



May 4, 2011 – Grand Rapids, MI

More Results from Mixed Meals

In Monday's message, I reported on your experience with eating lunch foods for breakfast, dinner foods for lunch, and breakfast foods for dinner. Almost everyone said they had more energy throughout the evening. But there was one issue. Eating a larger meal for lunch made some people sleepy enough to want to take a nap. I could have predicted that. Is it just the volume of food? I don't think so. I think it's the food choices. For most people, the dinner meal is the meal that has a protein, a starch, and some vegetables along with some sort of dessert which may also be heavy in sugars. Therein lies the problem: the proportion of the foods.

Next time you try this, let your non-starchy vegetables make up the largest volume on your plate with protein second. Carbohydrates from starches provide glucose and you need that—you just don't need very much. Keep the potatoes, rice, and pasta to a cup and preferably less. Each cup has 200 calories, so they add up fast. If you have dessert, make it fruit—maybe add a little cheese and pretend you're in Europe. Save the cookies or cake for your evening snack when your activity is done.

If you want to sustain energy levels throughout the day, this pattern seems to work the best for most people. You may have to tweak it a little to suit the foods you like, but if you want more energy, this is the way to eat to get it.

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** *Straight Talk on Health*

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