

On Nutrition: Keep the weight off

By BARBARA INTERMILL
Monterey Herald

L.K. from Illinois writes: "I eat well and I cook at home. I'm 5-foot-5 and 167 years old. I exercise three times a week with Silver Sneakers and golf nine holes riding a cart. I have just lost nine pounds due to health issues that are resolving themselves. How do I return to eating without gaining back those nine pounds?"

Portion control has been a downfall for me because I rationalize that what I eat is healthy, so fill my dinner size plate! Sounds like I have the answer, doesn't it! Still, I would like your comments and suggestions!"

Yes, you do have the answer, L.K. When it

comes to weight gain, it really is true that we can get too much of a good thing. I actually thought you had all the answers before you clarified that you are only 67 and not 167 years old.

Your letter identifies a major challenge for us as we age. After 60, our bodies require more of certain nutrients (such as calcium). At the same time, we also need fewer calories than we did in our younger years.

How do we do that? Take a look at your current food choices. Many older Americans don't get enough vital nutrients from foods such as fruit, whole grains, dairy (high calcium) foods and vegetables, especially red and orange ones. And we tend to consume too many cal-

ories from goodies that are loaded with sugar and fat, especially the saturated type. We need to turn those tables.

That's where portion control can be a real friend. Let's say you've prepared a perfectly balanced meal: a small serving of protein such as meat, fish, poultry, eggs, soy or cheese; a cup of vegetables; a serving of a whole-grain food such as bread, crackers or brown rice; and a cup of milk or calcium-fortified soy or other beverage.

But then there's those cookies in the cabinet...

You can choose to have one or two. Or decide instead to cut fresh fruit into a pretty bowl and enjoy its natural sweet taste. That's one way to nourish your body with

essential nutrients without blowing your calories for the day.

Good for you that you get regular exercise and choose healthful meals. Another strategy that will keep off the pounds is a simple one: Get on the scale once a week. If you see anything creeping up, adjust your portions down — with special attention to the low nutrient extras such as sweets, fats and alcohol.

Hope this helps. Thanks for writing.

Barbara Intermill is a registered dietitian nutritionist and syndicated columnist. She is the author of "Quinn-Essential Nutrition: The Uncomplicated Science of Eating." Email her at barbara@quinnessentialnutrition.com.



Dreamstime-TNS

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HOROSCOPES

by Stella Wilder

TUESDAY, MARCH 15, 2022
YOUR BIRTHDAY by Stella Wilder

Born today, you maintain unique perspectives about all that you observe in life, and your keen intellect and incredible memory give you the capacity for critical thinking and comparative analysis that exceeds that of anyone else born under your sign. You rarely if ever encounter a problem that you have not, in some way, already anticipated and prepared for, and though you may have to meet a surprise with clever improvisation, much of what you think and how you have prepared will be instrumental in your successful navigation of whatever comes your way.

WEDNESDAY, MARCH 16
PISCES (Feb. 19-March 20) -- You're in a very good position to see things just as they are, though that might not be completely satisfying. You can make adjustments!

ARIES (March 21-April 19) -- Your attitude may not be conducive to healthy interaction and cooperation today -- but that may not be a decision to make. Get it together!

TAURUS (April 20-May 20) -- You have much that someone values, but you're not about to give it away. It's time to negotiate; you can begin by naming a fair price.

GEMINI (May 21-June 20) -- You can pass up anything that is not quite to your taste today -- but take care, because you may be missing the chance to try something new.

CANCER (June 21-July 22) -- You have been working on an alternative to today's "requirements," and the time has come for you to suggest your changes to someone in charge.

LEO (July 23-Aug. 22) -- Once you've made the first move today, it will be difficult to stop -- or even slow down, perhaps. You must be sure you're ready to go!

VIRGO (Aug. 23-Sept. 22) -- You can say much without saying anything at all today, as the people you are communicating with know how to interpret your silences.

LIBRA (Sept. 23-Oct. 22) -- Focus on the details today, and don't let yourself miss anything that might have an effect on the outcome of your day. A friend calls to you.

SCORPIO (Oct. 23-Nov. 21) -- You may be asking for more than someone can give you today -- but that doesn't mean it won't come your way if you do the right things in order.

SAGITTARIUS (Nov. 22-Dec. 21) -- Arrangements may not hold up to scrutiny today, as you try to reconcile timing with availability. You can dispense valuable advice!

