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**QUESTION OF THE WEEK**

## How do I increase my metabolism?



**Rebecca Roberts** is a physician assistant

The best way is to consume whole foods and whole grains and stay away from anything processed. All the processing strips essential minerals and vitamins from the food. What we are left with appeals to our taste buds, but leaves us starving for nutrition.

Make sure to eat enough carbohydrates and calories. People trying to lose weight tend to decrease caloric intake too much. When we don't give our bodies enough fuel, it causes the metabolism to slow in an effort to conserve what we do have. To lose one pound, one has to decrease caloric intake by 3,500. So if you decrease calories by 500 each day, you lose one pound in one

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## Question

Continued from D1

week (7 days x 500 calories=3,500).

Eat smaller, more frequent meals. Each time you eat, it turns on your metabolism. By eating smaller portions, multiple times a day, you give your body enough fuel to do your activities of daily living, without overburdening it.

Choose healthy options — fresh vegetables and fruits. And remember, you don't have to be "full" all the time, or even at each meal. It is OK to be a little hungry.

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— Rebecca Roberts, P.A., is a physician assistant with Physicians' Primary Care of Southwest Florida in the Cape Coral Family Practice office at 1255 Viscaya Parkway. Call 574-1988. [ppcswfl.com](http://ppcswfl.com)