

Less Junky Junk Food

Funnel Cake (760 calories) It may sound perfect while you are at the carnival, but keep this in mind: it will take a few hours of cardio to burn it off. Bring a thinkThin nutrition bar instead if you are craving something sugary and sweet.

Potato Salad (1 cup = 358 calories) Barbeque rule number one: Avoid all things drenched in mayo. Mayo equals fat and not the good kind. Stick to healthier options, like a mixed green salad or whole wheat pasta dressed in olive oil.

Ice Cream (270 calories) Sherbert and icy-fruit bars will cool you down and satisfy your sweet tooth with half the calories.



Fried Chicken (1 chicken breast = 440 calories) This is the ultimate way to ruin a great piece of protein. Instead, have your chicken grilled and skip the creamy dipping sauces and breading.

Frozen Margarita (583 calories) Between the salt on the rim and sugar in the mix, you're better off with a

wine spritzer or lite beer – both under 100 calories – won't ruin your bikini bod.

Frappuccino Grande (380 calories) They might be tasty but they're loaded with cals! Go for an iced coffee with skim milk and Splenda instead. If you want something sweeter, ask your barista for a sugar-free shot. ♦

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**Ask Dr. Clark**

Email your health questions or concerns to Orlando Plastic Surgeon Dr. Clifford Clark: info@orlandoai.com

Dr. Clark—

Q: What is the difference between the Lifestyle lift, Quick lift, Weekend facelift, Feather lift and all the rest?

Everyone wants the results of a facelift— a cleaner neckline, loss of jowls and fullness back on the cheeks. But many patients desire a more limited recovery, quicker return to function and less anesthesia. All of the listed techniques are attempts to get a facelift result with less downtime. This concept isn't new, plastic surgeons have been doing "mini" facelifts for a long time. Less surgery means less

recovery. But the important point is that an honest evaluation needs to be performed to see what a patient needs—for example, early aging requires less work and therefore a limited procedure would be great. Newer techniques can utilize less invasive means to elevate the sunken tissues and are quite effective. However, these techniques will not solve more extensive aging, which are best treated by more appropriate and involved techniques. The danger here is that there are some who are trying to sell a lesser procedure for inappropriate problems—remember if it sounds too good to be true it probably is. ♦