

**Dr Sanjay Gupta:** Four years ago, Loretta Beggs would have never been on skates<sup>(1)</sup>. Back then, she weighed almost 200 pounds and had a tough time<sup>(2)</sup> getting off the couch<sup>(3)</sup>, let alone<sup>(4)</sup> getting on the ice. But now after dropping 80 pounds, she's perfecting her figure eights.

**Loretta:** I know I've been fat. I gained a bunch of<sup>(5)</sup> weight in my 20s actually.

**Gupta:** Beggs' dietician, Katherine Tallmadge says that a 39-year-old is at an age when nutrition is crucial.

That's because as we get older our bodies crave<sup>(6)</sup> certain nutrients that we didn't need when we were kids. In our 30s, eat proteins, it builds up muscle and bone mass, something we begin to lose after we hit the big Three O<sup>(7)</sup>. Keep the protein lean<sup>(8)</sup> by eating fish or chicken but not all in one sitting<sup>(9)</sup>.

**Katherine Tallmadge:** Because if you have too much in one meal, your body can't metabolize it or use it anyway.

**Gupta:** Add some high calcium and vitamin D fortified foods such as skimmed<sup>(10)</sup> or soy<sup>(11)</sup> milk to boost bone structure.

In our 40s, metabolism begins to slow down and we need to change from junk food like chips and candy<sup>(12)</sup> to low-calorie snacks like fruits, veggies<sup>(13)</sup> and yoghurt. Start thinking about heart health and eat foods such as oats<sup>(14)</sup>, small amounts of nuts, cocoa, wine or purple grape juice, even green tea. Switch from butter or margarine to healthy oils such as olive and canola<sup>(15)</sup>.

In our 50s, eat greens<sup>(16)</sup> three times a week, they're good for the eyes.

**Tallmadge:** Spinach, kale<sup>(17)</sup>, they're loaded with a nutrient called lutein and studies are confirming that lutein is important for prevention of macular degeneration, the leading cause of blindness as we age but also of cataracts and other eye diseases.

**Gupta:** Add tomato products regularly for prostate and heart health, snap up<sup>(18)</sup> more fiber such wholegrains<sup>(19)</sup> and beans<sup>(20)</sup> for healthier digestion, as the digestive tract<sup>(21)</sup> slows down. And exercising, eating well will reduce the risk for heart disease and cancer well beyond your 50s.

And for more tips on healthy eating, log on to the American Dietetic Association's website at [www.eatright.org](http://www.eatright.org).

**CNN.**

### Lexical helpline:

1. **skates:** metal blades that go on the ice
2. **a tough time:** hard life, adversity, suffering
3. **a couch:** a long seat
4. **let alone:** not to mention
5. **a bunch of:** a number of (slang)
6. **crave (v):** have a strong desire for something
7. **Three O:** 30
8. **lean (adj):** without excess fat
9. **a sitting:** any of the periods when a meal is served
10. **skimmed milk:** milk with fat removed
11. **soy milk:** a milk substitute made from soybeans

- 12. **candy:** small sweet food
- 13. **veggies:** vegetables
- 14. **oats:** avoine
- 15. **canola:** huile de colza
- 16. **greens:** vegetables with green leaves and stems
- 17. **kale:** chou frisé
- 18. **snap up (v):** quickly buy or take up
- 19. **wholegrain:** complet
- 20. **beans:** haricots, fèves
- 21. **the digestive tract:** les voies digestives