

Baby Boomer Women Diet Differently

(NAPSA)—As the weather warms, women of all ages begin to heat up their shape-up routine in hopes of shedding a few extra pounds. However, according to a recent survey conducted by HealthFocus International on behalf of Post, baby boomer women have different views of dieting than they did in their 20s and 30s. Sixty-nine percent agree that they now believe it's more important to achieve a healthy weight than to be "model thin" and approximately seven out of 10 said they're not willing to go hungry simply to lose weight.

Renowned physician, weight-loss expert and author of "Body for Life for Women" and "Fight Fat After Forty," Dr. Pamela Peeke says the survey supports a growing trend among one of the largest groups of women in America—setting realistic weight goals that fit their current, busy lifestyles.

"Most of the women I see in my practice want to achieve their goals while still getting the satisfaction, enjoyment and the nutrition from the food they eat."

One way to help stay satisfied while dieting is to eat more fiber-rich foods. Experts recommend diets rich in fiber to help keep you satisfied while you lose weight as part of a reduced-calorie diet with exercise. Fiber has many health benefits. The daily recommended intake for fiber for women ages 19 to 50 is 25g and it's 21g for women over 50 years old. Forty-two percent of the women surveyed didn't know their recommended intake. According to the survey, almost 40 percent said they didn't know what foods to purchase and found it challenging to find fiber-rich options that taste good.

Some of Dr. Peeke's tips to fiber up your diet include:



- Top your favorite fiber-rich cereal with berries, such as blueberries, raspberries and strawberries.
- Cereal isn't just for breakfast anymore. In this day and age of 24/7 living, high-fiber cereals (at least 5g fiber per serving) work well for an afternoon snack or as part of your evening meal. Create a simple snack mix of nuts, Post Shredded Wheat and dried fruit or keep your favorite variety in a resealable plastic bag to enjoy anytime of day.
- Enjoy some crunch with a fiber punch. Snack on raw vegetables and dip them in low-fat dressing.
- Spread a tablespoon of reduced-fat peanut butter on whole grain toast and add fruit or fat-free milk for breakfast. Spread peanut butter on a few whole grain crackers or apple slices as a snack.
- Grab a handful (one ounce) or single-serve pack of nuts, sprinkle on low-fat cottage cheese and add fruit for an "on-the-go" breakfast.
- Wrap fiber-rich beans, low-fat cheese and egg whites in a whole wheat tortilla for a great breakfast, lunch or dinner option.

For more information on fiber, tips to help you achieve your weight-loss goals and nutritious recipes, visit www.whydiethungry.com.