

LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.
Call the Journal at 285-7411

Calories count — push away from the table

Q. If you want to control your weight, is it better to eat three meals a day, or should you eat more, smaller meals?

A. There is no scientifically proven answer to this question. Until there is, I'd suggest simply reducing your total food intake for each day until your weight goes down.

[Personal note: I've struggled to keep pounds off all my life. I've learned that calories count. You take in more than you burn; you gain weight. You burn more than you eat; you lose weight. Exercise helps, but the calorie burn-off usually doesn't amount to much. The best exercise is pushing yourself away from the table.]

Eating a bunch of small meals a day



Fred
CICETTI
HEALTH CARE WRITER

instead of breakfast-lunch-dinner is part of the popular media right now, which means you should be hearing “fad alert” in your head. Here are some of the claims:

- The body burns calories to digest. Eating six to eight meals a day enables your body to use more calories to aid digestion.

- Eating lots of meals rather than three will boost metabolism and

control blood sugar.

- More meals means less stored fat in the body.

- When people consume the same number of calories in a single daily meal rather than three, they show significant increases in blood pressure, total cholesterol levels and levels of bad LDL cholesterol.

- Eating every three-to-four hours can ward off hunger and prevent binges that lead to weight gain.

- Eating more often helps regulate proper digestion to prevent gastrointestinal problems.

- Eight meals a day will increase energy levels and accelerate muscle growth.

To repeat, there is no proof that eating more frequently does any of the above.

My own conclusion about weight control was confirmed in an editorial that appeared in the American Journal of Clinical Nutrition. A team of nutrition researchers concluded that weight loss comes down to “how much energy (or calories) is consumed as opposed to how often or how regularly one eats.”

However, there was a recent study that indicated we may be better off eating only three meals a day. The study was done on mice, so the findings have to be confirmed by tests on humans.

Satchidananda Panda, a regulatory biologist at the Salk Institute in La Jolla, led the study published by the journal Cell Metabolism.

Panda and his team put groups of mice on

different eating regimens for 100 days. Mice in two of the groups ate high-fat, high-calorie food. Half of them were allowed to snack throughout the night and day. The other mice had access to food only for eight hours at night, when they were most active.

The mice that ate only for eight hours were almost as lean as mice in a control group that ate regular food. But the mice that ate around the clock became obese, even though they consumed the same amount of fat and calories as their counterparts on the time-restricted diet.

If you would like to ask a question, write to fred@healthygeezer.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$4 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$7.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

- MONDAY**
Fruit glazed chicken
Fresh fruit
- TUESDAY**
Salisbury steak
Mashed potatoes
Veggie
Fruit
- WEDNESDAY**
Ham and macaroni pasta salad
Peaches and cream bar
- THURSDAY**
Chili
Fruit
- FRIDAY**
Fish sandwich or alternative
Fresh fruit

COMMUNITY CAFE MENU

The Community Cafe offers free meals, to anyone in Koochiching County, regardless of income, with no restrictions. The program is sponsored by the Falls Hunger Coalition and Citizens for Backus/AB with the support of local volunteers. Reservations are not required. There is no charge for the meals, but donations are accepted. Meals served on Tuesdays and Thursdays from 5:30 to 6 p.m. at Backus Community Center, 900 Fifth St. Call the Backus office for information, 285-7225.

MARCH 3
Volunteer Group –
First Lutheran Church
Hearty potato corn chowder
Fruit
Dinner roll

MARCH 5
Volunteer Group –
RRCC PTK Students
Chicken stir fry
Rice
Fruit
Dinner roll

MARCH 10
Volunteer Group –
St. Thomas Church
Three-cheese pizza calzone
California medley
Caesar salad

Bread sticks
MARCH 12
Volunteer Group –
St. Thomas Church
Beef stroganoff
Green beans
Dinner roll

MARCH 17
Volunteer Group –
Zion Lutheran Church
Scrambled eggs and ham
Blueberry muffins
Hash rounds

MARCH 19
Volunteer Group –
Zion Lutheran Church
Lasagna
Corn
Bread stick

MARCH 24
Volunteer Group – Falls
Hunger Coalition
Sloppy joes on a bun
French fries
Apple slaw

MARCH 26
Volunteer Group –
First Baptist Church
Chicken tenders
Mashed potatoes and
gravy
Peas and carrots
Dinner roll

MARCH 31
Volunteer Group –
United Health Group
Turkey gravy over biscuits
Vegetable
Fruit

BIRTHS

Molly Harris and Kyle Kennedy announce the arrival of their son, Hunter Donald Martin Kennedy, born Monday, Feb. 16, 2015.

Hunter weighed 5 pounds, 14 ounces and was 17 ¼ inches long.

Maternal grandparents are Danny and Penny Harris.

Paternal grandparents are Ken and Kathy Kennedy.

Maternal great-grandparents are Bud and Judy Rasmussen and the late John and Marian Harris.

Paternal great-grandparents are Lars and the late Sandy Kennedy and Edward and Geneva Francisco.

Hollyann Pelg (Walker) announces the birth of her son, Preston Steven Walker, 7 pounds, 15 ounces,

21 ¼ inches long, born at 4:53 p.m. Saturday, Feb. 21, 2015, at Rainy Lake Medical Center.

Preston was welcomed home by 4-year-old brother, EJ Pelg.

Grandparents are Shirley Walker, Deb and Chuck Kestner and Carol Lahman.

The following births have been reported from La Ver-

endrye General Hospital, Fort Frances, Ontario.

Born to:
Rey and Kayla Chartier (nee Caul), Devlin, Ontario, a son, Ryker Cole Chartier, 7 pounds, 15 ounces, Feb. 12, 2015.

Matt and Randi Marcil, Nestor Falls, Ontario, a daughter, Isabella Margaret Anne Marcil, 10 pounds, 2 ounces, Feb. 13, 2015.

MEMORIAM

In loving memory of our wife and mother, **Geri Radford**, who passed away one year ago today, Feb. 28.

*Gone from our home,
Oh, how we miss her;
Loving her deeply,
Her memory we'll keep.
Nor till life ends shall we forget her,
Sacred is the place where she is asleep.*

**Sadly missed by
Husband Paul
Children Amy, Heather and Melissa
Friends and family**






Be informed.

www.ifallsjournal.com

Get more local news online.


Your career can change lives ... maybe even your own.




Rhea Shannon,
RN, BSN

“I began working at the Good Samaritan Society as a CNA and quickly discovered my love for the residents, which led to my career path. The Good Samaritan Society provided encouragement and support to earn my LPN and further my education to become an RN, BSN. Learning about the residents and their families on a daily basis is what I love the most. Thanks, Good Sam, for making my career meaningful!”

To learn more and to apply online, visit www.good-sam.com/ifalls.





All qualified applicants will receive consideration for employment without regard to race, color, religion, gender, national origin, disability or protected veteran status. 14-G2056

ATTENTION:

State employees with the Minnesota Advantage Health Plan

Effective March 1, 2015, Rainy Lake Medical Center will be a participating provider under Cost Level 2 with the MN Advantage Health Plan, administered through:

Blue Cross Blue Shield • PreferredOne • Health Partners

The Cost Level 2 designation may be a factor in your choice of your primary care clinic.

If you have questions about your health insurance coverage, please call our helpful staff at 218-283-4481.



1400 Highway 71 • International Falls, MN 56649 • www.rainylakemedical.com • 218-283-4481