

# Cut Through The Low-Carb Clutter

Integrative Medicine Expert Andrew Weil, MD, Offers His Advice

(NAPSA)—While the Web offers a wealth of information on dieting, it can be difficult to cut through all the low-carb clutter and determine which information is accurate. DrWeil.com, designed by national best-selling author and Integrative Medicine expert Andrew Weil, MD, offers extensive, up-to-date educational information on eating well to maintain your optimum health.

“The only magic formula for weight loss is to burn more calories than you consume,” says Dr. Weil. “Eat less of everything—20 to 30 percent of your calories should come from protein, 30 percent should come from fat, and 40 to 50 percent should come from carbohydrates. Contrary to current popular belief, it isn’t healthy to exclude any food source. There are good and bad carbohydrates just as there are good and bad fats and better and worse proteins, and it is important to include a healthy balance of all three to achieve optimum health.”

## Carbohydrates

Refined and processed carbohydrate foods, especially those made from flour and those heavy on sugar, should be avoided. To learn which carbohydrates to avoid, which to include in your diet, and what appropriate portion sizes are, familiarize yourself with the glycemic index and glycemic load on DrWeil.com, which measures the effect a given food has on your blood sugar or glucose levels and can help you to make smarter food choices.

- **Bad Carbs**—High-glycemic foods like rice cakes, bread and potatoes stress the body’s insulin system and are some of the chief culprits of obesity.

- **Good Carbs**—Low and moderate glycemic index foods such as beans, whole grains, win-



ter squash, sweet potatoes, apples, pears, cherries, and berries provide the carbohydrates your body requires.

## Proteins and Fats

Cut back on red meat, and instead look to fish and soy as protein sources. Up to 30 percent of your total calories can come from protein, while 30 percent should come from fat. When looking at your fat intake, make sure that you’re getting enough omega-3 fatty acids. Some of the best sources for omega-3 fatty acids are wild Alaskan salmon, sardines, walnuts and freshly ground flax seeds. Replace margarine and vegetable shortening with olive oil, and get other healthy fats from sources such as nuts and avocados.

## Overall Wellness

Keep in mind that weight loss doesn’t just mean dieting. In order to achieve overall wellness, you also need to increase your activity through aerobic exercise and be mindful of the mental and spiritual aspects of weight loss. For example, if stressful situations make you want to eat, combat your anxiety with relaxation exercises instead of food.

## More Information

For more information on healthy eating, and practical tips on how to achieve your optimum health, visit DrWeil.com.