Medical Minute

WHAT'S GOOD FOR YOU

Timing is everything, and Grandma knew that!! She always said breakfast was the most important meal of the day, and apparently, she was right! What Grandma didn't know is that studies now show that eating the right foods before 8 a.m. can lower your cholesterol and prevent blood sugar spikes throughout the day. Nobody seems to know exactly why 8 a.m. is the magic hour, but apparently, your body has an internal clock & curfew.



Well, I have a problem with that. There is absolutely NO WAY I am eating before 8 a.m.! Actually, there is absolutely NO WAY I am getting out of bed before 8 a.m., or even 8:30 if I can help it. Unless I'm working, of course. I'm not unreasonable. I will sacrifice my health for a paycheck!

Now, let's talk about fiber. Did you know fiber isn't just there to help you poop? Nope! Apparently, fiber is some kind of miracle worker. It can help prevent Alzheimer's and fatigue, fight infections, battle diabetes and heart disease, AND wage war against wrinkles! WRINKLES, PEOPLE! Where has this stuff been all my life?

And it doesn't matter where you get it. Cereal, fruit, vegetables, or whatever else happens to contain it. Fiber is basically the superhero of the food world.

Since my food staple is potatoes, I'm feeling pretty good about myself right now. Maybe I eat healthier than I thought! Of course, I'm probably getting ahead of myself. I'm sure there are plenty of fiber-rich foods I refuse to eat. Like asparagus. ICK! I'm not sure how much fiber it has, but I'm willing to risk not eating it.



And finally, potassium! Apparently, if you want to keep your blood pressure on an even keel, you need to balance your sodium intake with potassium. Potassium helps move sodium out of your body while giving you an energy boost.

Sounds wonderful! So, what foods should I eat to get all this magical potassium? Avocados? Nope (green). Yogurt? Meh. Bananas? Not a favorite. Spinach? Never. Salmon? Absolutely Not! At this point, I think my blood pressure medication and I are going to be together for a long time.



I'm beginning to think the secret to a long, healthy life is eating things you don't like, getting up at an hour you don't like, and giving up everything you actually like and enjoy.

If that's the case, I think I'll take my chances. Pass the potatoes!