

[eat well]

ASK THE DIETITIAN

SPRING HAIR & SKIN REVIVAL



Are you still plagued with this past winter's beauty hazards—itchy skin and lifeless hair? If cold, wind and indoor heating have sucked the moisture and nutrients right out of your body, it's time to jumpstart your looks for spring.

* Become familiar with vitamins that are good for your skin, nails and hair. They include: Vitamin A, C, E, Zinc, Selenium, and Omega-3 fatty acids. They can be found in red/orange fruits and veggies, leafy greens, citrus, berries, walnuts, almonds, Brazilian nuts, low-fat dairy, eggs, fish, and lean meats.

* Don't assume you can just take a vitamin in place of eating these foods. There are hidden phytochemicals in foods that are not found in pills.

* Make a special effort to drink adequate amounts of fluid daily, especially water.

* Lock in nutrients by protecting skin and hair with moisturizers and conditioners as needed.

CHOCOLATE WITH A CALCIUM BONUS

Forget to take your calcium supplement? Try one that tastes so much like chocolate it will make you want to remember. Adora™ calcium supplements, available in milk chocolate and dark chocolate, contain 30 calories each and are packed with 500mg calcium, 40mcg Vitamin K and 100 IU Vitamin D. In stores or at adoracalcium.com.



Before trying any new supplement check with your doctor.

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Q&A

MY DOCTOR WANTS ME TO INCLUDE MORE FIBER IN MY DIET. WHAT IS FIBER AND WHERE CAN I FIND IT?

It's no surprise that your doctor said to increase fiber, as most people do not have enough fiber in their diets. There are two types of fiber: soluble which can pick up fats in your blood, and insoluble which travels through your colon. Soluble fiber can help lower cholesterol and triglycerides and is found in many foods including; oat bran, beans (legumes), apples and pears. Insoluble fiber, which can reduce the risk of developing several cancers and help with gastrointestinal problems, is mostly found in vegetables, fruits and grains (like wheat bran). In general it is recommended to get at least 30gm of fiber a day, but you need to work up slowly while consuming at least 6-10 (8oz) glasses of water daily to give your body a chance to get used to the change.

