

The Clarion-Ledger

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Help yourself

From staff and wire reports

BOOKLET WEIGHS IN

Choosing the right foods is not enough for weight loss and weight control; you need to watch how much of those foods you eat. The Weight-control Information Network has a free booklet, "Just Enough for You," that explains a great deal about healthful portion sizes, including illustrations showing the size of servings of various foods, hints for controlling portions at home and more.

You can view the whole brochure and many others at the WIN Web site, www.win.niddk.nih.gov. Or to order a free copy (WIN-03-5287), call 1-877-946-4627.

ADVICE ON THE WEB

Recipe4Living.com offers user-rated recipes, coupons, daily recipe e-mails and chat features for dedicated home cooks; star chef Wolfgang Puck contributed commentary to the site.

Videojug.com offers step-by-step videos on a variety of topics, including food. The videos are sometimes inadvertently funny - you'd would be exhausted by the time you reached "Step 10: Present the canapes to your guests" if we were making stuffed potato canapes - but the advice is sound and easy to follow.

BEST BUYS

Teresa Lyle, family resource management area agent for MSU-Extension Service, says these items are hot buys: carrots, green peas, mangoes and peaches.

LET'S COOK!

Everyday Gourmet, 1625 County Line Road, Jackson, offers a kids' cooking class, Bread, Muffins and More, at 4:30 p.m. today. Cost is \$25.

Angela Rhemann teaches a Chinese New Year class at 6:30 p.m. Thursday. Cost is \$45.

Soups and Stews with Glynda Mosby is on the burner for 6:30 p.m. Tuesday. Cost is \$45.

For details, call (601) 977-9258 or visit everydaygourmet.com.

ON THE MENU

Williams-Sonoma in Northpark mall in Ridgeland offers a knife skills class. Knowing which knife to use, how to hold it and the proper way to slice or chop are some of the basics to be

covered. It's 9-10 a.m. Saturday and 10-11 a.m. Sunday and is free. For details, call (601) 956-1313.