

# EXCHANGE PROGRAM

I did a program for my chapter which I would like to share with you. Since we should all be using the monograph and the exchange system for at least one program a month, I chose to do one the "bread exchange" and took actual servings of about 15 of the allowed foods. Even as I was preparing some of the items, I became aware once more of why I am struggling "in leeway"....my portions have been much larger than is sensible. For example, have any of you actually weighed a 3 ounce potato(which is one bread serving) ? Well, my friends it is only a few bites!!! As a real contrast, I took a very large potato...like we all love to see in those potato bars,,,,and, it weighed ONE POUND!!!!b As one member remarked, "our best loser just lost 4 BIG POTATOES"!!!

For you cereal eaters, we were all amazed to see how little 3 tablespoons of grapenuts really is. I love to stir them into a carton of low -fat yogurt for some extra fiber and "love the crunch"....and will continue to do so, but must remember its one of my breads allowed for the day. As an extra incentive, I had made up some little cards on my business cards program with the verse "I Will Persist until I Succeed..I Will be a Winner". they are a great size for refrigerator magnets, bookmarks or to carry in a wallet.