



ELITE

Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

12/13- Health tips Q&A

This week's health tip departs from the typical format that focuses on one topic. Our clients ask many questions on a regular basis. Three are discussed below. If you have your own questions, feel free to email them any time. We'd love to hear from you.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Inquiring Minds Wanted to Know...

Are eggs bad for you?

Eggs, both the white and the yoke, are GREAT for you. Unfortunately, eggs have gotten a bad rap because of misinformation. Specifically, the yolks were said to elevate cholesterol levels. That is not true!

Eggs are an inexpensive, tasty and nutritious food to include in your diet. At just 78 calories each, eggs are a rich source of protein and many vitamins. A large egg contains about 7 grams of protein and only 1.6 gram of saturated fat.

Eggs are a great source of:

Protein - needed for muscle building

Iron - needed to make red blood cells & certain hormones

Choline - good for nerve function

Antioxidants - unique ones that are good for vision

Vitamin D - good for the bones

B vitamins - good for the skin, hair, nails and nervous system, promotes satiety, curbs appetite & overeating

Selenium - good for overall heart health & helps raise good cholesterol

Omega-3 fatty acids excellent for overall heart health & great sources of vitamin A, E and K (necessary for many important physiological functions).

More Q&A

Is dried fruit good for you?

Dried fruit is definitely tasty. No doubt about it. That's due to the sugar content. However, it is preferable to eat fresh fruit. In fresh fruit, the high fiber content is accompanied by high water content. This helps you feel full faster, thus consuming fewer overall calories.

Dried fruit may or may not contain the same amount of nutrients and fiber as raw fruit. Also, some manufacturers add extra sugar to dried fruit to make it even sweeter.

Because dried fruit is so much smaller than the fresh fruit, it's easier to consume more calories. It's unlikely that you would eat three fresh apricots and 30 grapes in an hour, but it is easy to consume more than three dried apricots and 30 raisins in an hour.



1 Fresh Apricot 35g



1 Dried Apricot 9g

Is coffee healthy and how much should/can I drink?

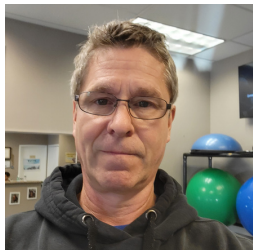
Most of us drink it. Most of us enjoy it. Most of us can't think of waking up and getting through the morning without it.



There is conflicting information regarding how much coffee consumption is healthy. However, there is a definitive answer. The daily maximum for coffee with caffeine is 400 mg. This equates to 3 to 5 cups, depending on cup size. Drinking more than 6 cups per day increases risk of stroke, dementia and smaller brain volume.

Obviously, what is added to our coffee can make a difference. A big one. You won't derail your health with one creamer and one teaspoon of sugar. Just don't go overboard. Heavy use of creamers, sugar or artificial sweeteners significantly impacts weight gain, drives insulin resistance and desensitizes our taste buds for sweetness.

Take-Home Message



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Stay tuned for next week's Q&A when I answer questions about nuts, spices, alcohol, monster type drinks, tea and soda

If you have questions about training time frames or anything else related to exercise nutrition, please reach out to us so we can partner with you and help you improve your health and wellness.