BLT

by Daniel Harris

I had a sister-in-law who was a licensed nutritionist. Not sure what "licensed" means, but she had some certificate and worked in a hospital. Hospitals! Places not known for their cuisine, much less their nutrition.

- —So, what do you normally eat for lunch? she asked me.
- —Most days when I'm home I make a BLT, you know a bacon, lettuce and tomato sandwich. If I'm working in the audio studio, I usually get a BLT from my favorite deli. I've probably eaten a BLT for lunch two or three times a week since I left college. That's a coupla decades. It's light, filling and tasty.
- —Not good for you though.
- -Really?
- -Nope.
- —Well, I'm going to make one for lunch right now, and you can adjust it when I'm finished.

I put two strips of bacon in an omelet pan and cut two thick slices of whole wheat bread to put in the toaster when the bacon was done. Took a head of iceberg lettuce and some Hellman's mayo from the fridge. Peeled off a big leaf of lettuce and washed it with a tomato. When the bacon and toast were done, I put a big schmear of mayo on both slices of bread, a couple slices of tomato, the two strips of bacon I'd broken in half, and folded the lettuce leaf to cover it all, then pressed the whole sandwich together. I sliced it diagonally and put it on a small plate.

—There. Is that so bad? I asked.

The nutritionist gave my sandwich a scowl and deftly removed the bacon.

- —This bacon is full of fat, salt, nitrites, and the meat is bad for you. Nitrites are known to cause cancer.
- -Bummer, it tastes great.
- —This tomato is a member of the deadly nightshade family. Known to cause arthritis. Get rid of it as well as peppers and potatoes.

- —That can't be true. Everyone eats potatoes, tomatoes, and peppers.
- —They will pay. You'll thank me when you reach fifty.
 - She slid the lettuce leaf from between the two slices of toast.
- —This bread is nothing but a fat farm. Your gut turns it into sugar which gets stored as fat. Don't eat whole wheat bread or *any* bread. You don't want a bowling ball stomach, do you? Don't eat bread.

I looked at the lettuce leaf. It glistened with bacon fat, mayo, and tomato juice. I ate it in two bites. It was delicious.

- —Hey! Don't wolf down your food. You should chew your food until it liquifies. As the yogis say, "Chew your liquids and drink your solids."
- —Well, when I drink Scotch, I chew the ice, does that count?