



[FOOD COURT]

Start Smart

Make mornings count: Resolve to eat your breakfast



Are your mornings so crunched for time that you forget to eat? The next time you find yourself hungry on your morning route, pull into one of your favorite fast-food restaurants. Breakfast is still considered the most important meal of the day, and you can make healthy food selections at most any area drive-through.

McDonald's, for ex-

ample, features a variety of breakfast sandwiches that, in moderation, fit into a plan for healthy eating, though some of the menu options are admittedly significantly more nutritious than others.

Which would you suppose to be the choice lowest in calories and fat? The Sausage McMuffin with egg, or the Sausage Biscuit without egg?

Verdict

The McMuffin with egg has almost as many calories as the biscuit without egg. But with 260 calories and 12 grams of fat per McDonald's biscuit, and 160 calories and 3 grams of fat per McDonald's McMuffin, this is not surprising. The McMuffin with egg has only 20 more calories than the biscuit without egg, and both contain 27 grams of fat.

The difference lies in the egg, which adds more protein, vitamins and

minerals for the same calorie and fat expense. You may miss the buttery taste of the biscuit itself, but the McMuffin holds its own in flavor and is less likely to fall apart. The egg will also help you stay full for a longer period of time.

Meanwhile, the healthiest McDonald's sandwich choice with the lowest amount of calories and fat is the Egg McMuffin with 300 calories and 12 grams of fat.

Christine H. Haas is a certified NASM personal trainer and a licensed nutritionist. Visit her website at www.nuweights.com.



Quick Byte

I spend at least five times a week exercising for over an hour, and I am not losing any weight. Do you have any suggestions for me?

-McLean

This is a common complaint I hear from many of my patients who are struggling to lose weight. The answer is to watch your calorie intake. Weight loss is eating fewer calories than you need to maintain your weight. If you are working out five times a week for over an hour, depending on your weight and intensity of your workout you may be burning 500 calories per hour. But if you only need 2,000 calories to maintain your weight after exercise, and you are eating an average of 2,000 calories each day, you will not gain or lose any weight even after exercise. If you eat 1,500 calories a day, however, and you require 2,000 calories to maintain your weight, after exercise you can expect to lose a pound a week.

Quick Byte is an excerpt from Well Bent, fitness pro Christine Haas's weekly live wellness chat, online every Thursday at 2 p.m. Get answers to your wellness queries at www.northernvirginiamag.com/health_beauty/well_bent.html.

COURTESY OF MCDONALD'S (SANDWICHES); JONATHAN TIMMES (HAAS)

[NUTRITION]

Web-Budgeting Weight

Weight loss, maintenance and gain are all directly related to the fine balance between the amount of calories you take in by eating and the amount you expend through activity. Now you can track your energy input and output with FitDay.com. Not sure how many calories you should be consuming every day to reach your weight goal? Enter your weight, height, age and gender, and the site will calculate your number for you. You can then enter the types and amounts of food you eat, and FitDay will determine the amount of calories, fat, protein and carbohydrates you consume on a daily basis to help you stay on track. If you can't find your favorite food in the FitDay database, the site features an option that allows you to enter the nutrition information off the label. Further, its exercise database determines the amount of calories you burn during activity.



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