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Ideas * Tips * Life with a Reality Check

Issue 6, June 29, 2007

Lose your JELLY BELLY this summer!

3 amazing moves that **melt fat, tighten and tone**



Feel-good food



- Family-pleasing 30-minute meals
- Yummy 'red, white and blue' desserts

Your style



- Find perfect cropped pants –for every shape

Money savers

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- Budget bedroom makeovers
- Where to shop for the best bargains
- Live a greener life –and cut your bills

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Your diet questions answered

Straightforward advice to help you stay healthy



WEIGHT-LOSS EXPERT

Dawn Jackson Blatner



QA

Find different ways to hydrate

I love herbal tea. Can I drink it instead of water and get the same health benefits?

Yes. The Institute of Medicine recommends that women drink nine glasses of water or other liquid every day, and that men drink 12½ glasses. Choose drinks with 15 calories per serving or less, such as

unsweetened tea, club soda, diet flavored waters and diet juices. You can include coffee or diet soda, but limit your caffeine intake to 300 milligrams a day. More than that can lead to anxiety and sleep difficulties.

Get the skinny on trans fat

Now that some fast-food chains have eliminated trans fats from their menu items, are their burgers and fries healthy?

Not really. Eating trans fats can raise bad, or low-density

lipoprotein (LDL), cholesterol and lower good, or high-density lipoprotein (HDL), cholesterol, increasing the risk of heart disease. But even without these fats, fast food is high in calories and saturated fat. Stick to these limits for each meal:

- around 500 calories
- 0 grams of trans fat

- 4 grams of saturated fat or less
 - less than 800 milligrams of sodium
- Many restaurants have banned or plan to ban trans fats—Burger King and McDonalds say they will be trans-fat-free in 2008. To review nutrition information, go online or ask for it at the restaurant.

QA

Give kids good eats

My kids eat healthfully at home but get junk food at friends' houses. How can I get them to stop asking me for bad stuff?

Stand your ground, but keep healthy foods interesting so your kids won't get bored. Offer them smoothies made from low-fat yogurt and fruit, popcorn dusted with

cinnamon and sugar, and frozen, 100-percent-fruit bars. You don't have to ban junk food, but offer it in small servings. Try 100-calorie cookie packs or mini cans of soda.



Learn about Enviga's weight-loss claims

Q I've heard about the controversy surrounding Enviga, a drink that is supposed to make you burn more calories than you consume by drinking it. I'd like to do anything that can help me lose weight, but is it safe, and will it really work?

Drinking a moderate amount—three cans a day or less—of the carbonated green tea Enviga is safe, but don't rely on it to produce significant weight loss. The drink, developed by Coca-Cola and Nestlé together, is supposed to help consumers shed pounds by boosting their metabolism. The secret, say the companies, is the combination of two ingredients: caffeine and epigallocatechin gallate (EGCG), a chemical found in green tea. They say caffeine and EGCG work together to speed up the metabolism. A study by Nestlé found that 15 men and 16 women between the ages of 18 and 35 burned an additional 60 calories to 100 calories each day they drank three cans of Enviga.

However, the Center for Science in the Public Interest, a consumer watchdog group based in Washington, D.C., filed a federal lawsuit in New Jersey, calling the weight-loss claims into question. If you're serious about slimming down or maintaining your current weight, it's best to follow tried-and-true healthy habits: Eat a low-fat diet filled with fruits, vegetables, lean meats and whole grains, and exercise for at least 30 minutes most days of the week. Try activities like walking, jogging or biking.



Q

Drop pounds with calcium

My teenage son is heavy. Can he take a calcium pill instead of drinking 2 percent milk?

Calcium supplements may not be as helpful for shedding weight as milk or other dairy products, which contain compounds that may work with calcium to spur weight loss. Buy your son nonfat, or skim, milk, a healthier choice than 2 percent: An 8-ounce glass of nonfat milk has about 40 fewer calories and 3 grams of saturated fat less than a glass of 2 percent. He can

adjust to the taste by mixing nonfat milk with 2 percent milk. But switching to nonfat milk is not enough for weight management. Your son needs a low-fat diet and regular exercise. Boys between 14 and 18 years old should consume 2,700 calories a day, according to the Dietary Guidelines for Americans, set by the U.S. Department of Health and Human Services.

Eat healthfully late at night

Q

I'm often busy with activities after work, so I usually eat dinner fairly late—between 9 p.m. and 10 p.m. One of my friends says it's not good to eat after 5 p.m. Is that true?

It's the total calories that count, not when you consume them. Late-night eating gets a bad rap because it often consists of fast, high-calorie foods. If you choose low-calorie meals like black-bean soup with a whole-grain roll, you won't gain weight. But many people

don't sleep well if they eat too close to bedtime. Stop noshing two hours before you turn in to give your body time to digest. To stave off hunger at night, eat meals every five hours; between each meal, have a 100- to 200-calorie snack, such as a quarter cup of hummus with veggies.

**Dawn Jackson Blatner is a registered dietitian and a spokeswoman for the American Dietetic Association.*



Ask All You... Do you have a diet or fitness question? Write to us at healthq&a@allyou.com.