

Nutrition News

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Slow-Carb, Not No-Carb

Low-carb slump gives way to slow-carb revolution. According to the media, “low carb is losing its luster. There is a definite consensus of opinion that the sector’s heyday has already come and gone. The number of people pursuing low-carb diets has nosedived as disillusionment with the diet’s effectiveness has set in and sections of the medical fraternity have weighed in against it.”

The good news is that the “Atkins Revolution” has focused attention on the carbohydrate conundrum. The best advice is to judge carbohydrates by the company they keep. Look to carbs like legumes (kidney beans, black beans, lentils—sounds like chili), whole grains (brown and wild rice, whole wheat breads), vegetables and fruits to meet the majority of your carbohydrate needs. All of these foods supply the energy you need to fuel an active life style plus the vitamins, minerals, phytochemicals and fiber that are essential to healthy eating. Remember, go easy on sweets! Foods like sugar sodas, cakes, pies and cookies contain carbohydrate in the form of refined sugar. This means lots of calories, with little redeeming nutritional value (that’s why they’re called “empty calorie junk food”). It isn’t necessary to eliminate sweets from the diet—just don’t overdo it. So, the answer to the carbohydrate question is slow carb, not no carb.

What is Globesity?

The term “globesity”, is the brain child of a writer at the World Health Organization. It blends global with obesity to describe the pandemic of obesity, which threatens to engulf not just the United States but the entire world. About every fourth person on Earth is too fat. Obesity is linked to diabetes, heart disease and some cancers. A third of all deaths globally are from ailments linked to weight, lack of exercise and smoking.

New Dietary Guidelines Released

The New Dietary Guidelines for Americans are demanding, but according to the experts they are right on target when it comes to eating and exercise recommendations. The guidelines still focus on fruits and vegetables, but the numbers have changed. You may remember the old slogan “5-A-Day”; well, it has been replaced with a new battle cry “5 To 9 Fruits & Vegetables All The Time”. Got milk? You’ll need it. The guidelines have upped the ante on dairy to 3 glasses of fat-free, low-fat milk or equivalent milk products each day. Even exercise guidelines have increased. To reduce the risk of chronic disease all adults should exercise at least 30 minutes every day. To help manage body weight 60 minutes each day is recommended and to sustain weight loss it’s 60 to 90 minutes.