

# Q&A with Maggie Davis

## Frequently Asked Questions

- 1. I buy vegetables but they start to rot and spoil before I get to eat them. What can I do?*

Each morning, look in your refrigerator to see what vegetables are there. Could you bring one with you to eat during the day if you're out or could you peel or prepare it now so that you can cook it quickly at dinner? You could also try buying frozen vegetables that can be micro waved quickly. They are nutritious, don't require pre-preparation and are there in your freezer anytime you want them. You might even consider using a frozen vegetable for a second serving of vegetables at lunch or dinner.
- 2. I hate broccoli, so what other vegetable is the healthiest?*

No one vegetable is the "healthiest." I recommend eating a variety of different colors of vegetables to get a full spectrum of vitamins, minerals and anti-oxidants. Each different color of produce provides a different combination of these nutrients.
- 3. For the past 2 months I have been exercising more and my clothes are fitting better, but I haven't lost any weight. What's going on?*

It sounds as though you are becoming more fit – losing some of the excess fat and building more muscle (which takes up less space pound for pound). You may also need to further reduce your portions since it's difficult to just depend on exercise alone to lose weight.
- 4. I prefer fruits to vegetables. Can I swap them on my plan? Don't they all contain vitamins?*

All fruits and vegetables contain vitamins and minerals (yes, even iceberg lettuce!). On average, fruits contain about 3 times as much carbohydrate and calories as vegetables, so although fruits are healthy foods, substituting them for your servings of vegetables will mean a high calorie intake. Whatever fruits and vegetables you eat, make sure to have a variety of them. Vary them each week when you shop or at least every season depending on their availability.
- 5. In college I was bulimic. I have not done this in the last 10 years but I have gained 20 pounds, and would like to lose it. Do I need to see a therapist before starting to "diet"?*

First of all, the 3D plan is not a diet. It's a plan to eat right for your whole life. If you've had issues with any eating disorder in the past, I recommend that you see a Registered Dietitian or a therapist who

specializes in eating disorders for an assessment before making any significant changes in your food intake.

6. *Can I follow the 3D Plan if I'm vegetarian?*

You can follow the plan if you're vegetarian. You will be able to select beans, lentils, soy foods, nuts or seeds for your high protein foods. You may also choose to consume cheeses, eggs or fish. Additional protein can be incorporated by selecting sprouted breads, protein supplements and extra vegetables.

7. *What do you recommend I pick for my "Choice Calories"?*

You can choose additional portions from any of the food groups, e.g. have an 8oz light yogurt from the High Calcium group. Or you could pick any food that matches the calories allotted depending on your target calorie level. If you know you will be having a special holiday meal or you will be going away on vacation, you could save part of your Choice Calories in advance and then have a splurge without going over your calories for the week.

8. *I am confined to a wheelchair after an accident and can't use my legs to exercise. Do you have any suggestions for exercise?*

We recommend upper body exercise using hand weights, stretch bands or other small exercise equipment designed for strengthening the upper body. You may also want to consult with a personal trainer who can design a specific exercise program to meet your needs.

9. *Can I follow the 3D plan if I have Type 1 Diabetes and take insulin?*

Absolutely, yes! Eating right is especially important for you. If you have Type 1 Diabetes, I assume that you have a Certified Diabetes Educator or a Registered Dietitian that you are working with. You should be counting carbs as part of your regular meal plan and insulin regime, but you can use the Recommended Daily Portion Guidelines while counting carbs. You should work with your diabetes professional to adjust your meal plan to meet your individual needs.

10. *I can't eat milk or cheese. What can I substitute for the "High Calcium Foods" in the plan?*

One easy option is to have lactose-free dairy products or soy cheese or milk, which you may be able to tolerate. Another option is to take a calcium supplement and consume additional protein and starch or fruit.