A New Year’s Diet

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In Britain, at the start of each New Year, many people make a resolution to go on a diet in order to shed weight following excess eating and drinking over the Christmas and New Year breaks. I’m not sure if the same applies in North America and elsewhere.

My wife and I were listening to a local radio station during a car journey early in January when a particular deejay commented that a listener had recommended a diet where the dieter merely had to avoid any food or drink beginning with the letter C. As we continued our car journey, we began taking it in turns to name a food or drink beginning with the letter C. Although we didn’t really have any hard-and-fast rules, we did try to avoid a welter of trade-names, except for a few well-known drinks. We surprised ourselves at how quickly we came up with a list of 100 foods and drinks beginning with C. Our initial list is below.

cabbage  cassis  chicken  cocktail  cornbread
cake    catfish  chicory  cocoa    corned beef
calabrese catsup  chilli  coconut  Cornish pasty
calanari cauliflower chimichanga cod    Cos lettuce
calvados cava  chips  coffee    cotton candy
Cambozola celeriac chocolate  cognac  courgette
Camembert celery  chokecherry  cointreau  crab
camomile tea cendol  chap suey  coke    cracker
campari  cep  chorizo  cola     cracking
Candy  chablis  chow mein  cola    cranberry
candyfloss champagne  chowder  coley    cream
cane sugar  chapti  chutney  conchiglie  cress
cannelloni chardonnay ciabatta  confectionery  crisps
cantaloupe chartreuse  cider  conger eel  croque-monsieur
caramel  chaser  cilantro  cookie    croquette
cardamom  cheese  cinnamon  cordial  cucumber
Carrot  cherry  citrus fruit  coriander  cumin
Cashew  chestnut  clam  corn    cupcake
cassata  chervil  clementine  corn flakes  curds
Cassava  chewing gum  cokkie  corn on the cob  custard

Once we had reached 100 items, some further thoughts occurred. How easy is it to extend the C list? A careful dictionary search would probably throw up many more. Is there another letter of the alphabet for which such a lengthy list can be so easily generated using reasonably familiar foods and drinks? How about the initial letters R, S and T? What’s so special about the letter C?