

WHY DO PEOPLE GET FAT?

The reasons for this are quite complex and its not possible to give one definite answer. 5% of those who are **obese** (the technical term for people who are between 30 and 35% over their 'normal' body weight) have genetic body imbalances, usually caused by damage to the hypothalamus, the part of the brain which controls hunger.

In the vast majority of people, however, it is due to them consuming more food than they actually need. We all need to gain health and energy from the food that we eat for the activities we carry out every day.

Lets Look at Two Important Aspects

If we take in more energy than we expend over a long period of time, we will gain weight, as the excess energy is stored as fat. To lose weight involves taking in less energy than we expend.

Fat people generally overeat to the extent that they are never fulfilled with the nutrients they need. The body is very complex and interesting. The body is continually communicating with the brain saying, "FEED ME, I NEED VITAMINS MINERALS AND NUTRIENTS." Even after a large meal. For the last 40 years we have been eating un-nutritious foods .. fast fatty and processed foods and commercial foods that have little or no nutrients.

The best way to ensure nutrient availability is to eat a healthy, balanced diet, drink lots of clean water and to exercise regularly

It should come as no surprise that obesity is only really a problem in 'developed' countries where people have a high standard of living.

In the USA, for example, between 50 million people are classified as obese and about 65% of 50-60 year old women and 38-48 year old men are 20% heavier than they should be.

Everyone is always talking about the importance of a balanced diet. What exactly is a balanced diet?

There's a lot of misunderstanding about this. Some people mistakenly think of a balanced diet as just a variety of foods. This is on the right track, but it isn't the whole story.

The most important thing is to eat foods which supply the body with a balanced variety of nutrients.

This means that we should eat food, which provides us with carbohydrates, proteins, fats, minerals and vitamins, fiber and water in the right amounts to keep our body healthy. The precise amounts of each that are necessary varies according to the person and their activity, and also, it has to be said, according to which nutrition expert you ask!

From the information we have from lots of research, it is generally accepted that a diet, which contains large amounts of fresh food: organically fresh fruit, vegetables, fresh meat or fish or poultry; and which is high in fiber and low in fats and which contains adequate protein is the best. This sort of diet would give you plenty of vitamins and minerals, plenty of energy for daily activities and lots of choice to allow you to make your food tasty and interesting. Stay away from soda, pizza, cheese, fast fatty foods and sugar, especially candy.

What is bad is a diet which is restricted in some way. Many children go through a stage of wanting to eat only hamburgers, chocolate bars, chips, crisps and fizzy drinks. While any of these foods aren't bad for you in small amounts, it isn't a good idea to eat them and nothing else. If you did, you would be eating enough protein and getting enough energy from your food, but far too much fat, not enough fiber and you would be short of many vitamins and minerals.

You may feel that eating cabbage or broccoli is a fate worse than death, but eating a crunchy apple, a banana, or a juicy orange isn't all that bad. You can eat slivers of red and green peppers, bean sprouts, mushrooms and baby sweet corn in a stir fry, or raw with tasty dips. Having a salad with your burger and putting it in a whole-meal bun isn't so terrible, and drinking fruit juice instead of fizzy, sugary drinks might be quite nice for a change. And the ever popular meals of Sunday lunch (roast fresh meat, lots of veggies and a fruit salad to follow) or even beans on whole-meal toast are well balanced from a nutritional point of view.

The key to a good diet is not to worry too much, but to try new things and use a bit of imagination. Try to eat mainly at mealtimes and, if you do need a snack, reach for the fruit bowl, or have a sandwich, rather than a chocolate bar every time.

Is a vegetarian diet better for you than one, which uses meat?

It depends on what food is chosen by the vegetarian and the meat-eater. A healthy vegetarian diet is good for you, but so is a healthy diet which contains some meat. And, just as its possible to eat an unhealthy diet with lots of meat, you can eat a vegetarian diet which contains little fresh food, and large amounts of sweet and highly processed meals and just as much risk of malnutrition. To make sure they eat enough of the right sort of protein and vitamins, vegetarians must plan meals quite carefully. Protein that is derived from animal sources, such as meat, fish, eggs, cheese, milk and other dairy products contain all 20 amino acids that the body needs. So, if we eat a diet which contains these foods, we can be sure that we are getting 'complete' protein. Some vegetarians, and all vegans (people who eat no animal products at all) rely heavily on plant proteins. Food from different plant sources only contains some of the 20 amino acids that we need. Different plants have different 'missing' amino acids though, so by combining foods carefully, plant foods can provide 'complete' protein. The basic rule is to mix pulses, such as lentils, peas and beans with grains, such as rice, whole meal bread or pasta. There is some evidence that vegetarians have lower blood pressure than meat eaters, and high blood pressure is a risk factor for heart disease and stroke

The most important thing is to learn about what makes up a healthy diet generally, whether your a vegetarian or not. And, if you are thinking of becoming a vegetarian, for whatever reason, make sure you read about it first, and learn how to plan your meals carefully. Eating healthily at all takes effort and imagination, but eating a healthy vegetarian diet takes a bit of extra thought. It doesn't simply mean giving up meat.



