

# Re: What to do about low energy?

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- *From:* "Szczepan Bialek" <[sz.bialek@xxxxx](mailto:sz.bialek@xxxxx)>
  - *Date:* Mon, 28 May 2007 20:20:23 +0200
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<[tiizii@xxxxxxxxxx](mailto:tiizii@xxxxxxxxxx)> wrote  
[news:1180372613.372037.47590@xx](mailto:news:1180372613.372037.47590@xx)

On May 28, 9:05 am, Ron Peterson <[r...@xxxxxxxxxxxxxxxx](mailto:r...@xxxxxxxxxxxxxxxx)> wrote:

On May 27, 11:19 pm, [tii...@xxxxxxxxxx](mailto: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?

The whole milk is the best for kids. Such milk contain about the same percent of proteins and fats. But kids take the energy (heat) from the mother's body. Adult needs much more fats. So the cream is better (above 9% of fats).

The best breakfast is the English one: eggs, bacon and tee with cream. The next dishes according to French cooking.

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

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be out of the question however, at least at this early of a stage of me trying to do something about my nutrition.

At this stage you need about 2500 kcal. All should be from the animals products and semi-animals. I am thinking about mushrooms, alga and yeast – they contain the glycogen (animal starch). The additional calories (for exercise or dance) may be from carbs and/or alcohol.

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?

See: <http://homodiet.netfirms.com/>

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