



## Transcript from April 19, 2010 to April 21, 2010

All times are Pacific Time

April 19, 2010

- 11:26 am lisavielee: RT @fitcityindy: Your Tues. night to-do list: Join #indyfitchat w/@apriladamsRD & get your nutrition plan back to basics. See you at 7pm ET.
- 3:18 pm fitcityindy: Get your #nutrition plan back to basics. Join #indyfitchat Tues @ 7pm ET @apriladamsRD, reg. dietitian & author will show how. Pls. RT!
- 3:20 pm JenStringer10: RT @fitcityindy. Get your #nutrition plan back to basics. Join #indyfitchat Tues @ 7pm ET @apriladamsRD, reg. dietitian & author shows how.
- 6:06 pm PedalingPoores: RT @fitcityindy: Get your #nutrition plan back to basics. Join #indyfitchat Tues @ 7pm ET @apriladamsRD, Reg Dietician and author sharing.
- 6:49 pm fitcityindy: Thanks for the RTs @AmyLeeMartin & @PedalingPoores. Hope you can join #indyfitchat too Tuesday @ 7pm.
- 7:03 pm swissms99: Tues. @ 7pm get back to #nutrition basics w/FitCity Indy's guest expert, April Adams RD. Look for #indyfitchat.
- 7:29 pm CMV420: RT @fitcityindy Get your #nutrition plan back to basics Join #indyfitchat Tues @ 7pmET @apriladamsRD reg. dietitian & author shows how Pls RT
- 10:50 pm plattonian: RT: Join in @fitcityindy's #indyfitchat Tues. @ 7pm ET (new time). Registered dietitian gets families back to #nutrition basics.

April 20, 2010

- 1:14 am lisavielee: RT @fitcityindy Get your nutrition plan back to basics with @apriladamsRD reg. dietitian & author. Join #indyfitchat Tues @ 7pmET. Pls RT
- 3:12 am tinanoelPR: RT @fitcityindy: Get your #nutrition plan back to basics. Join #indyfitchat Tues @ 7pm ET @apriladamsRD, reg. dietitian & author will show how. Pls. RT!
- 3:21 am FitFactorKids: Join us Tues @ 7pm ET for #indyfitchat with @fitcityindy. This week a registered dietitian gets us back on track with #nutrition basics.
- 3:23 am bctripletmom: RT @FitFactorKids: Join us Tues @ 7pm ET for #indyfitchat with @fitcityindy. This week a registered dietitian gets us back on track with #nutrition basics.
- 1:38 pm fitcityindy: Join #indyfitchat at 7pm ET w/@apriladams, reg. dietitian & author. One lucky person will win her book, Back to Basics.
- 1:42 pm INShapeIndiana: RT @fitcityindy Join #indyfitchat at 7pm ET w/@apriladams, reg. dietitian & author. One lucky person will win her book, Back to Basics.
- 6:44 pm fitcityindy: #indyfitchat tonight at 7pm ET. Learn to keep it simple w/#nutrition basics. Plus, you could win a book from @apriladamsRD.
- 6:45 pm MillionFIT: RT @fitcityindy #indyfitchat tonight at 7pm ET. Learn to keep it simple w/#nutrition basics. Plus, you could win a book from @apriladamsRD.
- 8:19 pm 4thfrog: Hope to get back home in time for #Indyfitchat with @fitcityindy . Up 2nite - back to basics nutrition. Starts at 7pm EST.

