

# Eat Smart for Women

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- **Have small, frequent meals**

You'll counter the slowing metabolism and blood-sugar-related mood swings that come with middle age. Strive for 4 to 6 meals daily of about 400 calories each. Your body will be more likely to burn rather than store the calories. You also avoid the cycle of starving followed by bingeing.

- **Make your motto "Only a handful"**

Eating only enough food to fit in the palm of your hand at each meal is easier than using scales or measuring cups.

- **Drink plenty of water**

You'll fight lethargy and headaches that arise from dehydration, which increases due to hot flashes and muscle breakdown as women enter menopause. Thirst signals often are confused with hunger signals, so if you are hydrated you won't be as likely to overeat.

- **Manage menopause with soy**

This food reduces the intensity of menopausal hot flashes and night sweats, according to recent studies at Wake Forest University in Winston-Salem, North Carolina. "When women go through the first stage of menopause, their natural estrogen levels drop," says Mara Vitolins, Ph.D., assistant professor of epidemiology at Wake Forest. "Soy has an estrogenic effect, which may explain why Japanese women with their soy-based diet have far fewer menopause-associated symptoms than Western women with our meat-based diet." All you need is 25 grams of soy protein a day, or the equivalent of two cups of soy milk.

- **Limit salt and booze**

Both can make you bloat, which is particularly visible in the eye area, where tissue is thinner. But overall, alcohol does not make you look good. It dilates blood vessels, which makes skin redder.

## Eat Smart for Teens

### 1 **Have Breakfast**

#### Why?

Your blood sugar is lower in the morning, after you sleep-induced fast. Since your brain needs glucose to function, get it going by eating a bowl of cereal or an egg with side of soy sausage (it may sound gross, but it's actually tasty!) If eating early makes you sick, try a fruit smoothie.

### 2 **Eat Slowly**

#### Why?

Because then you'll chew more thoroughly, which lets saliva break your food down, which eases digestion (food can move through your system more easily if it's in small bits). This may help prevent heartburn and, um, gas. Also, when you eat, it takes about 20 minutes for your brain to get an "I'm full" signal. So slowing down will help to keep you from overeating.

### 3

#### **Take Smaller Portions**

#### Why?

Portions at restaurants have grown, and so have the number of overweight kids in the U.S. (there are twice as many now as there were 30 years ago). And this isn't about looks - obesity can lead to heart disease, stroke, diabetes, even cancer. So stick to the recommended serving sizes and if you are still hungry 20 minutes later, then take another half-portion and enjoy!

## 4 Eat More Frequently

### Why?

Going more than four or five hours without eating lets your blood sugar level get so low that your body craves more sugar, which gives you a quick burst of energy but leaves you feeling tired and still hungry. Instead, grab small, healthy snacks (like a piece of string cheese or an apple). When it's time for dinner, you'll be in the mood for that low-fat, high protein chicken breast and salad combo.

## 5 Go For Fiber-Rich Foods

### Why?

Fiber fills you up fast and lets you feel satisfied for longer. It also helps maintain your blood sugar level (which keeps your energy high) and makes you poop regularly (sorry to be gross!) Good fiber sources are whole peaces of fruit, veggies, and beans.

## 6 Eat When You're Hungry

### Why?

Lots of people absentmindedly munch on chips or cookies when they're bored or upset - but that's exactly when it's easy to overeat without even realizing it. Whenever you are faced with snacks, ask yourself if you are truly hungry. If so, then go for it! If not, then hold off on eating and do something fun instead.

## 7 Have Dessert

### Why?

Dessert is a sign that a meal is ending. The key is to always eat dessert right after a meal - don't wait to make "more room". This way, you won't overeat, but you will get to have your cake and eat it too!

## 8 Get Enough Sleep

### Why?

Some research suggests that tired people eat more than those who are well rested. They also tend to reach for food and caffeinated drinks to get an energy boost. So get 8-10 hours of sleep, and you'll have energy without needing any of those sugar or caffeine fixes.

## Eat Smart for Men

Generally, as women get older, they start worrying about how wide their hips look. Men, on the other hand, start worrying about their rapidly increasing gut. The stomach area has always been a problem for aging men because of various reasons: a more sedentary lifestyle, a slower metabolism and the natural aging process. But these are only a few of the reasons why your stomach starts looking like a hot air balloon.

Remember that you'll only lose your gut if you combine a healthy and low-fat diet with a first-rate full body workout program. You can, however, help your stomach's flattening process with these simple tricks.

So read on to learn some useful tips on how to lose your gut.

### Replace The Sauce

Another simple and effective way to lose your gut is to replace fatty supplements with low-fat ones. **Get rid of mayonnaise, fatty cream, oil-based sauces, and butter, and replace them with one of these delicious supplements:**

**Mustard**  
**Relish**  
**Ketchup**  
**Reduced salt soy sauce**  
**Teriyaki sauce**  
**Vinegar salsa**  
**Hot sauce**  
**Tomato sauce**  
**Worcestershire sauce**

- **Unnecessary Calories to Avoid**

- Processed, pre-cooked foods or TV dinners are always higher in calories than homemade foods in the same category.
- Anything with "cream" will be high in calories, not to mention fat, so avoid cream soups, cream dressings, cream dips, etc.
- Avoid fried food.
- Steam your vegetables.
- Cut down on muffins; they contain up to 450 calories. The same goes for croissants, which contain 420 calories each.
- Candy bars might look innocent enough, but the average bar (2 oz.) can contain around 300 calories, and you know you can't settle for just one.
- Avoid places with the word "dairy" in the name. Banana splits and chocolate sundaes (with chocolate sauce and whipped cream) can respectively contain 1,350 and 1,145 calories.

- **Fat Burning Pills & Supplements**

Fat-burning pills will help you if you take them in a controlled manner. They can get you to that next level of leanness you've always wanted. Consuming too much, however, can lead to serious cases of nausea, increased blood pressure, insomnia, jitters, and diarrhea.

The idea is to take fat-burning pills on days when you're feeling a little weaker than usual. Most of these fat-burning supplements are composed of stimulants such as ephedrine, caffeine, as well as herbs like ma huang and guarana, so they'll give you that little extra boost of energy.

They can also boost your metabolic rate to help you burn more fat than usual. The drawbacks, however, outweigh the benefits so take them only as a last resort.

## **Low-Calorie Snacks**

### **Tossed Salad (40 calories)**

Most men do not eat enough salad, but replacing nasty snacks (you all know your weaknesses) with a leafy salad with onions, tomatoes, peppers, and sliced radish is the surest way to cut down on calories and lose weight. Add any low-calorie dressing and you're ready to roll.

### **Raisin Bread (60 calories)**

Why eat cookies or chips when you can toast some raisin bread?

### **Fruit Salad (1 cup -- 50 calories)**

Fruit salad makes for a perfect snack. It is very sweet and one small cup is enough to fill you up.

**Air-Popped Popcorn (1 cup -- 50 calories)**

Oil-popped popcorn can contain up to 150 calories and microwaveable popcorn can be high in saturated fat, so simply air-pop those kernels; they're great snacks. Avoid the butter -- it's loaded with calories.

**Discipline**

Finally, all the tips in the world aren't worth a thing if you don't show any discipline in your eating habits. Try to stay away from fatty foods, especially later in the day, because you'll be going to sleep with a full stomach while your metabolism slows down and the food is stored in your fat reserve.

Discipline with your diet, combined with a sound workout, is the key to having a six-pack. Remember, however, that it's discipline and NOT starvation. Follow a healthy and low-fat diet and you'll look and feel great all year round.

Until next time, stay fit and let loose.