

What Can I Eat?

The hottest topic in the fitness world these days is nutrition. With all the fad diets around, Atkins, South Beach, Suzanne Sommers, The Zone, etc... It can be very confusing. What is a person supposed to eat and what is taboo?

What these diets do not tell you is that cutting out any food group does not provide your body with nutritional balance. What I stress to my clients is a well balanced diet with portion control. When you go into a restaurant, the portions they serve are enough for at least 2 people. For example, a portion of pasta is 1 cup not a full dinner plate! We have become accustomed to these huge portions. So, when we dine out and are served normal size portions, we complain that they are scrimping on the food.

Research has shown that fad diets do not work long term. What does work is eating a balanced diet comprised of protein, complex carbohydrates (cereals, grains, fruits and veggies) and moderate fat intake. The easiest way to measure portions is to use the palm of your hand as a guide. For example your lean protein should be the size of your palm. Nuts, snacks, etc should fit in the palm of your hand. Anything that does not fit, don't eat! Use the following link for portion measurement: <http://www.exrx.net/Nutrition/FoodPortions.html>

Remember, any diet plan that offers extreme results in a short time is something you need to question and be careful.

Achieving a healthy eating and exercise regime takes desire, discipline and common sense. It is time to get back to basics. Keep your diet balanced by eating 3 meals and 2-3 snacks daily. Eliminate processed food and white flour products. A treat once in a while is fine; everything in moderation. Exercise 3-4 times a week combining cardiovascular training with muscular conditioning to help boost your metabolism. You will then have healthy, successful results!

Below is a list of suggested foods:

Nuts: almonds, sunflower seeds.

Fruits: apples, bananas, blueberries, apricots, peaches, pears, raspberries, cantaloupe, kiwis, figs, strawberries, grapes, oranges, and pineapple. Dried fruit: apricots, raisins and dates

Vegetables: broccoli, brussel sprouts, celery, carrots, cauliflower, green or yellow beans, red or green peppers, peas, baked potatoes, sweet potatoes, spinach, tomatoes, zucchini.

Grains: Rye, Black Russian, soy, and pumpernickel, oatmeal and whole grain cereals, brown or wild rice

Low fat cheese

Fish: cod, halibut, salmon, haddock, shrimp, pollock, tuna, crab, lobster, and scallops.

Lean cuts of beef and pork, veal, turkey and chicken breast, eggs (whites are preferable)

Food is to be enjoyed. Experiment with different herbs and spices to add flavor and watch out for sauces, they can have hidden fat, sugar and salt.

Bon Appetit!

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