

A case where less is sometimes best

Question: A rule that is frequently heard related to weight control is, "Eat three square meals a day and don't nibble in between." Does this plan have any particular merit?

T.W., West Bloomfield

Humans are probably the only animals who eat by the clock, three times a day. We eat on schedule, frequently when we may not really be hungry.

Just how many meals a day constitutes an ideal diet is not known. Many experts believe that eating three meals a day is the best diet plan. However, recent studies suggest it is better to eat five or six small nutritious meals a day.

For example, rats trained to eat their entire food ration during a short daily period (meal-fed) tend to gain more body weight and fat than rats allowed to eat the same amount of food throughout the day (nibblers).

fitness

Barry Franklin



This work was recently extended and applied to the treatment of obesity in humans. A diet schedule was given in six feedings daily, corresponding to breakfast, midmorning, lunch, midafternoon, supper and an evening snack.

The results of the program were encouraging, since no patient complained of hunger — and some lost as much as 100 pounds!

IF THESE results can be generalized, it would seem that concentrating a large portion of the

daily food intake into one heavy meal would have adverse metabolic consequences.

Two possible explanations have been offered: 1) Eating large quantities of food at a single sitting may increase lipogenesis, or fat deposition, and 2) heavy meal-feeding may reduce daily physical activity and energy expenditure.

In summary, it appears that meal-eating may be a possible factor in the development of obesity. If future studies confirm these findings, a change in American eating patterns is warranted.

A The writer is co-director of cardiac rehabilitation and faculty member at the Wayne State University Medical School. Send your questions to him in care of this newspaper.

EAT
LESS...
MORE
OFTEN



New comp law discussion

A seminar on the state's new workers' compensation law will be held at 9 a.m. Thursday, March 12, in the Fairlane Manor in Dearborn.

Sponsoring organizations are the Michigan Retailers Association and the state departments of labor and commerce. Registration is \$45.

A number of state officials and business representatives will explain the changes in the law. Also on the agenda are ways to reduce exposure to workers' compensation, risk pooling and self-insurance.

For registration information, contact the Michigan Retailers Association, 221 N. Pine, Lansing 48933, or call (617) 372-5656.

volunteers

RECREATION AIDES — A variety of opportunities are available for volunteers interested in working at the Southfield Rehabilitation Center. Duties include transporting patients, assisting patients in carrying out projects, helping with clean-up and planning future activities. Hours vary according to specific jobs but mostly

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SPEAKERS — Volunteers with a concern for the effect of television on children are needed by the Committee for Children's Television. Speakers present a film and answer basic questions for small groups. Training is provided and hours are flexible.

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