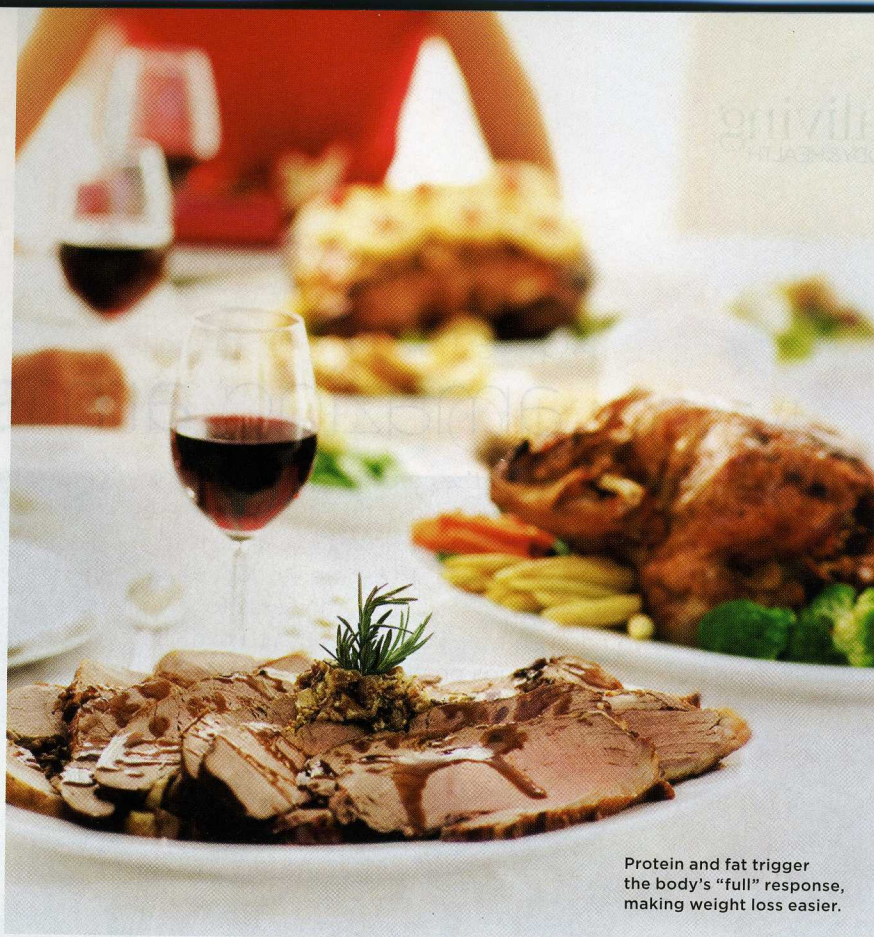




log on to lose

It may sound counterintuitive, but spending time surfing the web could actually help boost weight loss—if you're online to do your grocery shopping, that is. A study published in *The International Journal of Behavioral Nutrition and Physical Activity* found that dieters who shopped via the Internet were more likely to reduce the amount of food (particularly high-fat items) in their homes than people who went to the grocery store. Apparently those end-of-the-aisle food displays really do lure us in.



Protein and fat trigger the body's "full" response, making weight loss easier.

the evolution of eating

What constitutes a healthy diet? There are a multitude of expert opinions out there, but according to William Meller, M.D., author of *Evolution Rx* (Penguin), the answer is getting at least 50 percent of our calories from fish, eggs, meat, and nuts; 40 percent from vegetables; and **UPDATE** less than 10 percent from fruit and grains. It's a recommendation that turns the USDA's food pyramid on its head.

Meller's field, evolutionary medicine, draws on the latest clinical and archaeological research, which reveals that our bodies are identical to those of our Stone Age ancestors, whose diet mirrored Meller's prescription. Contrary to popular belief, the cavemen of 5 million to 7 million years ago could and did live long, healthy lives—if they managed to avoid accidents and infections.

"Yes, they did a lot of exercise when they had to, but when times were good

they were as lazy as we are now," Meller says. And the amount of exercise didn't change the types of foods they ate, only the number of calories required. In fact, according to Meller's theory, we are less hungry when we eat more protein and fat because they trigger a shut-off signal to the appetite through the release of certain hormones. With fruit and grains so rare during our evolution, we failed to develop a similar signal for carbohydrates, which is why we eat more of them than we need.

Evolutionary medicine traces the origins of obesity, diabetes, heart disease, high blood pressure, some cancers, and osteoporosis back to the dawn of agriculture, only 10,000 years ago. "We evolved to live in a vastly different world from this one," Meller says. "We can counter that to a great extent by feeding our bodies what they were designed to eat." That's a lot less carbs and a lot more protein and vegetables. A.B.

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