- 10:39 pm fitcityindy: #indyfitchat with @apriladamsRD will begin in 20 min. Feel free to snooze us for the next hour (but we hope you join in the chat!)
- 10:55 pm eternallizdom: RT @fitcityindy: #indyfitchat tonight at 7pm ET. Learn to keep it simple w/#nutrition basics. Plus, you could win a book from @apriladamsRD.
- 10:57 pm OnTrackFitness: RT @fitcityindy: #indyfitchat tonight at 7pm ET. Learn to keep it simple w/#nutrition basics. Plus, you could win a book from @apriladamsRD.
- 10:59 pm OnTrackFitness: @apriladamsRD Can't wait to hear your great nutrition advice on #indyfitchat
- 11:00 pm OnTrackFitness: Fabulous book! RT @INShapelIndiana: #indyfitchat at 7pm ET w/@apriladams, RD & author. One lucky person will win her book, Back to Basics.
- 11:00 pm fitcityindy: It?s time for #indyfitchat w/registered dietician & author @apriladamsRD. Today?s topic: how to get back to basics with your food plan.
- 11:00 pm fitcityindy: Before we get started, @apriladamsRD has given @fitcityindy a copy of her book, Back to Basics, to give away during tonight?s #indyfitchat
- 11:01 pm fitcityindy: We?ll pick an #indyfitchat participant at random as the winner. Stick around to the end to find out if you?ve won!
- 11:01 pm 4thfrog: Checking in for #indyfitchat
- 11:02 pm eternallizdom: I'm here to chat! (Hi, 4thfrog!!) #indyfitchat
- 11:03 pm fitcityindy: I'm in #indyfitchat. This is Jennifer!
- 11:03 pm fitcityindy: Hi @4thfrog @ontrackfitness Welcome to the #indyfitchat. Everybody, be sure to introduce yourself and add #indyfitchat to your tweets.
- 11:03 pm OnTrackFitness: Check out #indyfitchat now on how to get back to basics w/your food plan!
- 11:04 pm OnTrackFitness: Hi, I'm Emily w/OnTrack Fitness. Looking forward to #indyfitchat tonight!
- 11:04 pm 4thfrog: Amy here for #indyfitchat.
- 11:05 pm plattonian: @fitcityindy I'm here for the conversation. Are you taking Q&As? #indyfitchat
- 11:05 pm fitcityindy: Twitter is being a little slow tonight. Hold on while we get @AprilAdamsRD reconnected #indyfitchat
- 11:06 pm MillionFIT: Art here . . . RT @fitcityindy: #indyfitchat tonight at 7pm ET. Learn to keep it simple w/#nutrition basics.
- 11:06 pm fitcityindy: We can get started! Q1: @apriladamsRD, what is the difference between a diet plan and a healthy eating plan? #indyfitchat
- 11:07 pm fitcityindy: And yes, @plattonian, we are taking questions. Fire away! #indyfitchat
- 11:08 pm plattonian: @AprilAdamsRD I want to know which fast food places do you consider "healthier"? #indyfitchat
- 11:09 pm fitcityindy: RT @AprilAdamsRD: To me, diet plan implies temporary whereas healthy eating plan implies lifestyle changes for long-term. #indyfitchat
- 11:09 pm OnTrackFitness: #indyfitchat @fitcityindy @apriladamsRD A diet plan usually people think is to lose wt, hlthy eating plan is for life....? Is that close?

