

VENICE PLASTIC SURGERY

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Cosmetic, Reconstructive, Face, Breast, and Hand Surgery

A good diet

What constitutes a good diet? Do you have to eat an exactly balanced meal three times a day? Must each meal consist of all food groups? The answer is no. Your body stores nutrients so that you do not have to consume every nutrient with all meals. You do need an average balanced consumption however over a period of a week or two.

Let me give you some examples. Have cereal for breakfast today then have a fruit bowl tomorrow and an English muffin with cream cheese the next day. On Saturday go out for that bacon omelette. Note that over a few days of breakfasts we have consumed dairy, fruit, grains and even meat. That was easy.

Sometimes I have a bowl of cereal for lunch. The next day I will have soup and crackers. One or two days a week I miss lunch altogether. This is alright. You do not have to eat 3 meals every day. Yesterday I had a big late lunch and skipped dinner. I was not hungry.

Some patients with intestinal disease or diabetes may require smaller, more frequent meals or special diets. There are always exceptions but normal people do not require meals on a regimental schedule. Some people say that lunch should be the larger meal of the day and that supper should be smaller. I see their point but still eat dinner as the larger meal. I do like to eat early though. I prefer supper at 5 or 6 instead of 7, 8, or 9 as some others would like.

Next are some dinner suggestions. Eat fish or chicken this evening then have a vegetarian supper tomorrow night. Have corn with the chicken and green beans with the vegetarian combo. Eat well at home then go out Friday evening and splurge. Have that big steak. Eat bad. Having that dessert once or twice a week is not so bad. But having it every day or two is not good.

I like to mix a good amount of fiber if I have a fatty meal. This helps diminish absorption of some of the bad stuff. Have a side of salad with that pepperoni pizza, add a side of broccoli to that steak. When ordering that big deli meat sandwich put it on whole wheat instead of plain bread. It is OK to put a slice of lettuce on it.

You will notice this is just common sense. Most weight loss diets do not make sense. Many ask that you also take vitamins. If the diet is good for you why must you spend money on extra vitamins?

The important thing to remember is that your diet must be balanced but not necessarily at each meal. Distribute the required food groups over a week or two period of time. Each meal does not need to contain every food group every time.

**The above represents the opinion of A. E. Haas, M.D.
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Just call us directly. No referral needed unless required by your insurance company

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