

Shop Talk

TEST DRIVE Trouble keeping your New Year's resolution to eat better? Help is on the way. By Chandra R. Thomas

WE'VE ALL HAD THAT MOMENT. You know, watching that gorgeous star with the killer body rambling about her "intensive health regimen." You roll your eyes and mumble that you'd look great too if you had specially prepared food and an on-call chef to whip up tofu and veggies on demand.

A service offered by DeKalb Medical Center's Wellness Center may be the next best thing for mere mortals who can't afford to put Wolfgang Puck on speed-dial. For \$30, we arrange a Personal Grocery Store Tour with a nutritionist who walks us through the process of selecting foods that work with our dietary goals. She also offers advice on how to avoid the mistakes that untrained shoppers often make.

The learning begins the moment we roll our cart into Publix. In the produce department, our guide, Marcia Ber-

lin, explains how foods earn "organic" or "all natural" labels. Near the bread, we learn that the key word to look for is "whole," as in whole wheat, not honey wheat. As we search for quick meals to fit into our busy schedule, she stresses the importance of high-protein foods, such as peanut butter (used on rice cakes to make them more

filling, or on bread—whole wheat, of course) because they fill you up longer.

We're pretty astute when it comes to dietary matters, but Marcia helps improve our health how-to by pointing out some phrases to zero in on while looking at labels. Look, for example, at the number of servings versus the calories listed, taking into account the

dietary fiber and the difference between good and bad fat (a moderate amount of fat content is okay, but when it comes to transfat, lower is better). Steer clear of raisins—just one cup can contain 98 grams of sugar. And pick up some sushi (quick and low on calories).

The hour-long tour seems to whiz by. Getting a personal nutrition analysis for \$49 before the tour can help the guide tailor her suggestions to your specific needs. As we stand at the checkout lane, we're armed with a greater knowledge of healthy foods and a better understanding of how to decode often-confusing labels. We've also picked up some wonderful suggestions for healthy meals and snacks we wouldn't have considered (who knew rice pudding was so tasty?). Now, if we could only get someone to guide us to the gym! ★

To set up your own Personal Grocery Store Tour visit marciaberlin.com, dekalbmedicalcenter.org, or call 404-501-5015.



PASSING JUDGMENT

Unlikely

Senator Vernon Jones? Senator Saxby Chambliss might want to keep an eye on the polarizing, outspoken DeKalb CEO, who is thought to be scraping a 2008 Senate seat.

Unimpressive

The graduation rates of UGA and Tech athletes (50–54%) are the lowest in their conferences and far lower than the schools' overall graduation rates (73–76%).

Uncalled For

CDC labs were put on probation by an accreditation group after inspections revealed severe animal-care violations (e.g., monkeys deprived of water until they died).