- 11:12 pm **lisavielee:** RT @AprilAdamsRD: Diets are more like short sprints that end abruptly; healthy eating is a marathon of gradual changes. #indyfitchat
- 11:13 pm **fitcityindy:** RT @AprilAdamsRD: U can make healthy choices at any FF restaurant. I like ones that offer fruits, veggies, yogurt, etc. #indyfitchat
- 11:13 pm **OnTrackFitness:** RT @AprilAdamsRD: Diets are more like short sprints that end abruptly; healthy eating is a marathon of gradual changes. #indyfitchat
- 11:14 pm **fitcityindy:** @AprilAdamsRD posts aren't coming up in #indyfitchat right now. I'll RT so you all can see. Keep ?'s coming. We'll figure out the tech side.
- 11:14 pm **4thfrog:** @AprilAdamsRD Is there ever a place for "diets" vs. "healthy eating plan?" #indyfitchat
- 11:14 pm **JenStringer10:** RT @lisavielee RT @AprilAdamsRD Diets more like short sprints that end abruptly;healthy eating=a marathon of gradual changes. #indyfitchat
- 11:15 pm **eternallizdom:** I find Subway, McD's, Wendy's, ChickFilA have best salads and fresh foods. #indyfitchat
- 11:15 pm **OnTrackFitness:** RT @fitcityindy: RT @AprilAdamsRD: U can make hlthy choices at FF restrnt. I like ones that offer fruits, veggies, yogurt, etc. #indyfitchat
- 11:16 pm **plattonian:** @AprilAdamsRD I've heard those salads at McDonald's are not that healthy, they have more or less same calories as a Big Mac #indyfitchat
- 11:17 pm **OnTrackFitness:** @AprilAdamsRD How do you get fruits & veggies in if you don't like them or are very picky? #indyfitchat
- 11:18 pm **eternallizdom:** Go look at nutritional info online before you go in a restaurant. Get salad with grilled chicken. Southwest Chick Salad is good! #indyfitchat
- 11:19 pm **fitcityindy:** RT @eternallizdom: Go look at nutritional info online before you go in a restaurant. Get salad with grilled chicken. Southwest Chick Salad is good! #indyfitchat
- 11:19 pm **OnTrackFitness:** RT @AprilAdamsRD: A hlthy plan can help with wt. loss if necessary. One is shortterm (diet), other is long term (hlthy eating)#indyfitchat
- 11:19 pm **fitcityindy:** RT @AprilAdamsRD As long as you don't use all dressing & limit cheese, bacon, etc., they are a fine option #indyfitchat
- 11:19 pm **JenStringer10:** @ plattonian @AprilAdams Does it depend on if you get grilled or crispy chicken & kind of dressing you use on the McD salad? #indyfitchat
- 11:21 pm **4thfrog:** @eternallizdom My fave site for restaurant info is <http://bit.ly/2xvP5d> #indyfitchat
- 11:21 pm **fitcityindy:** RT @4thfrog: @eternallizdom My fave site for restaurant info is <http://bit.ly/2xvP5d> #indyfitchat
- 11:22 pm **plattonian:** @JenStringer10 "Crispy" is just a fancy word for "fried." Basically crispy chicken is fried chicken, meaning not healthy. #indyfitchat
- 11:22 pm **OnTrackFitness:** RT @rinadustin: @OnTrackFitness one thing I do is put them in something I like, such as blueberries or cherries with yogurt #indyfitchat
- 11:22 pm **fitcityindy:** RT @AprilAdamsRD: @JenStringer10 Grilled chicken & light dressings have fewer calories. I use regular dressing in small doses. #indyfitchat
- 11:24 pm **fitcityindy:** RT @AprilAdamsRD: If we try to eat adequate amts from basic food groups, have less room for foods that contribute to wt.gain. #indyfitchat
- 11:25 pm **fitcityindy:** RT @AprilAdamsRD: A healthy diet has variety, balance, and moderation and all foods can be included. #indyfitchat
- 11:26 pm **plattonian:** @AprilAdamsRD Someone told me that beer is just as good for the heart as red wine. Is this true? #indyfitchat

