

# BOTTOM LINE Women's Health

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**PURPOSE:** To help readers optimize their physical and psychological well-being by addressing women's unique health concerns. To offer the most current information from the most knowledgeable experts. To blend the best ideas from mainstream and alternative medicine. To serve as a trusted guide through today's complicated and sometimes gender-biased health-care system. To provide practical advice that's easy to understand...enjoyable to read...and free from the influence of advertising.

The information in **Bottom Line/Women's Health** is not intended as a substitute for personal medical advice. Before making any decision regarding your health, please consult a physician or another health-care practitioner.

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»» (sugar), causing a blood sugar "rebound." Talk to your doctor—you may need to adjust your medication dosage and/or timing.

**AT BREAKFAST** The morning meal helps get your metabolism running efficiently, so don't skip it. *Ideal:* One or two slices of whole-grain bread with a soft spread that contains cholesterol-lowering plant sterols, such as Smart Balance or Promise Activ...plus a two-egg vegetable omelet. It is fine to use whole eggs—but if you have high cholesterol, make your omelet with egg whites instead and limit egg yolks to two per week.

**Another good choice:** One cup of unsweetened or lightly sweetened whole-grain cereal that contains no

snack generally is not necessary unless your doctor advises you to have one (for instance, due to the type of insulin you are on). However, if you start to feel weak or dizzy, have a snack that provides no more than 10 g of carbohydrates—for instance, a small tangerine, half a banana or two graham cracker squares.

**AT LUNCH** Good choices include a sandwich, such as turkey, lettuce and tomato on whole-wheat bread...or sushi with rice (preferably brown). *Common mistakes:* Eating too much (especially at restaurants)...choosing a fruit plate (too much sugar and no protein)...overdoing it on chips or condiments (which can be high in

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THE BEST OF MAINSTREAM AND NATURAL MEDICINE

High levels of stress and if you have diabetic nerve damage, take 100 micrograms of vitamin B-1 daily. If you take blood pressure medication, morning is the best time because blood pressure typically is higher during the day than at night. If you plan to drive, test your blood sugar before leaving home.

**IN MIDMORNING** A midmorning

before your meal.

Dinner should include four ounces of lean protein...several generous servings of vegetables...and one serving of a starch. Have a green salad, but skip the high-carb, high-fat dressings. Instead, drizzle greens with lemon juice, balsamic vinegar, safflower oil and/or olive oil.

**Limit:** One alcoholic drink daily, consumed with a meal. Opt for five ounces of wine...12 ounces of a low-carb beer, such as Miller Lite...or one ounce of distilled liquor (Scotch, vodka). Avoid mixed drinks, which often are high in carbs.

**Dessert options:** A scoop of low-carb, no-sugar-added ice cream...berries...two Lorna Doone cookies...or three Social Tea Biscuits.

**IN THE EVENING** This is the best time to exercise to maximize muscle cells' absorption of glucose. Strength training and stretching are good, but aerobic exercise is most important

## ASK A MEMBER OF OUR ADVISORY BOARD

**W**henever I'm at a buffet, I overeat—a lot! How can I avoid this?

The greater the variety of food, the more we tend to eat. *To counteract temptation:* Before taking a single morsel, walk around the entire buffet and decide on one or two "treat" items to indulge in. Take modest portions of these. Then fill the rest of your plate with vegetables, whole grains and lean protein, taking reasonable-sized (not skimpy) portions so you don't feel deprived and over-indulge by taking seconds. For dessert, again scope out all the options, then choose one treat plus any fruit you like. Have no more than one alcoholic drink—otherwise self-control will drop and you'll eat more.

### NUTRITION

Lisa R. Young, PhD, RD, is an adjunct professor of nutrition at New York University and a registered dietitian in private practice, both in New York City. She is author of *The Portion Teller Plan* (Broadway). [www.PortionTeller.com](http://www.PortionTeller.com)



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