

## ***I JUST DON'T KNOW WHAT TO EAT!*** By Jamie Lynn

How often have you asked yourself this question? The fuel you put in your body is just as important as the fuel you put in your car. If you do not put the correct fuel in your car, it will noisily stop running. Fortunately the body is a little more forgiving but many of you have probably experienced the body will not put up with insufficient fuel forever. Soon the body will start giving you signs that it is not happy: aches and pains, headaches, weight gain, sleeplessness, etc. Sound familiar?

Okay, say now you've realized that something needs to change, but where to begin? In the words of my coach: EAT REAL FOOD AND MOVE AROUND. Sounds simple, right? Let me break it down a bit:

In order for your bodies' metabolism to function properly, you must eat every 2.5 hours. Your body needs that much time to metabolize or digest a meal. So when that 2.5 hours is up, you must feed it again so the body can move out of the famine response. What is the famine response? If your body does not get what it needs to function, FOOD, it begins to work really hard to provide enough fuel to keep up with our crazy lives. When this happens your body will hold on to fat and burn muscle because muscle is a more "expensive" tissue to keep alive. That is why you gain weight eating very little. Once you begin to consistently eat every 2.5 hours, the body begins to realize that you are going to feed it. If you are new to this process, you may not feel hungry after 2.5 hours – eat anyway, soon you will be.

Now, what foods should you eat? Real food, food that does not come out of a package: fruits and veggies, meats, nuts, seeds. Each meal should include a protein and a carbohydrate. Eat those together because the protein will lower the overall glycemic index of the carbohydrate and slow down the blood sugar rise. It also helps to steady the blood sugar and keep it stable. It's the wild swings in blood sugar that will lead to fat gain, mood swings, irritability, sleeplessness and other basic physical imbalances. Protein with carbs will help keep the blood sugar steady. The type of carbohydrate still matters, of course – no amount of protein will stabilize sugar or white flour, for instance.

Here are some basic food ideas (if you're in Genesis, check out the recipe section, as well as the resources on your main Daily Journal page!):

Banana Blueberry Smoothie with protein powder

Chicken and Brown Rice

Turkey Burger with Baked Sweet Potatoes and Green Salad

Apples and Almond Butter with a Protein Shake (note that nut butters are NOT a protein source – they are a fat source!)

Most importantly – keep it simple and have fun!!

---

*It's bizarre that the produce manager is more important to my children's health than the pediatrician. – Meryl Streep*

---