- 11:26 pm fitcityindy: RT @AprilAdamsRD: Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more info. on food groups, serving sizes, and individualized recs. #indyfitchat
- 11:26 pm OnTrackFitness: RT @fitcityindy: RT @AprilAdamsRD: A healthy diet has variety, balance, and moderation and all foods can be included. #indyfitchat
- 11:26 pm JenStringer10: I know I should know this by now, but what % of your plate should be fruits & veggies for a meal? #indyfitchat
- 11:27 pm lisavielee: Wine IS a food group in my house some nights! :- ) #indyfitchat
- 11:27 pm eternallizdom: I started clean eating 8 weeks ago. No room for junk with all the good stuff I need to eat each day! #indyfitchat
- 11:27 pm indypassionlady: @fitcityindy I think I eat because of depressed I am. Any tips on other things I could do? #indyfitchat
- 11:29 pm fitcityindy: Thanks for your really good questions. @AprilAdamsRD will try to get to them all, but be patient. #indyfitchat
- 11:29 pm 4thfrog: @indypassionlady You're not going to want to hear this b/c I didn't either, but exercise. It raises endorphins. #indyfitchat
- 11:29 pm eternallizdom: What are the main points to remember when getting back to basics? #indyfitchat
- 11:30 pm plattonian: @JenStringer10 I read somewhere that 50% of your plate should be vegetables. #indyfitchat
- 11:30 pm fitcityindy: RT @AprilAdamsRD: @plattonian The antioxidants in the red wine are better than beer. Haven't read research on comparison #indyfitchat
- 11:30 pm 4thfrog: @indypassionlady Exercise does make you feel better, even tho it's the last thing you want to do. #indyfitchat
- 11:31 pm OnTrackFitness: @indypassionlady I agree w/ @4thfrog Exercise really does help with anxiety/depression #indyfitchat
- 11:32 pm eternallizdom: red wine has less calories, more antioxidants than beer. Either way- alcohol slows your metabolism. #indyfitchat
- 11:32 pm fitcityindy: RT @AprilAdamsRD: @JenStringer10 I shoot for 2-3 servings or 1 1/2-2 cups fruits and veggies at dinner. #indyfitchat
- 11:32 pm plattonian: @indypassionlady I would say start a new hobby like golfing, playing the piano...it would help your depression #indyfitchat
- 11:32 pm eternallizdom: Ditto @4thfrog. Exercise is a definite aid to overcoming depression. #indyfitchat
- 11:33 pm fitcityindy: RT @AprilAdamsRD: @indypassionlady Keep a food diary & write down why you eat & when. Helps you be aware of emotional eating. #indyfitchat
- 11:34 pm OnTrackFitness: RT @fitcityindy: RT @AprilAdamsRD: I shoot for 2-3 servings or 1 1/2-2 cups fruits and veggies at dinner. #indyfitchat
- 11:35 pm JenStringer10: I am darn close to eating enough fruits & vegs, but not kids. I have a niece who just LOVES meat. Any tips for helping kids #indyfitchat?
- 11:35 pm plattonian: Good Question --> RT @rinadustin @fitcityindy what foods can I eat to prevent me from craving sugar or high carb foods #indyfitchat
- 11:36 pm eternallizdom: Try taking a pic of everything you eat- it's very eye opening and a fun way of journaling your food! #indyfitchat @indypassionlady
- 11:36 pm fitcityindy: RT @AprilAdamsRD: @eternallizdom I have so many tips I could include here! Focus on eating enough of what you need. #indyfitchat

- 11:37 pm OnTrackFitness: @AprilAdamsRD I heard eating fruit after a meal is 'bad'! Have you heard of that, & is it true?? #indyfitchat
- 11:37 pm 4thfrog: @jenstringer My kids love smoothies. Can pack lots of fruit in there. #indyfitchat.
- 11:38 pm fitcityindy: Great idea! RT @eternallizdom: Try taking a pic of everything you eat- it's very eye opening way of journaling #indyfitchat
- 11:38 pm kidshealthtips: Join #indyfitchat 2night @ 7pm. Registered dietitian gets #families back to #nutrition basics & you could win a #free book. Pls RT!
- 11:38 pm fitcityindy: RT @AprilAdamsRD: When choosing foods, try to pay more attention to what your body needs rather than just what sounds good. #indyfitchat
- 11:39 pm fitcityindy: Hi @kidshealthtips. We've already started #indyfitchat and have a LOT of good questions. Join in.
- 11:39 pm OnTrackFitness: RT @AprilAdamsRD: When choosing foods, pay more attention to what your body needs rather than just what sounds good at the time #indyfitchat
- 11:40 pm fitcityindy: RT @AprilAdamsRD: @plattonian Include treats (sugar) in moderation on a regular basis so you don't fight cravings so much. #indyfitchat
- 11:40 pm eternallizdom: @AprilAdamsRD #indyfitchat need vs sounds good... I call that fueling vs feeding. It's been the biggest change in my thinking!
- 11:41 pm fitcityindy: This is a great eating plan! RT @AprilAdamsRD: @plattonian I end my lunch and dinner with a small sweet (3 pieces chocolate) #indyfitchat
- 11:41 pm fitcityindy: RT @AprilAdamsRD: @JenStringer10 Have kids help pick out and prepare fruits and veggies. #indyfitchat
- 11:42 pm fitcityindy: RT @AprilAdamsRD: @JenStringer10 Keep offering a variety of fruits/veggies. Takes repeated exposure before they try even once. #indyfitchat
- 11:43 pm eternallizdom: Growing tomatoes and berries is easy and gets kids eager about eating good stuff! #indyfitchat
- 11:43 pm OnTrackFitness: I like to look at nutritional info on junk food. When I see how many calories, etc, it just doesn't seem worth it. #indyfitchat
- 11:43 pm fitcityindy: RT @AprilAdamsRD: @OnTrackFitness Haven't heard that. Get that fruit in whenever you can to meet your daily need.. #indyfitchat
- 11:43 pm davidinindy: RT @eternallizdom: Growing tomatoes and berries is easy and gets kids eager about eating good stuff! #indyfitchat
- 11:43 pm plattonian: @JenStringer10 Explain kids the rationale behind eating veggies. Kids are not stupid, they just need to be informed #indyfitchat
- 11:44 pm JenStringer10: RT @fitcityindy A great eating plan! RT @AprilAdamsRD: @plattonian I end my lunch & dinner w/ small sweet (3 pieces chocolate) #indyfitchat
- 11:44 pm eternallizdom: @JenStringer10 I give my family veggies I know they eat- peas. Then I make my own interesting veggies. It piques interest! #indyfitchat
- 11:45 pm fitcityindy: Another good tip. RT @AprilAdamsRD: Try planning your meals for the week and then make your grocery list based on that plan. #indyfitchat
- 11:45 pm fitcityindy: RT @AprilAdamsRD: You're much more likely to make irrational food decisions if you wait until you're hungry to decide. #indyfitchat
- 11:46 pm eternallizdom: @OnTrackFitness #indyfitchat I agree! If I cant pronounce it, I dont want it!
- 11:46 pm OnTrackFitness: I like to freeze grapes & have them as little treats. They taste great & kids like it, my nieces/nephews eat them up. #indyfitchat