CAPRICORN (Dec. 22-Jan. 19) -- You may be so concerned with questions of "right" and "wrong" today that you have virtually paralyzed yourself. Get out and get moving!

AQUARIUS (Jan. 20-Feb. 18) -- Certain complicated problems are like the proverbial putty in your hands today. Your way of solving them should win you a lot of praise.

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CROSSWORD PUZZLER

ACROSS

- Spotted
- Hole
- Radar-gun info
- Affirmative
- Karachi language
- Boxing great
- Poets' eyes
- XII, on a sundial
- Lick
- Droplet
- Restrict
- None
- Sweet-talk
- Bus alternative
- Sonnet cousin
- Arith. term
- Hardy's "obscure" stonemason
- Joie — vivre
- Norwegian toast
- "—, shucks!"
- Per capita

DOWN

- Cheyenne's st.
- Poetically above
- Riffraff
- To be, to Brutus
- River, to Pedro
- Affirmative
- Haul along
- Do christies
- Hide — hair
- Malicious gossip
- Race place, for short
- Fabled bird
- Scan
- Used plastic
- Murmur of content
- Note
- Female horse
- Compass pt.
- Hit into the air
- Fictional governess

Answer to Previous Puzzle

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5 Old hand
6 Teen hero
7 Loose garment
8 Beach near Los Angeles
9 — du jour

10 Streetwise
12 Leave the space station
18 Beltmaker's tools
20 Mil. rank
21 Knot
22 Lightbulb, in comics
24 Scents
29 "The Banana Boat Song" (hyph.)
30 Pitcher in a basin
33 A martial art
34 Pork cut
37 Trite phrase
38 Wheel part
40 No matter what
42 Harmful bacteria
45 Bank transaction
46 Chive relative
48 Stadium roof
49 "Norma —"
51 Jo's sister
53 Make mistakes
54 Actress — Wallace-Stone

110 Announcements

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- Main Event
- Lefty's Tap House
- Baker City Fire Dept.
- Haines Sell-Rite
- Idle Hour
- Salvation Army

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Drive Safely. The Way to Go.
Transportation Safety — ODOT

110 Announcements

114 Self-Help Group Meetings

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Wednesday Nights, 7-8:15pm.
Fort Union Grange Hall, corner of McAlister & Gekeler Lanes.
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AL-ANON
Keep Coming Back Family Group
Mondays, 7 pm
at NKWest, 1208 Adams, La Grande, OR

NARCOTICS ANONYMOUS
Monday, Thursday, & Friday at 8pm. Episcopal Church 2177 First St. Baker City

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Drug Problem? We can help!
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Harvest Church
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Thurs., 6:30 - 8:30 PM

LA GRANDE GAMBLERS ANONYMOUS
Every Friday Night @ 5pm, 2107 Gekeler Ln, LG, Church of Christ basement. For more info please call 971-219-8411

Someone's drinking a problem?
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Info for Baker City Meetings
Call: 541-239-7323

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114 Self-Help Group Meetings

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Mon., Tues. Thurs. & Fri.
Start at 8 PM
Episcopal Church Basement
2177 1st Street, Baker City

WALLOWA COUNTY AA MEETINGS

Enterprise
MONDAYS
• Enterprise Group
7:00 pm
Closed Meeting
113.5 E Main St.

TUESDAYS
• Enterprise Group
7 - 8:00 pm
(Big Bk Study)
113.5 E Main St.

WEDNESDAYS
• Enterprise Group
7:00 pm
Closed Meeting
113.5 E Main St.

THURSDAYS
• Enterprise Group
7:00 pm
113.5 E Main St.

FRIDAYS
• Enterprise Group
7:00 pm
Closed Meeting
113.5 E Main St.

SATURDAYS
• Enterprise Group
7:00 pm
113.5 E Main St.

City of Joseph
WEDNESDAYS
• Buck Stops Here
Joseph United
Methodist Church, 12 pm
301 S. Lake St., Joseph
(Church Basement)

THURSDAYS
• Grace and Dignity *(WM)
Joseph United
Methodist Church, 12 pm
301 S Lake St., Joseph
(Church Basement)

SATURDAYS
• Buck Stops Here
Joseph United
Methodist Church, 12 pm
301 S. Lake St., Joseph
(Church Basement)

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