

# Ask the Experts

Katy families' questions answered by local experts



## Sejal Desai, MD

Physicians Weight Loss Centers of Katy  
5550 S. Peek Rd.  
281-769-9024  
pwlckaty.com  
See ad on page 143

### Snacking On-the-Go

**Q: My kids are extremely active. What healthy snacks can I give them to sustain their energy?**

Keep healthy beverages, such as water and soy milk, and snack foods on-hand at home and encourage your children to pack them in their bags before leaving the house. Most of the time, snacks should consist of the same types of foods you would eat at breakfast, lunch, and dinner. This includes low-fat dairy, lean protein, whole grains, fruits, and vegetables. A few healthy, quick options to try are low-fat yogurt with fresh fruit, almond butter and apple slices, or trail mix with whole grain cereal, dried cranberries, and sunflower seeds.



## Kavita Patel, MD

Physicians Weight Loss Centers of Katy  
5550 S. Peek Rd.  
281-769-9024  
pwlckaty.com  
See ad on page 143

### Gluten-Free Diet

**Q: If I go on a gluten-free diet, will my type 1 diabetes improve?**

In type 1 diabetic patients, the benefit of a gluten-free diet is clear. Gluten in these patients affects carbohydrate absorption and leads to fluctuations in blood sugar. Therefore, the current recommendation is to eat naturally gluten-free whole foods such as vegetables, fruits, lean meats, legumes, and quinoa, which are better sources of carbohydrates and contain more fiber and protein. The screening and diagnosis of celiac disease in type 1 diabetic patients is paramount, as is education on how to live successfully with both.



## Craig Nemow, DC

Chiro Dynamics  
20501 Katy Fwy., #112  
281-578-0606  
chirodynamics.net  
See ad on page 183

### Food Intolerance

**Q: What is the difference between a food allergy and intolerance?**

Generally, people are aware of severe allergic reactions to certain foods and are already avoiding them. For extreme food allergies, it is recommended that patients see an allergist to be tested. Most people have several food intolerances, which are different from allergies, that contribute to a host of medical problems like chronic pain and stubborn weight issues. To identify these sensitivities, Chiro Dynamics will perform a simple blood test that can tell us what foods a patient is intolerant to, to what degree, and what dietary changes should be made.



## Andrea Atkin

Katy Family YMCA  
22807 Westheimer Pkwy.  
281-392-5055  
ymcahouston.org  
See ad on page 178

### Healthy Weight Loss

**Q: I would like to lose weight, but do not want to go to extreme measures. What are some healthy goals I can set for myself?**

For healthy weight loss, I recommend keeping a food diary and utilizing the free app, My Fitness Pal. Keeping track of calories is an easy way to begin a weight loss journey. And don't forget to include three to four hours a week of exercise. It doesn't need to be intense; just brisk walking to start would be beneficial and achievable.

If you have a question for our medical experts, email [editor@katymagazine.com](mailto:editor@katymagazine.com).

Special thanks to our panel of *Katy Magazine* experts Andrea Atkin, Dr. Sejal Desai, Dr. Craig Nemow, and Dr. Kavita Patel.

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