- 11:46 pm fitcityindy: In the last 15 minutes, let's talk about how to make breakfast, lunch, dinner a balanced meal. #indyfitchat
- 11:47 pm JenStringer10: RT @OnTrackFitness Freeze grapes & have them as little treats. They taste great & kids like it, my nieces/nephews eat them up. #indyfitchat
- 11:47 pm fitcityindy: RT @AprilAdamsRD: For balanced dinner, have whole grain (bread, pasta, rice), lean protein, fruits/veggie, & low-fat milk/yogurt #indyfitchat
- 11:48 pm fitcityindy: RT @AprilAdamsRD: Breakfast, have a whole grain (cereal, toast, bagel, Eng. muffin), low-fat milk, & fruit (berries, banana). #indyfitchat
- 11:48 pm fitcityindy: What do you all think about those meals? What do you have for breakfast or dinner/lunch? #indyfitchat
- 11:50 pm eternallizdom: Bkfst: cottage cheese, fruit. Or Eng Muf from Subway (egg white, cheese, veggies). #indyfitchat
- 11:50 pm JenStringer10: If I get to start the day with oatmeal with fruit, it's going to be a good day #indyfitchat.
- 11:51 pm lisavielee: Me too. Esp. blueberries! RT @JenStringer10: If I get to start the day with oatmeal with fruit, it's going to be a good day #indyfitchat.
- 11:51 pm OnTrackFitness: I like raisin bran w/skim milk for brkfast. It's really filling, I get a dairy in & the cereal has alot of fiber. #indyfitchat
- 11:51 pm eternallizdom: Lunch- lean cuisine or salad or leftovers. Dinner- lean meat, half plate of veggies and fruit. Snacks- nuts, fruit, raw vegs #indyfitchat
- 11:51 pm fitcityindy: RT @AprilAdamsRD: Another great way to sneak veggies in a meal is to puree any veggies and add to sauces, soups, etc. #indyfitchat
- 11:51 pm 4thfrog: Bfast - Yogurt & nuts or E.M. w/egg #indyfitchat
- 11:52 pm eternallizdom: @OnTrackFitness I have discovered Fiber One and have that for bkfst sometimes- add a banana for fruit, too. Yum! #indyfitchat
- 11:53 pm eternallizdom: My doc says eat bkfst like a queen, lunch like a princess, dinner like a pauper. Bigger meals before bigger calorie burns. #indyfitchat
- 11:53 pm fitcityindy: You all are making me hungry! #indyfitchat
- 11:53 pm OnTrackFitness: Sounds good! RT @eternallizdom: I discovered Fiber One and have that for bkfst sometimes-add a banana for fruit, too #indyfitchat
- 11:55 pm 4thfrog: RT @eternallizdom: My doc says eat bkfst like a queen, lunch like a princess, dinner like a pauper. #indyfitchat
- 11:55 pm fitcityindy: RT @AprilAdamsRD: When you mess up & overeat or don't make healthy choices, just try harder at your next meal; don't give up! #indyfitchat
- 11:56 pm 4thfrog: RT @fitcityindy: You all are making me hungry! #indyfitchat (Yeah, when r we gonna do 1 of these live at a restaurant?)
- 11:56 pm JenStringer10: Do servants bring bfast? RT @eternallizdom My doc says eat bkfst like a queen, lunch like a princess, dinner like a pauper. #indyfitchat
- 11:56 pm fitcityindy: RT @AprilAdamsRD: Fiber is a great part of a healthy diet; has many benefits. #indyfitchat
- 11:56 pm OnTrackFitness: We love smoothies at our house; we eat them as dessert! RT @4thfrog: My kids love smoothies. Can pack lots of fruit in there. #indyfitchat.
- 11:57 pm fitcityindy: RT @AprilAdamsRD Adults need 20-35 grams of fiber/day and kids need 5gm+age in yrs. #indyfitchat (April has a fiber newsletter!)

