

Diet Information

Your weight plays an important role in your foot health. Excess weight can cause a variety of foot problems. Treatment of many common foot problems is hindered by excess weight. The impact of walking is normally absorbed in part by the arch of the foot; if the arch is already collapsed from body weight the shock is no longer internally absorbed. This often leads to other problems such as knee pain. Severe obesity can interfere with the normal blood flow into and out of the legs, leading to varicose veins and swelling. Excess swelling in the feet can make wearing proper shoes difficult. Closed in walking supportive shoes are an important part of most foot treatments. Many diet fads have come and gone. The bottom line is that there is no simple way to loose weight. It is comparable to quitting smoking, there are lots of aids but first you must recognize the need to do it and then take a common sense approach. There is no pill which will safely and effectively cause you to loose weight on its' own. There are successful patterns for loosing weight such as the south beach diet. Which has had significant results. In order to loose weight you must burn more calories than you eat. Many argue that they have a low metabolism which hinders their ability to loose weight. But metabolisms are altered by activity. Increased exercise increases your metabolism; if this is combined with decreased calorie intake you will loose weight. Foot pain can limit the exercises available, but should not preclude them. While walking or running will see faster results, non impact exercise is effective. Any diet must be combined with some sort of exercise to yield results. If you have access to a gym try an EFX elliptical machine. Swimming and water aerobics are good options if you have a pool available. Even upper extremity workouts such as a rowing machine will burn calories. Take an honest look at your eating habits and address common problems such as late night snacking. Obviously there are foods that are better for you but a well balanced diet is an age old staple. You don't necessarily have to change what you eat. You can eat the foods you enjoy; as long as you burn everything you eat the harmful effects of high cholesterol are nullified. The harmful effects of an unhealthy diet are counter acted by exercise. The key is smaller portions of the foods you normally eat. Instead of a Big Mac get a cheeseburger. Don't super size and avoid carbonated beverages. Water, lemonade, orange drinks or other water based flavored drinks are generally much better. If you can't avoid late night snacks try changing the snack to something that takes a long time to eat compared to the number of calories such as popcorn or meat group products such as low fat lunch meat, beef jerky, or eggs. Avoid adding salt to food and stay away from foods high in sodium such as potatoes chips, soups, and soda.

Successful diets avoid: bread, cheese, cereal, baked goods, alcohol, fatty beef, chicken wings /legs, pork, potatoes and pasta.

They often include: generous portions of skinless chicken breast, turkey, seafood, eggs, lean ground beef, or top round.

Limited: portions of fruit, vegetables and dairy products are acceptable.