contains, and whether eating it will lead to a salary increase. I was joking about the last one, but just about everything else is listed on the label.

The labeling, however, can also be misleading. On a recent trip to the grocery store, I noticed a new flavored water drink. A quick look at the label showed that it had, I thought, only one calorie. I was surprised at how good it tasted — until I read the label more carefully. The “one” was not the calorie count, but the number of servings in the bottle. It actually had 90 calories. I should have stayed with normal water.

My friend Jane likes to try every new diet she hears about. The problem is that she often tries to combine diets. She thinks that if one diet is good, two must be even better, leading to twice the weight loss in half the time.

I remember the year I visited her when she'd decided to go on the cabbage-soup diet. She spent New Year's Eve making pots full of the soup for the following day. However, when I came down the next morning, she was eating bacon and eggs covered with cheese. When I asked what had happened to the cabbage-soup diet, she explained that she was going to do that for lunch, but do the Atkins diet for breakfast. For dinner, she had planned the Mediterranean diet.

I saw Jane several months later. This time, she was trying something else. She'd asked her dentist to wire her jaw shut to prevent her from eating anything that couldn't be consumed through a straw. At the time of my visit, she was enjoying a milkshake made from ice cream and a piece of chocolate cake.



<b>ad</b> [æd]	Werbung, Werbeanzeige
<b>bacon</b> ['beɪkən]	(Frühstücks)Speck
<b>cabbage</b> ['kæbɪdʒ]	Kohl
<b>carbohydrate</b> [ˌkɑːrboʊˈhaɪdri:t]	Kohlenhydrat
<b>flavored</b> ['fleɪvəd]	aromatisiert
<b>grocery store</b> ['ɡroʊsəri,ˈstɔːr] US	Lebensmittelladen
<b>jaw</b> [dʒɔː]	Kiefer
<b>labeling</b> ['leɪbəlɪŋ]	Angaben auf dem Etikett
<b>misleading</b> [mɪsˈliːdɪŋ]	irreführend
<b>New Year's Eve</b> [ˌnuː ˌjɪrɪz ˈiːv]	Silvester
<b>New Year's resolution</b> [ˌnuː ˌjɪrɪz ˈreʒəˈluːʃən]	guter Vorsatz für das neue Jahr
<b>serving</b> ['sɜːvɪŋ]	Portion (+ p. 57)
<b>sodium</b> ['səʊdiəm]	Natrium; hier: Kochsalz
<b>straw</b> [strɔː]	Strohhalme
<b>wire sth. shut</b> [ˌwaɪər ˈʃʌt]	etw. mit Draht verschließen

