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FITNESS Q&A LEAH MCLAUGHLIN

Dutiful exerciser is hungry

Fitness Magazine

I'm trying to exercise more, but with all the additional activity, I'm starving! What can I do?

It's likely that you're not consuming enough food, especially if you've substantially amped up on your workout routine. To lose a pound per week, you need a calorie deficit of 500 per day (or 3,500 per week).

A Web site such as caloriesperhour.com will help you estimate what you're burning off in your workout -- anywhere from 100 to 1,000 calories per hour, depending on the intensity of the routine. Then subtract that number from 500 to find out how many calories you will have to cut from or add to your diet.

If this sounds like too much math, visit mypyramidtracker.gov, which can help track your calorie intake and burn.

Orange, tomato juice

Q. *I've heard that drinking juice can cause weight gain, but should orange and tomato juices be avoided as well?* "No," says D. Milton Stokes, a spokesperson for the American Dietetic Association. Although most juices and juice blends contribute only calories -- no protein, fat or fiber -- orange and tomato juices supply decent amounts of folic acid and vitamin C.

"You're usually better off choosing a whole fruit over its juice, but these two picks are worth sipping," advises Stokes. Just be sure to count the calories you drink.

Drop those pounds

Q. *I'm a few pounds overweight, but I exercise more than five hours a week. Is it necessary for me to lose weight?*

Yes, it is. Unfortunately, "being overweight -- even if you exercise -- is an independent risk factor for chronic disease," explains Ann Yelmokos McDermott, a scientist at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. Health risks for most chronic diseases, such as cancer, heart disease and diabetes, increase as your body mass index (BMI) rises above 25.

Artificially colored salmon

Q. *Is it true that some salmon is artificially colored?*

Yes, farm-raised salmon get their vibrant color from two food additives called astaxanthin and canthaxanthin. These vitamin A-derived compounds are added to the salmon feed; without them, the fish would be unappetizingly pale gray or khaki color.

Although dyed fish may sound scary, wild salmon acquire their color in much the same way, by eating a regular diet of shrimp and other ocean life that naturally supply astaxanthin. It's an antioxidant that's actually good for the fish, says Charles Santerre, Ph.D., an associate professor of foods and nutrition at Purdue University in West LaFayette, Indiana. "We don't yet know all of the possible benefits for humans, but it's not harmful."