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Adapt

If you're a regular reader, you know that I often use movie quotes to emphasize a point or provide some wisdom. One of my favorite quotes is from *Heartbreak Ridge*, the Korean War movie with Clint Eastwood. Actually, I modified it a little because when I watched the movie again, I found I was adding an extra word. Here's my take on the quote: "Adapt. Innovate. Improvise. Overcome. Recon!" Today let's start with adapt.

When you're trying to eat less and eat healthier, you're often faced with well-intentioned people who are trying to keep feeding you the way they remember you ate previously. You can adapt to any type of food someone wants to serve whether you visit someone's home, participate in an office working lunch, or even go out in the evening after finishing work. The simplest adaptation? Eat 20% less, of course. But what if the choices are really unhealthy, such as fries, wings, potato skins, and a deep-fried onion? If you go out for appetizers with friends, those may very well be your choices.

Adapt. Take the skin off the wings and dip it in ranch dressing versus blue cheese. Scrape the bacon and cheese off the potato skins and add ketchup instead. Pull the onion out of the coating. Those simple changes can reduce the fat by 60% to 70% and thus reduce the calories a whole lot. All you have to do is adapt to the situation you're facing.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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