



April 27, 2011 – Grand Rapids, MI

Mixed Meals

How did you like that fast-food burger for breakfast? Or how about the steak for lunch with baked potato and salad? The bagel with a smear for dinner? Maybe those weren't your food choices, but that's not the important thing. Why did I have you try this? Two reasons.

First, to see if you'd actually do it. My guess is that most of you did not. Too radical. Not enough time to prepare. Whatever. Most of us are like the Old Man character portrayed by Dana Carvey on *Saturday Night Live*: "That's the way it was, and we liked it. We loved it!" We're set in our ways.

The second reason was to see how you felt after changing the types of food you eat at certain times of the day. If you're going to accomplish all you want to accomplish, you need energy to do it. If you really did eat a typical dinner for lunch, whatever that is for you, did you have more or less energy for the next few hours? Afternoon and evenings are prime time for most of you. What you eat can affect how you perform for hours afterward.

But I don't want to assume facts not in evidence. Write me and let me know what you did and how you felt if you tried my little experiment. Put "I Did It" in the subject line and send your thoughts to drchet@drchet.com. I'll report on it next week. If you haven't tried it, give it a try and see how you do, and then let me know.

What are you prepared to do today?

Dr. Chet

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