

Barb's Medical Minute

CALORIES



The majority of us would like to lose some weight. (I want to lose a lot.) There has been a bit of discussion recently about the benefits of fasting and that eating only between certain hours was better for you. I thought that made sense, but a 6-year study proved that it does not matter when you eat or when you don't eat, or how long you wait between eating. What DOES matter is the number of calories consumed in each meal. The Journal of the American Heart Association found that few smaller meals (those with less than 500 calories) were associated with weight loss! So, in other words, eat like a cow—grazing all day. Meals that were 500-1000 or more calories were associated with weight gain. So now I have to find meals that are 500 calories or less! So, what's that going to be....1 Reese's peanut butter cup and 6 Twizzlers!!! I'm good with that.