

## Interview with Dr. Christopher Mohr, RD

On April 1, 2009 I was privileged to interview Chris Mohr, a nationally well known dietitian.

The Adventure Boot Camp ladies in Cincinnati sent in their most pressing questions on nutrition, and Chris answered them. Unfortunately the voice quality of the phone I was using wasn't the best. Although you can hear Chris very well, I was a bit muffled.

So, below are the questions I asked.

**About Chris:** Recognized as one of the top exercise and nutrition experts in the country, Chris has personally helped thousands of people just like you lose weight, improve their health, and their appearance.

Chris is a Nutrition Advisory Board Member for Men's Fitness Magazine, was a consultant with celebrity LL Cool J for the NY Times Bestselling Book "*LL Cool J's Platinum Workout: Sculpt Your Best Body Ever with Hollywood's Fittest Star*" and has written over 500 articles for consumer publications, such as Weight Watchers, Fitness, Men's Health and more!

### Questions:

1. I would like to know...what are the basics that Chris always keeps in his cabinets and refrigerator?
2. Can I eat carbs? They make me fat...
3. Eliminating Sugar is so hard!! Everyone seems to have a different opinion on the subject. Is there some type of guideline that foods should fall in or is it complete zero tolerance?? For example, if something has low fat it is 3g or less but has a 200 calories then that isn't a great choice but something that is 1.5 grams of fat and 100 calories is a better choice. Is there a guideline for foods with sugar?
4. I am THE person in my family who does all the shopping and cooking. My three daughters all are college athletes (soccer). Healthy eating, fitness, and variety have always been a part of my family's lifestyle. When I am under stress I crave chocolate, with our jobs and the economic situation my husband (12-14 hr days) craves beef! I do not have input into his eating throughout the day. How do I blend my nutrition plan with the late evening meal that my husband desires and needs?
5. I'm a picky eater! I love fruit but I'm not a huge fan of seafood and raw / steamed vegetables (other than green beans, corn and peppers). Any feedback as to how I can add variety to my meals or how to prepare veggies I typically don't prefer in a way that I may like?
6. Can you drink too much water in a day?

7. Do I need a sports drink during or after camp?
8. Are there other lean meats besides chicken and fish?
9. Are vegetables more important to eat than fruit, serving wise?
10. I'm enjoying boot camp, and have learned a lot from the emails every day. I need to lose about 15 more pounds (already lost 7) – how long should it take to lose 15 more pounds if I eat about 500 fewer calories than I burn, as Brian advises?