

# Re: What to do about low energy?

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- *From:* Ron Peterson <[ron@xxxxxxxxxxxxxxxx](mailto:ron@xxxxxxxxxxxxxxxx)>
  - *Date:* 28 May 2007 20:59:19 -0700
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On May 28, 12:16 pm, tii...@xxxxxxxx wrote:

On May 28, 9:05 am, Ron Peterson <[r...@xxxxxxxxxxxxxxxx](mailto:r...@xxxxxxxxxxxxxxxx)> wrote:> On May 27, 11:19 pm, tii...@xxxxxxxx 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?

It's the sugar (HFCS) that is the main culprit in softdrinks. The carbonation only causes gas. And the caffeine is only one fifth that of coffee.

The purpose of choosing skim milk is to reduce the calories consumed and to reduce the amount of saturated fat. I went from whole milk to skim in stages, but others can make the switch immediately.

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

Start exercising.

## Re: What to do about low energy?

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.

Just do a little exercise such as walking to work, use the stairs instead of the elevator, and a few situps or pushups in the morning don't take long.

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?

Fruits, dry beans, and vegetables have a range of nutrients along with fiber.

Omega 3, vitamin D, vitamin C, and a B complex supplements would be a good starting point for you.

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Ron

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