Non-milk fats are any type of fat not obtained from cows - for example, vegetable oils or oils obtained from nuts. All fats give about 9 kilo calories per gram so are equally as fattening. However, different types of milk have different fat contents.

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It is also true to say that composition of fats from milk differs from fats from other sources. All fats are polymers which are made up from smaller building blocks called fatty acids and glycerol. Milk fat differs from other fats because it has a high level of short-chain saturated fatty acids, such as butyric, caproic, caprylic and

capric acids.

These contribute to the overall flavor of milk and, when they start to break down, they are also responsible for the 'off' flavors in sour milk. Milk fats also contain phospholipids, sterols, and carotenoids including some vitamin A. The proportion of these in the milk FAT depends on the species of animal, their age and stage of lactation, and also what kind of food they are eating.

STRESS AND FAT

A study has found evidence that stress, even during short periods, can cause the body to take longer to clear heart-damaging fats from the bloodstream.

Researchers at Ohio State University tested how quickly triglycerides -- fats linked to heart disease -- were eliminated from the blood of stressed and relaxed volunteers.

They found stress caused triglycerides to remain in the bloodstream longer. The findings suggest one reason why stress has been linked to heart disease, said Catherine Stoney, co-author of the study and professor of psychology.

"If a person has a high-fat snack or meal during a time of stress, that fat is going to be circulating in the blood for a longer period of time," Stoney said. "That means it may be more likely to be deposited in the arteries where it can contribute to heart disease."

The study appears in the journal *Psychophysiology*.

Stop Stress, Lose Weight

[HYPERLINK "mailto:pwolf@myprimetime.com?subject=Stop stress lose weight"](mailto:pwolf@myprimetime.com?subject=Stop%20stress%20lose%20weight) **by Paul Wolf**

It's 11:30 a.m., and your boss has just said, "I need that report on my desk by 4 this afternoon."

The butterflies flutter. You reach for the giant bag of M&M's. Is it the sugar buzz you seek? Are you looking for comfort in the face of pressure?

There is a more straightforward explanation, according to Dr. Pamela Peeke, a professor of medicine at the University of Maryland who has studied nutrition and hormones. She says it's a substance in your bloodstream called cortisol, which elevates in times of stress and triggers an uncontrollable appetite.

The author of *Fight Fat After Forty*, Peeke says the hormone propels you to seek fuel for immediate use in — to use that well-worn jungle analogy — the fight-or-flight response.

We spend our days in modern urban jungles, where punching out our bosses or running from them is not part of the survival code. It's too bad. We could burn a lot of calories that way.

Instead, many of us eat as a way to cope. When we eat more under stress, the fat is deposited around the middle, the best spot for fast energy retrieval, according to Peeke.

Women at or approaching menopause are particularly susceptible to this pattern for two reasons:

- Loss of estrogen makes women more susceptible to midline fat deposits.
- They are more likely to be perfectionists and spend time catering to the needs of others.

"Stress is a disease of time deficit," says Peeke, who notes that most women have little or no time for themselves. "They are caring for an aging parent, doing it all on the job or trying to communicate with a teenage child."

Peeke's critics say the cortisol connection lacks clinical data. Thomas Wadden, a weight-loss specialist at the University of Pennsylvania School of Medicine, says stress causes people to eat because of a psychological impulse, not a biochemical one. "I think food is a reliable source of pleasure during times of stress," he says.

Whether you agree with Peeke on cortisol or not, her advice for handling the stress makes sense. Women, she says, must take care of themselves to live long and well — for their sake and the sake of those who love them.

Why You Need Effective Weight Control

Excess weight has been closely linked to adult onset diabetes, cardiovascular heart disease, hypertension, breast cancer, kidney stones, gout, irritable bowel syndrome, and osteoporosis.

Nearly 2 million more Americans become overweight annually.

In 1995, 71% of Americans over 25 were overweight (including 79% of women and

64% of men). In 1990, 69% of us were overweight, and 58% in 1983.

22% of the U.S. population is at least 20% overweight.

The number of obese children doubled in the last decade.

The weight loss industry is over \$38 billion a year.

At any given time, 40% of all Americans are in a weight loss program.

An average of 1 million people per week are in weight loss support groups.

90-98% of all diets fail.

5 years after successful dieting, only 1 in 200 are still thin - the other 199 are at least 10% heavier than when they began dieting.

In the last 10 years, over 28,000,000 pounds of fat have been liposuctioned in the U.S.

Psychological factors influence eating habits. Many people eat in response to negative emotions such as, stress, boredom, sadness, or anger.

While most overweight people have no more psychological disturbance than normal weight people, about 30 percent of the people who seek treatment for serious weight problems have difficulties with binge eating. During a binge eating episode, people eat large amounts of food while feeling they can't control how much they are eating.

Those with the most severe binge eating problems are considered to have binge eating disorder. These people may have more difficulty losing weight and keeping the weight off than people without binge eating problems. Some will need special help, such as counseling or medication, to control their binge eating before they can successfully manage their weight.