

No use being a zealot. A couple of teaspoons of sugar on your morning oatmeal or cereal, and beans or greens cooked in a small amount of bacon or ham won't wreck your routine. Eat just about anything you want or crave (reasonable amounts) for one meal a week. Life without pizza on the weekend would be unendurable for some people. One alcoholic beverage (a beer, glass of wine, or a drink) once a week at mealtime is fine. Any eating plan will fail if it is too rigid.

Size

You have nothing to lose but fat, and some sizes in your belt and clothes.

Timing

Is this your time for blubber elimination? King Solomon wrote of the proper time for everything under the sun: a time to sow and a time to reap, a time to live and a time to die—and so on. No one will decide to lose fat (or stop being an alcoholic) until the proper time is reached—for him or her. For people who are tortured by being overweight, the time just might be right now.

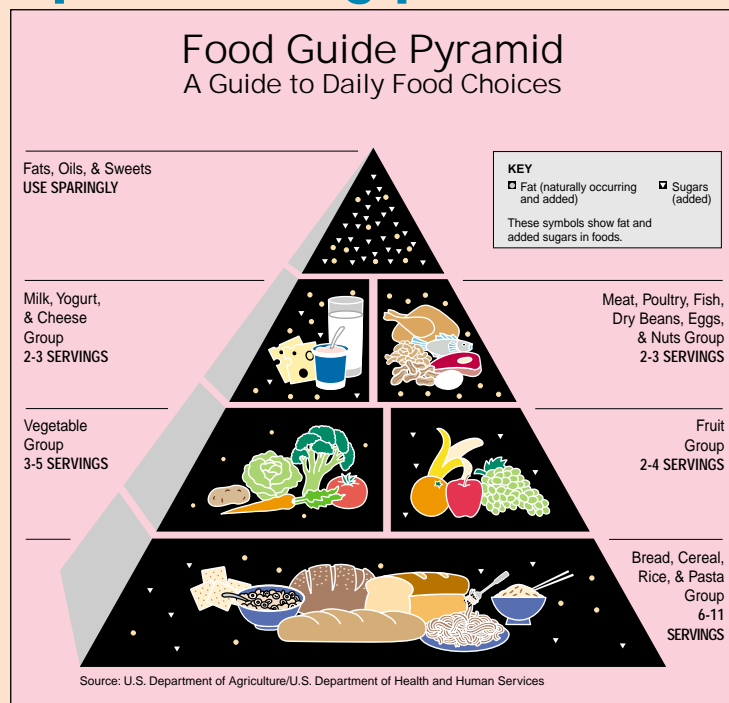
Yours for good health and safe flying

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The Best of the Best Foods

Feature them in your foolproof eating plan



All-bran cereals

Apples

Asparagus

Bananas

Beans

Beef (lean cut)

4 oz. per day

Beets

Berries

Bread (whole-grain)

1-3 slices a day

Broccoli

Brussels sprouts

Buttermilk (low-fat)

Cabbage

Cantaloupe

Cauliflower

Celery

Chicken breast (no skin,

broiled or baked)

4 oz. per day

Collard greens

Condiments (just about any that don't have a lot of fat, sugar, or salt)

Cottage cheese (low-fat or no-fat)

Cream (fat-free sour cream)

Cucumbers

Eggs 1-2 a day if your cholesterol is OK.

(hard-boiled or poached)

Fish (cod is great)-not fried!

Kale

Lettuce

Margarine (no fat)

Milk (skim, no-fat)

Mushrooms

Mustard greens

Nuts (handful a day at most)

Oatmeal

Olive oil (moderate amounts for salads and flavoring)

Onions

Oranges

Pears

Peas

Peppers, green or red

Pickles

Pineapple

Popcorn, unsalted and unbuttered

Pork (lean) 4 oz. per day

Potatoes (Irish or sweet, with skin)

one big or two small

Radishes

Rice (brown or wild)

Salad dressing (no-fat)

Salsa

Soft drinks (no sugar)

Soy products (tofu, etc.)

Spinach

Squash

Sugar substitutes (Aspartame and Saccharine)

Tomatoes

Turkey breast (no skin, broiled or baked)

4 oz. per day

Turnips greens

Turnips

Yams

Yogurt (plain, unsweetened)

Zucchini

