

Thinking Outside the Box

Hi I'm psychologist Dr. Rich O'Neill with this week's CUNU—Learning to think outside the bon-bon box, Or, Lose weight and keep your Chocolate Monster happy too!

First off, my credentials; I've lost 18 pounds over the past 2 years **and** I'm still losing. So I'm winning get-healthy, big battle #1. Now if you're like me you **love** chocolate. We Americans eat **pounds** of it every year. Trouble is, milk chocolate is filled with nasty, saturated fat and all fat has loads of calories and I'd usually eat the whole bar, 1 and ½ oz., 240 calories, and as Jack Lallanne says: A minute on the lips, forever on the hips.

So how do we use our noodles to solve this bon-bon box Brain Buster?

Think: What has all that chocolate taste, no saturated fat, all those good-for-your-ticker anti-oxidants in dark chocolate, and only 10 percent of chocolate's calories, **120** for **8** ounces?

(I hum a few bars of the music from Jeopardy).

What is...**HOT COCOA** Alex!!!

Course you gotta make it with the unsweetened powdered cocoa, skim milk, and fake sugar but hey, grab a pint, stand on the scale and celebrate the subtraction!!—works for me!

I'm Dr Rich O'Neill. Thanks for listening.