

INSIDE OUT
by CORY QUIRINO
Inquirer.net

Are you carbo-intolerant?

MANILA – Doctor Philly Maffetone, author of *In Fitness and in Health*, explains that the American food pyramid was influenced by “special-interest groups and lobbyists from the food industry.” This resulted in a “misguided public information program.”

Edward Siegel MD, PhD, from the Boston University Medical Center, wrote in September 1995 that the American Journal of Clinical Nutrition labels the food pyramid as “scientifically incorrect.” The original pyramid suggests that people consume bread, cereal, rice, and pasta up to 11 servings a day. And regular consumption includes mostly processed cereals, white rice, and white flour pasta that are considered harmful especially if taken in excess.

The result: Rapidly raised blood sugar and insulin which contribute to diabetes, hypertension, cancer, and heart disease.

You can make your own pyramid. No two people have the same nutritional requirements. Example: A petite housewife as compared to a tall, big-boned construction worker. The woman may require only 1,500 kilo calories a day while the man, 2,500. Depending on your lifestyle, here is a revised guideline.

Imagine a pyramid divided into horizontally lined sections moving upward from the bottom:

LOWER BASE—Eight glasses of water or more a day

BASE 2—Vegetables

BASE 3—Unrefined carbohydrates like beans, legumes, brown rice, whole grain breads

BASE 4—Proteins, eggs, monounsaturated oils

BASE 5—Refined carbohydrates/sweets

To create your own pyramid, rule out any intolerance you have with carbohydrates. Reaching epidemic proportions are diseases related to this condition. Most people are unaware they are suffering from this malady. The early stages are physical and mental fatigue, intestinal bloating and lost concentration, which will eventually lead to hypertension, elevated triglycerides and excess body fat.

These end-stage conditions are referred to as Metabolic Syndrome: suffering from dizziness, craving for sweets, chocolate or caffeine, erratic blood sugar (including hypoglycemia), feeling jittery or agitated (which is easily relieved after food intake), sleepiness after meals (especially after eating carbohydrates like meat with potatoes, bread and dessert or pasta), increased blood pressure, depression, addiction to drugs, alcohol, caffeine and cigarettes.

Two-week test

Avoid refined carbohydrates, bread, rolls, pasta, pancake, muffins, chips, rice

“Normally, good carbo makes up 24-40 percent of your average healthy diet simply because your body derives energy from carbohydrates.”

cakes, crackers, fruits and fruit juices, potatoes, rice, beans, corns, sodas, alcohol, milk, yoghurt, sweets including ketchup, honey and all processed foods with sugar.

Eat and drink whole eggs, cheeses, unprocessed cream, beef, turkey, chicken, lamb, fish, seafoods, nuts, seeds, vegetables, sea salt (not table salt), water, vegetables and juices.

Make a list of body aches or pain before the test. Make a diary of your daily improvement. If nothing changes for the better, you're not carbo-intolerant. That's okay.

Slowly add small amounts of carbo each day after the two-week test. Observe your body as to the level of carbo you need. If you become constipated, it means you lack fiber. Add more veggies and thin fiber to your diet. (Make sure it is sugar-free). Also load up on water. Now that you have determined the right amount of carbo for your body, you will have more confidence each time you have a meal.

Normally, good carbo makes up 24-40 percent of your average healthy diet simply because your body derives energy from carbohydrates.

What carbo is good

Fruit (yes, it's unprocessed carbo). Lowest in the glycemic index are guava, cherries, plums, grapefruits, apricots and peaches.

Legumes (beans, lentils, peanuts, nuts, etc.)

Grains like red or brown rice (Note: Wheat may be an allergen to many so go for the whole grain rye. If you're sensitive to wheat, eliminate it from your diet.)

Vegetables (corn and potatoes rank high in the glycemic index)

Warning: One whole potato has as much carbo as a plate of cooked pasta.

Consult your doctor to help you define the best eating regimen for optimum health.

Beauty eye recipe: Slice two potato circles, chill for 10 minutes, apply on the eyes to reduce eye bags. Remove after 10 minutes.

Affirm: “I have the power to transform my life and it begins today.” ■

How to make your kids eat properly

by IRENE C. PEREZ
Inquirer.net

MANILA – Don't panic if feeding your kid every meal is a frustrating deal. There is something you can do about it.

“Globally, 50-60 percent [of kids] are picky eaters,” says Doctor Russell James Merritt. “This is a normal phase among younger groups.”

The No. 1 rule: Do not force your kids to eat.

“Children gradually gain interest in food with age,” Merritt said during a recent conference on the “The Identification and Management of Children with Feeding Difficulties” at the Diamond Hotel.

“Slowly put healthy food on their plates. Don't get mad if they don't eat it at first. They will get used to it and eventually consume it.”

Structure

He advises moms to provide structure so that kids could try food other than what they only like eating—which is usually processed food like hot dogs, egg, and junk food.

“These foods are like kids' 'comfort zones.' Pediatricians should be able to explain to mothers the right approach to their kids: acknowledge, investigate, identify and manage.”

Merritt said genes might be a factor to why kids are selective eaters. They may also develop trauma or fear of feeding if they've had a bad experience like choking or eating something too hot.

Basic steps

Here are some of the basic steps a parent should do to encourage kids to eat the right food:

Be a model. Show your kids that you're eating a good mix of food.

Experiment. Give kids variety in the menu during meal times.

Expose. Bring them to different food places and educate them on how food is made, how it is important to a culture.

Do not pressure your kid to eat.

Consult a pediatrician.

If you have done everything imaginable from rewarding to spanking, but your kid still won't take a bite, doctors said it would be best to see a pediatrician. ■

Seafood Bami
Combination of Canton & Sotanghon noodles topped with shrimps, mussels, squid & fishballs. Serves 2.

Rellenong Bangus
Home-made style stuffed milkfish as served during fiestas. Completely boneless, serves 4.

Bagoong Fried Rice
Fried rice with salted shrimp fry, Lechon tidbits and scrambled eggs. Serves 4.

Pinaputok na Bangus
Grilled to order Milkfish stuffed with tomatoes, onions, ginger, and wrapped in banana leaves. Completely boneless, serves 4.

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