

Diet Shape Up

Banish Diet Boredom

(NAPSA)—If you are one of the millions of Americans on a diet, you might be suffering from diet boredom—that lackluster feeling caused by eating the same foods over and over because they fit your diet plan. Whether you're cutting back on carbohydrates, fat or calories, diet boredom can undermine even the best weight loss intentions.

Make it Taste Good!

Eating food that tastes good and is good for you can help you stick with your diet plan. Boost the flavor of diet dishes with naturally brewed Kikkoman Soy Sauce. Unlike salt, which just tastes salty, naturally brewed soy sauce adds savory, rich flavor. Kikkoman Soy Sauce also has no fat, no carbohydrates and just 10 calories per tablespoon. If you are watching your sodium there is also Kikkoman Lite Soy Sauce. It is brewed like all-purpose soy sauce and then the salt is extracted, so you get the same great flavor with 40 percent less sodium.

Try these tips from the home economists at the Kikkoman Kitchens.

- Add flavor to low-carb diets by marinating meat in a combination of soy sauce, olive oil, garlic and onion powders before grilling or broiling.

- For low-calorie dieters, make a creamy dip of naturally brewed soy sauce mixed with low-fat yogurt.

- Use naturally brewed Kikkoman Soy Sauce to enrich vegetable soups, rice pilafs and pasta sauces, without adding unwanted fat and calories.

The Right Balance

Make sure that exercise is also part of your diet plan. Start slowly with activities you enjoy such as walking or biking. Exercise on a consistent basis, and you will gradually build stamina.

Castillian Grilled Chicken is great for low-carb and low-calorie dieters. For more diet tips and recipes, visit www.dietboredom.com.



Enjoy the flavor of Castillian Grilled Chicken and still stick to your diet.

Castillian Grilled Chicken

3 tablespoons Kikkoman Lite Soy Sauce

1 tablespoon olive oil

1 clove garlic, pressed

½ teaspoon dried oregano leaves, crumbled

¼ teaspoon ground cumin

¼ to ½ teaspoon ground red pepper (cayenne)

6 boneless, skinless chicken breast halves

Blend lite soy sauce, 2 Tbsp. water, oil, garlic, oregano, cumin and pepper; pour over

chicken in large plastic food storage bag. Press air out of bag; close top securely. Turn bag over several times to coat pieces. Refrigerate 1 hour, turning bag over once. Remove chicken from marinade and place on grill about 5 inches from hot coals. Cook chicken 5 minutes on each side, or until no longer pink in center. (Or, place chicken on rack of broiler pan. Broil 4 to 5 inches from heat 5 to 6 minutes on each side, or until no longer pink in center.)

Yield: 6 servings