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## Carbs

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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 road."

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 low-carb 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 provide of the necessary calories each day from proteins and fats and few from carbs.

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

These diets also allow food such as bread, cheese, which can raise cholesterol levels, increase a person's risk for heart disease and cancer. The American Heart Association urges adults to limit fat intake to no more than 30 percent of total daily calories.

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

Klein said her schoolwork eventually improved with her diet program.

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

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

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

Klein said the Atkins diet has helped her control her portion intake. For instance, now she eats one doughnut instead of six, she said. Walker said she has decided diet pills and other aids aren't the way to go for her long-term weight goals, she does admit Atkins is a quick fix.

"I would definitely go back on it (Atkins) if I 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.

Superior Court Judge Elden 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 searched Love's home early Oct. 2, 2003, after she was arrested by police. He said Love handed the baggie to one of the officers.

"She said it was her stash. She said she had Percocet and I don't do that anymore and it's illegal," Trerise testified. Percocet is a painkiller.

Earlier that night, Love was arrested by Los Angeles police for investigation of drug conduct and being under the influence of a controlled substance. The misdemeanor case is being tried separately.

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

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

Stodel said, "We're treating Ms. Love the same way we would treat anyone else who has illegal substances."



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