

Low fat, high-carb diet leads to moderate weight loss

THE ASSOCIATED PRESS

CHICAGO — Older women who ate less fat and more carbohydrates lost about 2 pounds over seven years, a large study showed.

While one obesity expert called the results disappointing, the lead author of the research said it refutes claims by promoters of the Atkins and Zone diets that low-fat diets are partly behind America's obesity epidemic.

"It will help people to understand that the weight gain we're seeing in this country is not caused by the lower-fat diets," said study author Barbara V. Howard of MedStar Research Institute, a nonprofit research group.

However, the skimpy weight loss after seven years

won't satisfy people looking for a cure for obesity, said Dr. Michael Dansinger, an obesity researcher at Tufts-New England Medical Center who was not involved in the study.

"This is like losing the Super Bowl but claiming a second place victory," Dansinger said. "The results are disappointing in the context of a country trying to battle obesity."

The study, appearing in Wednesday's Journal of the American Medical Association, included more than 48,000 women, ages 50 to 79. They were followed for an average of seven years and six months.

One group of women lowered the fat in their diets while increasing fruits, veg-

etables and whole grains. The other group didn't change their diets significantly.

The target fat content of the diet was 20 percent, but the women on the diet actually got about 30 percent of their calories in fat; their previous fat intake was about 39 percent.

The women on the diet increased their carb calories from 44 percent to 53 percent, while the women not on the diet stayed at about 44 percent carbs.

The low-fat group lost, on average, 4.8 pounds in the first year, then regained most of that weight. The non-diet group stayed at about the same weight over the seven years. The women were part of the Women's Health

Initiative, a research project of the National Institutes of Health that involves thousands of postmenopausal women across the country. Other WHI studies have uncovered the risks of taking hormones.

Weight loss was not the original focus of the study, Howard said. Other findings on the low-fat diet's effect on heart disease and cancer will be released this year, she said.

But researchers realized their data could answer charges made by popular diet promoters who drew a link between obesity and recommendations of low-fat eating plans by health organizations and the government.

Low-fat diets promote foods

like grains and pasta, which are mostly forbidden by low-carb diets.

"The Zone" diet author Dr. Barry Sears, after reading the new study, said he stands by his belief that the recommended low-fat, high-carb diet caused Americans to gain weight.

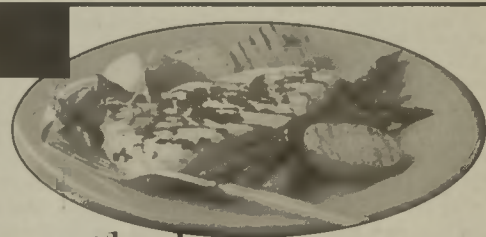
He noted that women on the low-fat diet in the study lost only a fraction of a pound per year, on average, and they added 1.6 centimeters—about a half-inch—to their waist cir-

cumferences. The other group added 1.9 centimeters.

"I was struck by what the study didn't say," Sears said.

Dansinger said his research has shown that diets like Atkins and The Zone work, but are hard to stay on.

"People who succeed at maintaining a dramatic weight loss have changed their mindset and priorities and have made exercise and healthy eating among the top priorities in their lives," he said.



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Filmmaker captures New Orleans amid chaos

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NEW ORLEANS — Greeting his trumpet, Irvin Mayfield talks about growing up on Music Street and how his father taught him to play. The jazz musician also discusses his decision to evacuate before Hurricane Katrina and his father's choice not to—and the monthlong wait his family had to endure before learning Irvin Mayfield Sr. had drowned.

"This is something we're not going to be able to heal from, as a city, for a long time," Mayfield tells New Orleans filmmaker Stephen Rue, president of the Motion Picture and Television Association of

Louisiana.

It's part of more than 135 hours of interviews Rue collected and plans to release as a 130-minute documentary. Rue wants the film to give a comprehensive view of Katrina's effects as told by the people who experienced it.

The film, which he's financing himself, should be finished by mid-March, he said.

With countless film and TV crews in and out of the city since Katrina, among them a crew working with filmmaker Spike Lee, Rue said he has something they don't—extensive footage just weeks before the storm from the now-destroyed Lower 9th Ward.

Rue was shooting footage in the neighborhoods there for a Habitat for Humanity project. That neighborhood, one of the city's poorest, was wiped out by a sudden levee breach at the Industrial Canal.

"We probably have some of the last video footage from there," he said. "I think about the many, many people we met. I wonder if they made it, wonder where they are now."

Since the storm, he has traveled to several states to interview evacuees. But much of his post-storm coverage has been in New Orleans with people such as Mayfield, founder of the New Orleans Jazz Orchestra, to document

the storm for historical purposes.

"It's a tapestry of stories by those affected," Rue said.

Whatever's left once the documentary is complete may be used in a cable TV series covering various aspects of the disaster, including racial issues and animal rescue efforts, Rue said.

