

ASK THE COACH

Answers to the most common wellness questions that we get from students and from busy parents like you!



PARENTS: DEAR COACH, THE EASTER BASKETS HAD US WONDERING WHAT MIGHT BE WORSE: TOO MUCH CANDY OR TOO MANY EGGS?

We wrote about making better choices with candy in the Halloween Newsletter. The key tip was to choose hard candies that will limit sugar intake because they might last longer and slow us down! So let's look at eggs since it's one of the most common myths about healthy eating.

Egg yolks have high cholesterol content but they're relatively low in saturated and trans fats, the ones with the greater impact on raising blood cholesterol. A large egg contains ~2 grams of saturated fat (~10% of the Daily Value) and has no trans fats. I'm from Pittsburgh, where you learn early and often that most sandwiches are better when you put an egg on them and I've seen plenty of folks eat a steady diet of eggs without having elevated LDL numbers.

However, it's difficult to study the isolated impacts because of all the other blood cholesterol factors like genetics and lifestyle, to name just a few. The American Heart Association still recommends limiting TOTAL cholesterol intake, especially if there's a history of heart problems, diabetes, or if you're over 55 (women) and 45 (men).

So is it different yolks for different folks? Until there is unbiased, unmotivated proof, I guess that the answer to what's worse is the same as we normally give: be considerate of your unique risk factors and moderate portions of lean protein, fiber and nutrient dense foods are typically the best solution. I highly recommend the eggs over the sugar dense candies but EVERYTHING in moderation.

Check out some balanced meals we eat that include eggs:
<http://www.empowered-wellness.com/blog>

KID'S: HEY COACH, SOMEONE SAID THAT CALORIES EATEN AT NIGHT ARE WORSE FOR YOU THAN ONES EARLY IN THE DAY, IS SHE RIGHT?

Many “experts” in my field would disagree and answer that calories are calories are calories, and that it’s doesn’t matter when you eat them. So which is it? I say neither.

There is definitely a calories in & calories out factor that is irrefutable but it’s critical to add that all calories are not created equal! For example, 300 calories of blueberries, salmon, greens and walnuts are not nourishing the human body in the same as 300 calories of processed crackers, cheese and salami.

Based on our first hand experience with client lifestyle changes, I’d also add that starting the day with a good meal gets your metabolism going, gives you fuel and sets up your appetite schedule for the rest of the day. In our programs, we don’t do much calorie counting. So in my humble opinion, spreading lean protein, fiber and nutrient dense calories throughout the day is once again the best policy. Is anyone starting to notice a theme here?

‘Coach’ Ryan Lonnett is a Certified Health Counselor and a Commissioner / Coach in the local Reston Little League. Leveraging his culinary, nutrition and fitness training, Ryan founded a Wellness Company that provides wellness solutions in schools, including their popular After School Enrichment Program (“Cooking for Superhumans!”) and unique Summer Camps (“Design Your Own Restaurant” and “How do Super Foods make Superhumans, A Food Science Camp”).

Ryan sits on several community boards and steering committees, frequently delivers presentations in school, community or corporate assemblies, and occasionally can be seen or heard in the media sharing best practices from his years of experience in this unique arena.