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Lean meat, fish, eggs, cheese and poultry are rich in protein. Although high in calories they are less prone to cause excess weight.

All sugars, chocolates, cocoa, cereals and foods made from flour are dangerously high in calories except "Energen' Rolls" (one roll 18 cals.). Nuts are also high in calories.

This calories counting can get you down. Your doctor's suggestions will fit you yourself, but it takes will-power to stick to the routine. The weight watchers' club will probably suit you best. Regular meetings are held, you feel supervised and gain stickability through having company in your uphill fight.

An approximate guide line is from about 800 to 1000 calories daily.

SWISS KNOW-HOW IN THAILAND

Inventa Co. Ltd. (Zurich, Switzerland), a company belonging to the Ems Works group, is to deliver a complete plant for the production of polyester to the Thailand Oriental Fiber Co. Ltd. (Bangkok). The new plant will be set up in Bangkok and will have an annual capacity of output of 2,500 tons of continuous polyester yarn. According to the terms of the contract, Inventa will supply the manufacturing process and technique; the Swiss firm will also provide the necessary engineers and be responsible for the supervision of the mounting and starting up of the plant, as well as the training of the personnel. Production is expected to start at the beginning of 1976. (SODT).

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