

Diminishing The Diet Dilemma

Dear Tim:

It seems these low-carb and no-carb diets are all the rage. According to the purveyors of these metabolic miracles, if I eliminate carbohydrates, I'll be back to my svelte self in no time. I'll admit, despite a healthy skepticism for all things faddy, I'm on the bandwagon. Here's my dilemma: What do you eat when you're not allowed to eat anything?

—Breadless on Bridgeton



DEAR TIM

Dear Breadless:

That is a dilemma. For hearty eaters like me, having to eliminate anything from our three-meal-a-day habit is cause for concern. Especially when that anything is something like pie. Don't starve or fret. Huffman's is your low-carb connection. We've got Bella Vita pastas, Brownberry Carb Counting breads, Laughing Cow light cheese, Walden Farms no-carb dressings, and CarboRITE snacks in the back between

aisles 1 and 2. We've also got Le Carb frozen desserts in aisle 6. And you can wash it all down with an ice-cold Michelob Ultra low-carb light beer from aisle 1. It may not be the same as popping Pringles, but you'll eat well while keeping a healthy promise to yourself.

Dear Tim:

Is it just me, or has scraggly facial hair replaced six-pack abs as the must-have male attribute? Movie stars and

models have been sporting the unkempt look for a while now. Have I been doing sit-ups when I could have just stopped shaving?

—Crunched on Criswell

Dear Crunched:

Beats me. I'm about as in touch with fashion trends as Michael Jackson is with reality. But if you're like me and the closest thing you have to a six-pack is in the fridge, plan on shaving on a regular basis. She'll thank you and forgive your not-quite-Brad-Pitt body. Razors are in aisle 5.

Dear Tim:

What's with the hair?

—Clipper on Club

Dear Clipper:

Let's just say the mousse was loose. I found a remedy among the personal care items in aisle 5. And let us never speak of it again.

Dear Tim is presented as a public service by Tim Huffman, owner of **Huffman's Market** at Tremont Center in Upper Arlington. Tim is not a licensed psychologist, though it's been suggested he have his head examined. Write to him in care of Huffman's Market. If you do, Tim's wife Glenda says you're only encouraging him.