

## Re: What to do about low energy?

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- *From:* [tii...@xxxxxxxxxx](mailto:tii...@xxxxxxxxxx)
  - *Date:* 28 May 2007 10:16:53 -0700
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On May 28, 9:05 am, Ron Peterson <r...@xxxxxxxxxxxxxxxx> wrote:

On May 27, 11:19 pm, tii...@xxxxxxxxxx wrote:  
Eat breakfast every day with skim milk and some meat. Cut out the sugar soft drinks.

Is it the sugar, or the soft drink part that's the worst? I mean if I just replace them with other drinks that have equal amounts of sugar, is that going to be just as bad? Honestly though, I know you're probably right on the money there, but I also know myself. These types of drinks can become something of an addiction, especially after you've been drinking them for 15+ years. Unfortunately I don't see me cutting them out anytime soon, although I can certainly try. As for the breakfast, I've grown accustomed to whole milk. I always justified it to myself by saying that since I'm unusually thin, there's no compelling reason for me to use anything other than whole milk. Is there a specific reason why I should choose skim?

Don't eat out, pack a sandwich or have a low calorie TV dinner.

Start exercising.

It may be possible to cut down on eating out, and can possibly bring a sandwich or other type of TV dinner for lunch. I think exercise may be out of the question however, at least at this early of a stage of me trying to do something about my nutrition.

In terms of vitamins and dietary supplements, what kind of things should I look for and why? Let's assume that my diet consists of about 85% meats and starches, and low on fruits and vegetables. The easiest remedy is to simply eat more fruits and vegetables, but I'm more looking for what I'm missing out on by not eating them, and what are the typical symptoms of a diet that lacks these types of foods?