

Diet & Nutrition

Have you discovered the amount of food you ate 10 years ago and didn't gain weight - NOW causes weight gain?

A sad fact is that as we get older, our metabolism does slow down.

Well, NEWSFLASH!!! There are ways around this. First of all aerobics & weight lifting are great ways to beat the bulge. Weight lifting can be as challenging as we want it to be, but joining a group is always best. No one wants to be the weakling of the bunch so we tend to work harder. And the best news yet, muscle burns fat while we sleep. So what are you waiting for?

And speaking of food, we can have plenty but choices should be better. Carbohydrates eaten alone will be deposited around our waist and midline (like built-in fanny packs). A better choice is to eat protein with the carbohydrates and make sure your balance is heavier on the protein side. So in other words, toast is ok, but add a slice of turkey or chicken.

These are simple solutions. Ask your health care provider for more choices - your figure will be glad you did.

—*Cecilia Gutierrez-Dismukes, RN, BSN, WHNP-BC*
