

Fast Food...if you gotta have it, have these!

The Center for Science in the Public Interest has just released a new report on the best and worst fast foods. If you find yourself traveling to a lot of pool meets this winter and need to eat on the run here are their top five choices:

1. Subway's seven low-fat subs. Calories: a 6 inch low-fat sub ranges from 200 to 300 calories including lettuce, tomatoes, onions, green peppers, olives and pickles. The seven choices include roasted chicken breast, sliced ham, roast beef, Subway club, turkey breast, turkey breast and ham, and the veggie delight.
2. Burger King Chicken Whopper Jr. Calories: 350. Make sure it's a junior. A regular Chicken Whopper increases the calories to 580. The junior Whopper is actually a regular size sandwich.
3. Wendy's Mandarin Chicken Sandwich. Calories: 420. Leave off the Oriental sesame dressing to lower the calorie content even more.
4. McDonald's Fruit 'n Yogurt Parfait. Calories: 380 with granola, 280 without granola. You'll get plenty of nutrients in this low fat vanilla yogurt and berry treat and only 2 grams of fat.
5. Burger King Veggie Burger. Calories: 330. The BK Veggie Burger is the first meatless sandwich made of vegetables and grains in the fast food market. It has only 2 grams of fat and if you hold the mayo you'll eliminate even more fat and calories.

### Carbohydrates Re-Visited!!

Once again carbs are getting a bad rap with the new message being eat more fat and protein and less carbs to lose weight. But excess carbohydrates are not to blame for weight gain. Excess calories are!! To lose weight you must burn more calories than you eat.

According to numerous studies a low calorie diet that is full of fiber rich foods such as fruits, vegetables, beans and whole grains is the key to losing weight and keeping it off. These fiber rich foods are also high carbohydrate foods and they help keep hunger away. Beware of high carbohydrate foods such as fat free cookies and other sweets. Foods with a high sugar and low fiber content can actually trigger hunger pangs.

A recent study verified that people who eat approximately 55 percent of their calories from carbohydrates have a lower calorie intake and weigh less than

people who get just 40 percent of their calories from carbohydrates. People who eat a low carb diet tend to eat more fat. And fat has twice as many calories per gram as carbs do so it's easy to exceed your needs.

To lose weight, eat a lower calorie diet with at least half of your calories coming from high quality carbohydrates. The new government guidelines are 45 to 65 percent of calories from carbohydrates, 20-35 percent from fat and the rest from quality protein sources. The new guidelines have ranges instead of specific amounts to account for family histories (heart disease, diabetes and other chronic diseases).

An active swimmer needs 2 to 5 grams of carbohydrates for every pound of body weight.

Not all nutrients are listed on food packages. You can find out more info on 6000 different foods at the U.S. Department of Agriculture's online database at [www.na.usda.gov/fnic/foodcomp/](http://www.na.usda.gov/fnic/foodcomp/).

## February Fitness Challenge Notes

Hopefully everyone is participating in their own version of February Fitness Challenge, whether it is to swim every day or challenge yourself to a new PR for yardage. Sara and Jani are participating, each in their own way. Jani will be seeing how much she can kick due to rotator cuff/impingement surgery and Sara is swimming mega yardage/meterage at least once a week.

Don't forget other fun events, the Check Off Challenge and the Virtual Swim Series!

