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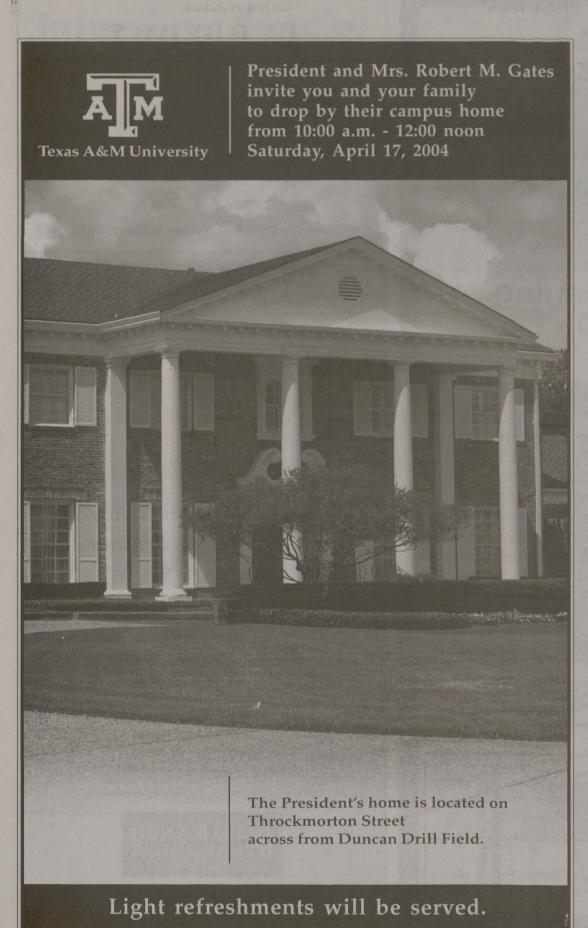
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Friday, April 16, 2004

Carbs

Continued from page 3A

said John Prochaska, Class of 2002 and a graduate assistant at Health Education, Student Health Services at A&M

The National Weight Control Registry (NWCR) said reducing one's diet by 500 calories a day will result in one pound lost a week, while eating 1,000 fewer calories a day will result in a loss of two pounds per week. This weekly weight loss totals 100 to 150 pounds a year.

'Students need to realize that weight loss is not a quick fix," Prochaska said. "Healthy lifestyle changes, changes you can live with the rest of

your life, are key.'

While the low-carb diets claim to help you lose weight quickly, most people do not follow the programs through to the end, or keep those habits for life.

'Cutting out a good number of carbs may be easy at first," Prochaska said. "But one must consider next year, or even five or 10 years down the

Walker also suggests that a person find which diet will best fit their lifestyle.

'If the diet doesn't seem like it can become a lifestyle behavior, it's probably not the best one to get on," Walker said.

While Atkins, South Beach and similar lowcarb diets claim to promote healthy, life-long eating styles, many experts and organizations disagree. The World Health Organization (WHO) recommends the nutritional benefits of carbohydrates and plant-based eating. The Dietary Guidelines for Americans recommend six to 11 servings a day from the bread group, even when trying to lose weight.

'Carbs are necessary to everyone's diet," Walker said. "Carbs are your main source of energy."

The Atkins and South Beach diets prov of the necessary calories each day from foods and few from carbs.

"Many times, people are fed up with they can't eat their favorite dish and g Prochaska said.

These diets also allow food such as but cheese, which can raise cholesterol len increase a person's risk for heart disease cer. The American Heart Association un adults to limit fat intake to no more than cent of total daily calories.

"Making long-term changes in your earl physical activity habits is the best way weight and to keep it off," Walker said

Klein said her schoolwork eventually with her diet program.

The diet did make me tired while I wa but overall I think it's a good diet. It held realize how bad you eat," Klein said. "Ie quitting the diet because I had a lot of to week and couldn't keep up with the diet. quit, I went on a carb-eating binge; that wanted to eat."

For exercise and weight control, the Am College of Sports Medicine suggests a min of 25 to 30 minutes of physical activity at for best results aim at 45 minutes.

"The exercise does not have to be done once," George said. "Even try to just an conveniences in life; park further away, or stairs instead of the elevator."

Myrt

Claire

Jamie

Travis

Eryn Marg

Justin

Jessil

Chris

March

Chih-

Grady

Steph

Jame

Elizat

Jenni

Britta

Micha

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Angie

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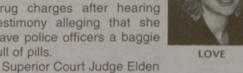
Klein said the Atkins diet has helped h trol her portion intake. For instance, now s one doughnut instead of six, she said. While said she has decided diet pills and other fi aren't the way to go for her long-term wei goals, she does admit Atkins is a quick fit.

"I would definitely go back on it (Atlin wanted to lose weight fast," she said.

PEOPLE IN THE NEWS

Courtney Love ordered to trial in 'silly' felony drug case

BEVERLY HILLS, Calif. (AP) — A judge Thursday ordered rocker Courtney Love to stand trial on felony drug charges after hearing testimony alleging that she gave police officers a baggie full of pills.



Fox ordered Love to appear for arraignment

April 30. "I'm on tour," the singer protested. But her lawyer conferred with her and said she would

be there. Before the judge took the bench, Love smiled at reporters and pointed to her bare

shoulders. "Strapless," she said, referring to her black

dress. "It's a silly case. Silly dress."

Beverly Hills police Officer Douglas Trerise

testified that he and two other officers in Love's home early Oct. 2, 2003, after she police. He said Love handed the baggies to one of the officers.

"She said it was her stash. She said it Percocet and 'I don't do that anymore an illegal," Trerise testified. Percocet painkiller.

Earlier that night, Love was arrested by Angeles police for investigation of distri conduct and being under the influence of as trolled substance. The misdemeaner care being tried separately.

Prosecutor Jeffrey Stodel said outside that Love is eligible for a drug-diversion gram. The maximum possible sentence to felonies is more than 3 1/2 years in prison.

Love's lawyer, Michael Rosenstein reporters his client had prescriptions to drugs. "The district attorney is turning this circus and a witch hunt," he said.

Stodel said, "We're treating Ms. LON same way we would treat anyone else with illegal substances."

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