



ASK MOLLY

You've got questions?
Our nutritionist, **Molly Kimball, LDN, RD,**
has the answers.

Restaurant of the Month

Brigtsen's Restaurant

723 Dante Street - (504) 861-7610



Situated in a cozy, little 1900's shotgun-style house turned restaurant, Brigtsen's is family owned and operated. Frank Brigtsen, his wife Marna, and her two sisters are the heart and soul of the restaurant. Marna describes the Brigtsen's experience as fine dining but still somewhat casual. "We're about providing great service and great food without being stuffy," she says.

There are decadent entrées like sautéed veal with creamed spinach and oysters (my husband's favorite), but Brigtsen's also offers plenty of heart-smart, nutrition-friendly selections.

You can start with a salad, dressing on the side, of course. For something a little different, however, try the rabbit tenderloin appetizer. It's typically served over an andouille grits cake, but you can ask for yours with just wilted spinach.

Brigtsen's offers several different fish entrées, including blackened yellowfin tuna, as well as beef tournedos and pork tenderloin. The key is simply to request rich sauces on the side, and then drizzle on just a bit. Most entrées are served with mashed potatoes or rice and steamed vegetables. Those watching their calories can request double veggies, and Frank will happily oblige.

If you still desire a little sweet after your meal, the homemade sorbets are lower-calorie alternatives to Brigtsen's scrumptious homemade ice cream.

Brigtsen's is one of New Orleans' hidden jewels that doesn't need to advertise. You won't see their logo on a billboard or their ads on TV. It's a good idea to call ahead for reservations.

Is Alli your Ally?

By Molly Kimball



Alli is one of the most hyped over-the-counter weight-loss drugs. It's said to help with weight loss by blocking the absorption of approximately 25 percent of the fat you eat. The catch? This fat's got to go somewhere, so it passes through the body, undigested. This can lead to... shall we say... some embarrassing side effects.

So is it worth it? Not so much. Studies show that the impact on long-term weight loss is minimal. And consumers are still instructed to exercise on

a regular basis while watching their diets. So if you're going to cut calories and work out anyway, why risk pooping in your pants?

Q:

Dear Molly,

I have recently started walking at Audubon park every morning. I do two laps and that's enough for me. I want to get toned but the walking doesn't seem to be helping me at all. Do you have any suggestions on what I could do to develop some muscle?

Christine Sorres

Hi Christine!

I'm so glad that you're interested in getting stronger. The more muscle you have, the more calories your body will burn, even when you're at rest. Plus, the increase in muscle will help to give you a sleek, toned appearance.

Since you're already in the park daily, it makes sense to develop a strength training routine that you can incorporate after your walks.

Since my specialty is more nutrition than exercise, I turned to Chris Mercadel, a personal trainer at Elmwood Fitness Center (and my own trainer, as well), for advice on a well-rounded, outdoor-based strength routine.

To get a full-body weight training routine, he recommends that you start by using your own body weight. Work your chest with push-ups on the ground, against a wall, or on a set of exercise bars at the park. Simple squats and lunges will work your legs, and several sets of crunches on a towel will target your abs.

For less than \$15, you can buy some rubber exercise bands. Step on the middle of the band to hold it on the ground, and press the band overhead to work your shoulders. With your elbows by your side, curl it upward for a bicep workout. A great back-sculpting exercise is the row, which you can perform by wrapping the band around a pole, and pulling it back toward you.

The exercise stations around the park are great places to get your workout in. But if you're not comfortable doing your strength training in plain view of everyone at the park, you can just as easily do these exercises in the comforts of your own home—with the added bonus of A/C!

The bottom line is that it doesn't take a lot of time or money to get a complete, full-body strength workout to complement your cardiovascular exercise.

Please write or email your questions or comments to molly@livingneworleans.com, we'd love to hear from you.