

Doctor's Bag



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EATING RIGHT IS A CHOICE. CHOOSE HEALTHY.

For most of us, food is the one thing totally within our control. Yes, I am talking to you — the guy about to drop a dollar into the candy machine ... the young woman scoping out the salty snacks at the grocery store ... the office workers scanning lunch menus at the local eatery.

Stop and think. Then make the healthier choice.

The main article in this issue of HouseCall provides an excellent list of nutritional food options. Here are some additional tips:

- Don't skip breakfast. Good carbs and a little protein will keep you alert and you'll be less likely to crave unhealthy snacks throughout the morning. If you're running late, grab a high fiber, high protein breakfast bar or microwave a frozen omelet or instant oatmeal when you get to work.
- Practice portion control. If you're snacking, pay attention to the portion size listed on the nutrition panel of the package. If you're at a restaurant, choose an appetizer size option or share an entree. If you're at home, fix your own plate and don't overload. Stay away from seconds.

Freedom of choice is a gift we humans enjoy everyday — but it is also a responsibility.

When it comes to food, choose responsibly ... choose *healthy*.

HLInfo YOUR MONTHLY GUIDE TO HEALTH CARE AWARENESS

Perk Up Your Day: Eat for Energy

2:30 p.m. You're in your office trying to work but you can barely hold your head up. Maybe a slight headache, a little indigestion. "Why," you ask yourself, "do I feel so tired?"



WHAT DID YOU EAT TODAY?

Did you eat a healthy breakfast or a donut on the run? When you got the mid-morning munchies, did you raid the candy machine or snack on a banana? How about lunch: a

cheeseburger, fries and shake or a turkey sandwich on whole grain with some celery and strawberries? When it comes to food, you have a choice. Why not eat for energy?

CHOOSE ENERGY FOOD AND FEEL THE DIFFERENCE.

Try swapping out bad food choices (you know what they are) for these good ones and see if you feel a little perkier:

- Whole grain breads, crackers, pasta and cereal
- Brown rice, lentils
- Almonds, Brazil nuts, sunflower seeds, walnuts
- Halibut, salmon, tuna, oysters, clams, sardines
- Lean pork, lean beef, skinless chicken, turkey
- Leafy green vegetables, celery, beans, tomatoes, peppers, sweet potatoes, avocados, asparagus, mushrooms, zucchini
- Apples, bananas, citrus fruit, blueberries, cantaloupe, strawberries, mango
- Low fat dairy products
- Low-fat yogurt and frozen yogurt
- Water, tea or other unsweetened drinks
- Coffee (2 cups per day)
- Popcorn (no butter)
- Dark chocolate
- Low fat granola bar

EASY PACKABLE SNACKS

Try mid-morning or mid-afternoon for a quick pick-me-up:

- 1 cup berries in a small baggie or container
- 6-oz low-fat yogurt with whole grain cereal or granola sprinkled on top
- Low-fat, single-serve microwave popcorn
- Half a lean turkey sandwich on whole grain bread with mustard and romaine lettuce
- Sliced cold veggies with 1/4 cup hummus
- A handful of nuts
- Small package of soy crisps or a granola bar
- 5 whole grain crackers with low-fat cheese
- 3 or 4 celery stalks with peanut butter
- A few squares of dark chocolate and 10 almonds
- A whole banana or apple

DidUKnow?

According to WebMD:

- Metabolism naturally slows about 5% per decade after age 40.
- Men generally burn more calories at rest than women.
- A defect in the thyroid gland can slow metabolism, although this problem is relatively rare.
- The more muscle you have, the faster your metabolism rate tends to be.
- And strange as it may seem, the more weight you carry, the faster your metabolism rate is likely to be. That's why it's easiest to lose weight at the start of a diet and harder later on. When you are overweight, your metabolism is already running so high that any small reduction in calories will result in immediate weight loss. After you lose significant amounts of body fat and muscle, your body needs fewer calories to sustain itself so your metabolism rate slows down and it's harder to lose weight.
- Eating healthy snacks will help prevent energy highs and lows by regulating your blood sugar levels.
- When you eat large meals with many hours in between, you train your metabolism to slow down. Having a small meal or snack every 3 to 4 hours keeps your metabolism cranking, so you burn more calories over the course of a day.

Newsletter Information Sources

WebMD: www.webmd.com/fitness-exercise/guide/make-most-your-metabolism; www.webmd.com/diet/slideshow-boost-your-metabolism; www.webmd.com/diet/slideshow-energy-mood-boost-diet