

News Of Nutrition

A Smooth Approach To Burning Calories Ⓟ

by Molly Kimball, LDN, RD

(NAPSA)—Chew on this for a moment. While many people think that not eating is the secret to a successful diet, I believe that's a misconception. Though we've been taught to deprive ourselves, it is counterproductive. You lose energy and it may actually lead to overeating. Plus, promising to eat less is often among the first resolutions to be broken.



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Instead, to achieve your ideal body weight, you might try eating more often. It may sound counterintuitive, but eating frequently keeps energy up and helps burn fat, not muscle.

Scientists have a name for this. It's called the "thermogenic effect of food" and refers to the heat that's generated by the process of eating. In simple terms, just the action of eating—including digestion/breakdown, absorption and assimilation of nutrients—causes the body temperature to rise. This causes an increase in metabolism that generally lasts for three to four hours, depending on the size of the meal.

Eating smaller, more frequent meals and snacks every three to four hours is one way to keep the metabolism revved all day. Not to mention, it also prevents a person from getting ravenous and overeating at the next meal.

Of course, that doesn't mean shoveling in the calories throughout the day. In the interest of maintaining a modest caloric intake, those frequent portions should be reasonably small. The snacks could be a protein bar or

Many experts say eating smaller, more frequent meals and snacks every three to four hours can actually help burn more calories.

nuts, beef or ostrich jerky, soy chips, an apple or yogurt.

A nutritionally fortified beverage is another option. For example, a smoothie from Smoothie King can be used as a snack to maintain energy or to replace a full meal. And if you are counting calories, you can tell the folks behind the counter to "Make it Skinny," and they'll leave out the natural sugar-cane sweetener.

Smoothies can also be a convenient alternative for those who live alone and may not want to bother with cooking an evening meal. A customized smoothie can provide most, if not all, of the protein you need.

I have a client who is confined to his car all day because he's in sales. How can he get a truly nutritious meal on the go? For this man, a smoothie is a good option because it can be customized to his specific needs and is easy to drink while in the car.

Another client wanted a healthy snack alternative and he needed exercise. His solution was to take a brisk walk to Smoothie King several blocks from his office and then walk back.

But what matters most in the big picture is increasing metabolism and that can be accomplished by increasing how often you eat.

Molly Kimball is a Sports and Lifestyle Nutritionist, advising clients on reducing body fat and building muscle, endurance training, disordered eating, and general health and wellness.