

OBESITY and AGING, DO YOU HAVE A CHOICE?

by David Gobble, PhD



If it seems that you and your friends are getting heavier as time passes, you are like most Americans. Over half of American adults are overweight, and one-third are obese. Is this just part of aging, or are your behaviors adding “weight” to your life? While getting fatter with age is part of your biology (some change from muscle to fat happens to everyone with age), gaining ten or more pounds per decade is not your genetics. You do have a choice of how much you are going to gain, but it requires your daily attention to control weight gain as you age.

Why Weight Gain Appears To Be Part Of Aging

Past 35 years of age, you begin to lose some muscle and add fat as a natural part of your aging process. But, because most of your work, both at home and on the job, is not very physically demanding, you increase the rate of muscle loss and fat buildup.

Muscle is lost if it is not used. And, if you are typical of most workers today, you eat approximately 300 to 400 more calories per day than you burn up. So, over time, your body stores those excess calories as fat. Your weight slowly “creeps” up, and one day you look in the mirror and ask, “How did I gain all this weight?”

You Know It's Time To Lose Weight When...

- You are shopping for loose-fitting clothes
- You have trouble bending or moving around
- You look in the mirror and see a larger person than you remember

You have a choice of how much weight you are going to gain, but it requires **your daily attention** to control it as you age.

Managing Your Weight As You Age

by David Gobble, PhD

Controlling your weight as you age requires two things—assertive monitoring of amount and type of foods eaten, and regular physical activity to maintain muscle strength. If you want to lose weight, you must reduce the number of calories eaten, and significantly reduce carbohydrates (sugars) in your diet. And, to maintain any weight loss, you must add exercise to your daily routine. This combination leads to long-term weight management.

Eating Patterns For Weight Management

- Reduce portion/serving size
- Split meals with your significant other when eating out
- Don't clean your plate at restaurants; take some home for another meal
- Eliminate or reduce soft drinks and other high-sugar drinks
- Eat a balanced diet high in complex carbohydrates (vegetables)
- Eat lean meat

Exercise Patterns For Weight Management

- Do something physical every day
- Build activity into your daily work routine
- Look for opportunities to walk and take the stairs
- Start and maintain a weight lifting routine
- Enjoy a hobby that requires physical activity





DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

A HEALTHY RECIPE BY RICHARD COLLINS, MD

ITALIAN SAUSAGES WITH ROASTED PEPPERS



Measure:	Ingredients:
4	Boca® Italian Sausages
1	chopped red pepper
1	chopped onion
1	chopped green pepper
4	whole wheat hot dog buns
1 T	oil

Preparation:

Mark Twain once said, there are two things you should never watch being made in this world...laws and sausages. Sausages and hot dogs were once labeled variety meats, using up all of the unwanted trimmings. In recent years, manufacturers have “cleaned” up the recipes. However, no need to worry with these links. They are completely vegetarian. The only lips in these doggies are yours!

In a large sauté pan, add peppers and onions. Sauté until softened. Add sausages. Cook until warmed. The sausages are already pre-cooked.

For a change of pace, use smoked sausages and replace the peppers with sauerkraut.

Analysis does not include bun. Calories 130, Fat 6g, Carbohydrates 6g, Protein 13g.

Number of Servings: 1

Guiltless Potato Chips

Preparation & Ingredients:

Wash and slice unpeeled potatoes. A mandoline works the best. There are a number of different types, ranging in price from \$30 to \$200. Save your money, an inexpensive model works well. The key is to get a uniform cut in order to brown the potatoes evenly.

The best potatoes for chips are russet potatoes. Place sliced potatoes on a microwave-safe sheet. Flavor with favorite seasonings...(no salt), Mrs. Dash's, rosemary, or dry ranch dressing. Microwave on high until brown, 4-8 minutes. Cool and store in an airtight bag.

Nutrition

A usual 15-ounce bag of potato chips has 2,250 Calories, 150 g Fat, 225 g Carbohydrates and 15 g Protein. Guiltless potatoes have 445 Calories, 1.5 g Fat, 101 g Carbohydrates and 10.5 g Protein. The net savings: Fried potato chips have 150 Calories per ounce versus 30 Calories. Enjoy.



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