A New Year’s Diet

Darryl Francis
Maryport, Cumbria, England
darryl.francis@yahoo.co.uk

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  crab  cracker
camomile tea  cendol  chop suey  crackling  crakker
campari  cep  chorizo  cranberry
Candy  Chablis  chow mein  cola  cream
candyfloss  Champagne  chowder  coley  cranberry
cane sugar  chapati  chutney  conchiglie  cress
canneloni  Chardonnay  ciabatta  confectionery  croisps
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  cherrel  Clementine  corn flakes  curds
cassava  chewing gum  cockle  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?