- 11:57 pm eternallizdom: @JenStringer10 I WISH! Would make life easier! #indyfitchat
- 11:58 pm fitcityindy: It's been an hour - sorry for those experiencing technical difficulties like @fitcityindy. Now we have a book to give away! #indyfitchat
- 11:58 pm fitcityindy: We've selected one of you #indyfitchat folks at random ?and? @eternallizdom is the lucky recipient of April's book, Back to Basics!
- 11:59 pm OnTrackFitness: RT @fitcityindy: RT @AprilAdamsRD Adults need 20-35 gm of fiber/day, kids need 5gm+age in yrs. #indyfitchat (April has a fiber newsletter!)

April 21, 2010

- OnTrackFitness: @AprilAdamsRD Thanks for the great #indyfitchat!
- 12:01 am fitcityindy: RT @AprilAdamsRD: Visit [www.AntiFadDiet.com](http://www.AntiFadDiet.com) for more info. on my book, Back to Basics, & practical ways to eat healthy/lose wt. #indyfitchat
- 12:01 am FoodFitnessLife: RT @OnTrackFitness: I like raisin bran w/skim milk for brkfst. It's really filling, I get a dairy in & the cereal has alot of fiber. #indyfitchat
- 12:01 am JenStringer10: Thanks @fitcityindy and @AprilAdamsRD for a great #indyfitchat tonight.
- 12:02 am FoodFitnessLife: RT @4thfrog: RT @eternallizdom: My doc says eat bkfst like a queen, lunch like a princess, dinner like a pauper. #indyfitchat
- 12:03 am OnTrackFitness: Yes - wow, it flew by! Great job!! RT @JenStringer10: Thanks @fitcityindy and @AprilAdamsRD for a great #indyfitchat tonight.
- 12:03 am plattonian: RT @OnTrackFitness: Yes - wow, it flew by! Great job!! RT @JenStringer10: Thanks @fitcityindy and @AprilAdamsRD for a great #indyfitchat tonight.
- 12:05 am eternallizdom: @fitcityindy Yay!!! Thank you!! #indyfitchat
- 12:05 am fitcityindy: We'll post a transcript tomorrow of the #indyfitchat. And mark your calendars for 5/11 at 7 ET for our next chat with @OnTrackFitness!
- 12:06 am fitcityindy: Thanks everyone for your GREAT #indyfitchat questions - and suggestions - tonight. Have a great (fit) evening.
- 12:07 am OnTrackFitness: Can't wait! RT @fitcityindy We'll post trnscript of #indyfitchat. Mark your calendars for 5/11 at 7 ET for our next chat w @OnTrackFitness!