Media coverage and home footage taken during the storm by private citizens will also be used in the film. And he's incorporating interviews with historians such as Douglas Brinkley, who's writing a book due out next year titled "The Great Deluge."

Rush hour relief with a snappy good taste

A pretty fast meal that's good for you too

THE ASSOCIATED PRESS

Let's not resign ourselves to scrappy meals on these madly busy days, nor lose out on taste and nutrition. Sometimes we can have it all—we just need the right recipe.

Ginger apple chicken stir-fry is a winner to try. It doesn't take long to make, the result is pleasing, with a snappy taste that will cheer jaded palates and warm a chilly evening.

The combination of ginger and apple works a kind of

magic on the chicken, and a touch of Asian influence completes the palatable whole. If you happen to have guests to entertain, well—that's their good luck to share this.

Ginger Apple Chicken Stir-Fry

(Start to finish 40 minutes)

2 teaspoons sesame oil
2 garlic cloves, minced
2 tablespoons minced ginger root

1 pound boneless skinless chicken breast, cut into strips
1/3 pound pea pods
1 small sweet red pepper, cut into strips

10 shiitake and/or white mushrooms, sliced
1/4 teaspoon pepper
1/3 cup applesauce, unsweetened

2 tablespoons apple cider vinegar

2 tablespoons soy sauce
1 tablespoon cornstarch
1/3 cup chicken broth or water
2 medium apples, cored and sliced

Heat sesame oil in nonstick skillet or wok. Add garlic and ginger, and stir for about 30 seconds. Add chicken and cook in hot oil 4 to 5 minutes, or until chicken is no longer pink. Remove chicken from

skillet. Add pea pods, red pepper and mushrooms, and cook, stirring, until tender-crisp, about 3 minutes; sprinkle with pepper.

Combine applesauce, vinegar, soy sauce, cornstarch and chicken broth or water. Add chicken to vegetables, add sauce mixture and sliced apples, and cook until sauce is thickened and clear, about 4 minutes. Serve over steamed brown rice.

Makes 4 servings.

Nutrition information per serving: 340 cal., 25 g carbo., 16 g total fat (5 g saturated), 70 mg chol., 5 g dietary fiber, 670 mg sodium, 25 g pro.

Student athlete has one hectic schedule

Continued from page 3B

and daycare for Cameron, 18-month-old Amauri and 3-month-old Mia. Taylor's 17 credit hours are necessary for the future they are building. Basketball is required to pay for the education.

Suffice it to say, the Pratts are mature beyond their years, and Taylor doesn't fit the prototypical hoop dreamer who lives for the game, savors the devil-may-care college lifestyle and fantasizes about the NBA's riches.

Having your first child at 17 will do that.

"It definitely humbles you," Pratt said. "You've got to put yourself second, behind your kids. It puts extra perspective on life."

Agrees Jami: "When you get money, you don't spend it on yourself."

Their cozy and tidy married-housing apartment is a reflection of their spartan lifestyle and focus on the family. Photos of family adorn the walls. Where the typical student-athlete might have Xbox games or GameCubes stacked near the television, the Pratts have children's movies; cartoons are playing on the television.

They don't get out much. "We used to go to movies," Taylor said.

"We haven't done that in two years," his wife added.

On a special occasion, such as their anniversary, they'll eat out. Teammate Marvin Moss and his girlfriend, Abigail, who live nearby with their daughter, will look after Cameron, Amauri and Mia.

Assistant coach James Clark and his wife sometimes

baby-sit as well; the Pratts had Christmas dinner with Clark's in-laws in Livingston.

"He doesn't hang out much with everybody on the team," Jami said of Taylor. "Really, he just stays home. He does just as much as I do."

It has been that way since Cameron was born in 2001, about a year after Taylor and Jami met at a roller-skating park in Claremore, Okla., her hometown. Taylor's father, Revon, lived near Claremore, a town of 16,000 about 15 miles northeast of Tulsa, where Taylor was attending Will Rogers High School.

"I didn't notice her," Taylor said of Jami.

Said Jami: "I noticed him because he was really tall. You can always tell somebody new in a small town."

They met that day, exchanged phone numbers and kept in touch when Taylor moved briefly to Houston before returning to Tulsa. Soon they were attending the 180 Church for teenagers on Wednesday nights, Jami's mother was bringing Taylor to their home after church on Sundays and Jami was venturing to his home on weekends.

When Jami became pregnant with Cameron, she moved into the Pratt home in Tulsa, where she lived until

they were married in August 2002. They were forced to grow up fast.

"Neither of us were partiers," Jami said, "so for me it wasn't like a huge change."

Nor did Cameron's birth have a dramatic impact on Taylor's life goals.

He mostly played baseball as a youth and was a solid basketball player who didn't earn any scholarship offers out of high school. He averaged five points and two rebounds at Northeastern Oklahoma A&M College, a two-year school about 100 miles up the Will Rogers Turnpike in Miami.

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