


**SUN-TIMES NEWS GROUP**
 Your local news source ::

What's *really* going on in politics?

**CLASSIFIEDS**

 HOMES
  JOBS
  AUTOS
  ADS

**Daily Southtown**  
 dailysouthtown.com Member of the Sun-Times News Group


**52°F**  
 Sunny  
 Weather • Traffic

Search »   
 Site  STNG

- Subscribe
- Report delivery issues
- Place an ad
- Buy Photos

[Home](#) | [News](#) | [Sports](#) | [Business](#) | [Entertainment](#) | [Classifieds](#) | [Lifestyles](#) | [Ebert](#) | [Search](#) | [Archives](#) | [Blogs](#) | [RSS](#) [XML](#)

- Lifestyles
- Food
  - Meant To Be
  - 1967 Tornado
  - Columnists
  - Christopher Appelt
  - Lolita Cusic
  - Paige Fumo Fox
  - George Haas
  - Jerry Kavouras
  - Howard Ludwig
  - Dr. Mary Ann Malloy
  - Eloise Valadez
  - Donna Vickroy

**DONNA VICKROY ::**
[PRINTER FRIENDLY »](#)
[EMAIL ARTICLE »](#)

## Trying not to bulk up for the winter

November 4, 2007

Like moths drawn to a flame, I hear the call of fun-size packs of peanut M&Ms.

And what an alluring siren it is. The bright colors, the scrumptious blend of chocolate and peanuts, the melt-in-your-mouth-not-in-your-hands portability of it all.

Who can possibly stop at one, or two, or 15? And laying right next to those tiny diet saboteurs are Kit Kat bars and packs of candy corn. Can gingerbread cookies, pumpkin pies and boats of gravy be far behind?

'Tis the season to overindulge.

But does it have to be this way?

Why do we turn the corner on autumn and suddenly start acting like chipmunks and packing our cheeks for the winter?

I spent the entire summer walking to get in shape and here I am, one month out, shoveling sugar balls into my mouth.

What is wrong with me? Do I lack willpower? Am I trying to relive my childhood? Feeding some inner monster?

Turns out, the answers to those questions may have more to do with biology than any emotional cracks in my armor.

Dr. Steve Witherly is the author of "Why Humans Like Junk Food: The Inside Story on Why You Like Your Favorite Foods, the Cuisine Secrets of Top Chefs, and How to Improve Your Own Cooking Without a Recipe!"

Witherly was making the rounds last week, trying to help us understand the hold that foods with little or no nutritional value have on us.

Some of it is seasonal, some of it is cultural and some of it is biological, Witherly said.

Time was, humans ate only things that benefitted them nutritionally. But that was way back before we had wheels and could pull up to a window and drive away with styrofoam containers the size of microwave ovens.

These days, Witherly said, humans have evolved into a salt-, sugar- and fat-addicted species. And while we may have altered our cravings over time, away from nuts and berries and toward Pop-Tarts and Funyuns, one thing we haven't evolved out of is the annual tendency to want to bulk up when the days get shorter and the temperatures get cooler, Witherly said.

And, as if two strikes against us aren't enough, we throw ourselves a curveball every year by adding food-laden holidays to the mix.

From an early age, our brains memorize the sights and sounds of holidays, as well as the importance food has come Halloween, Thanksgiving and Christmas, Witherly said.

Create a Web site -- easy as 1-2-3.



WHAT WOULD A NEW WEB SITE DO FOR YOU?

[FIND OUT »](#)

**Network Solutions**  
GO FARTHER™

**VIDEO :: MORE »**

- 
**Winfrey: 'Devastated' by School Abuse**
- 
**Talks Fail, Hollywood Writers on Strike**
- 
**Pakistan Police Clash With Lawyers**

**TOP STORIES ::**

- NEWS**  
 Man killed in Southwest Side hit-and-run
- BUSINESS**  
 Here's lookin' at you, kids
- SPORTS**  
 Patriots rally to remain unbeaten
- ENTERTAINMENT**  
 Maybe they all should star cavemen!
- LIFESTYLES**  
 Director is straight shooter with 'American Gangster'



**GIVE BLOOD**

bloodsaves.com

Each year, we strive to relive the comfort that those days may have brought in the past, he said.

So, here we are already feeling tired and lazy because of limited sunlight. The chilly temps have us hauling out oversized sweaters and stretchy pull-on pants. Then, we lay out a banquet of holiday goodies.

A recipe for fatness if there ever was one.

What, if anything, can be done?

Witherly offers these bits of advice:

- 1) Increase your exercise over the next few months. I know, easier said than accomplished. But Witherly insists you'll feel better physically and emotionally.
- 2) Eat before you head out to a holiday party. Fill up on carrots, salads, soups and even water.
- 3) You can still have treats, just choose wisely. Pretzels, Gummi bears, hard candy and plain popcorn are some smart options, he said.
- 4) Consider using products that other cultures rely on, such as green tea, Yerba Mate, a South American beverage reputed to reduce the absorption of fat, and Coleus, an extract from India that tells fat cells not to get bigger.

"The Chinese have a proverb that says if you drink eight cups of green tea per day you can never become fat," Witherly said.

In addition, Witherly advises parents not to use food as a reward. Don't say you can have candy if you eat your broccoli. Instead, say you played soccer all day, so you can have a candy bar. Push physical activity.

One last thing, Witherly said, hiding junk food from yourself has been known to work - as long as you can't smell it. Smell activates desire and, well, you can guess the rest.

Now, pardon me while I pour cement over some little yellow bags.

*Donna Vickroy may be reached at (708) 633-5982 or [dvickroy@dailysouthtown.com](mailto:dvickroy@dailysouthtown.com).*

#### Ads by Google

##### Menu Plan for Diabetics

Try our free menu planning tool to help manage your type 2 diabetes.  
[www.Type2Diabetes-Info.com](http://www.Type2Diabetes-Info.com)

##### Lose 55 Lbs in 5 Months

Amazing Chinese Weight Loss Secret As Seen On CNN, NBC & Fox News  
[www.Wu-YiSource.com/](http://www.Wu-YiSource.com/)

##### Diabetes Health Food

Need food tips for Diabetics? Get online help from a specialist.  
[MedicalDoctors.US.com](http://MedicalDoctors.US.com)

##### "Lose 42lbs In 3 Months"

How I Went From Fat To Fit In Under 3 Months. 100% Guaranteed To Work!  
[MicroNutra.com](http://MicroNutra.com)

##### Bad Cholesterol Food?

Favorite Foods Are OK! Read These Health Secrets Drs Won't Tell You!  
[HealthResources.net](http://HealthResources.net)

[dailysouthtown.com](http://dailysouthtown.com): [Feedback](#) | [Contact Us](#) | [About Us](#) | [Advertise With Us](#) | [Media Kit](#)

Daily Southtown: [Report delivery issues](#) | [Subscribe](#) | [Online Photo Store](#) | [Keepsakes](#)

Affiliates: [RogerEbert.com](http://RogerEbert.com) | [SearchChicago - Autos](#) | [SearchChicago - Homes](#) | [SearchChicago - Jobs](#) | [NeighborhoodCircle.com](http://NeighborhoodCircle.com) | [Centerstage](#) Partner: [NBC5.com](http://NBC5.com)  
Express Links: [TV Listings](#) | [Video](#) | [Yellow Pages](#) | [Submissions](#) | [Obituaries](#) | [Eating In](#) | [Restaurant Reviews](#) | [Advertising](#) | [Media Kit](#)



© Copyright 2007 Digital Chicago, Inc. | [Terms of Use](#) • [Privacy Policy](#) • [Submission Guidelines](#)