

Food News And Notes

Beating The Blahs

(NAPSA)—Cold weather takes more of a toll on some people than others, with studies showing as much as six percent of the population becoming so depressed by the lack of sunlight, according to the medical journal *American Family Physician*, that health officials had to give the affliction its own name (“seasonal affective disorder,” or SAD). But even if you’re completely unaffected—or one of the 15 percent or so who are just persistently “bummed out” by the cold—there are ways to cope that might help:

- Exercise your right to feel fit. Studies show regular exercise can help defeat feelings of depression. Work out at least three times a week for at least half an hour at a time. Many families find it fun to exercise together or you can join a team.

- Eat well to feel good. Have five to nine servings of fruits and vegetables, whole grains and lean meats and drink at least eight glasses of water a day.

- Don’t deprive yourself. If the idea of endless dieting leaves you glum, it’s okay to occasionally indulge yourself for one meal. Just eat a little less and exercise a little more the next day.

To help guests beat the winter blahs, T.G.I. Friday’s® restaurants have a “Make it or Break it” menu. The three-course menu offers fun and tasty dishes including “Guilt-Free Choices” and “Indulgent Favorites,” made to satisfy cravings without breaking the bank.

The “Guilt-Free Choices” include brand-new Atkins-friendly appetizers such as Cajun Chicken



Improve your mood: try dining out.

Quesadillas (10 net carbs), as well as new entrées—Chicken Verde Enchilada Combo (16 net carbs) and Sizzling Chicken with Broccoli (17 net carbs). Also on the “Guilt-Free” menu are new healthy-lifestyle entrées like Santa Fe Chicken Salad that contain 10 grams of fat or less and 500 calories or less.

On the “Indulgent Favorites” side, the tempting items include nine favorites such as the famous Loaded Potato Skins, Southwest Jalapeno Burger, and Sizzling Chicken and Cheese.

“People need different things to make them feel better during the winter, and with the variety of options we offer at T.G.I. Friday’s, everyone can enjoy dining out,” said Richard Snead, president and CEO of Carlson Restaurants Worldwide, the parent company of T.G.I. Friday’s.

In addition to great-tasting dishes, T.G.I. Friday’s restaurants also offer guests a chance to win prizes, ranging from a free appetizer to \$25,000 in cash, by choosing to scratch off either a “Make it” or “Break it” area on a game card. You can learn more online at www.fridays.com.