# Leyla Weighs In: Balancing Budget and Nutrition

written by Leyla Muedin MS, RD, CDN | October 30, 2026



Meeting Senior Protein Needs on a Budget and the Role of Butyrate: Nutritionist Leyla Muedin addresses a listener struggling to reach the suggested 20–30 grams of protein per meal on a fixed income, explaining updated guidance of roughly 1–1.2 g/kg/day and offering a simple estimate that 1 ounce of animal protein provides about 6–7 grams. She advises not to force-feed, to be guided by hunger over the week, and to prioritize complete animal proteins over filling up on bread, rice, and beans, especially for seniors concerned about blood sugar. To reduce costs, she recommends shopping at discount stores (e.g., Dollar General, Aldi/Lidl) for eggs, canned fish, bacon, and fatty ground beef, noting non-organic options are preferable to high-starch processed foods. She then discusses short-chain fatty acids (acetate, propionate, butyrate), emphasizing butyrate’s importance for colon energy, barrier integrity, and inflammation, noting it can come from gut fermentation, butter/ghee, and ketosis via beta-hydroxybutyrate.

# Leyla Weighs In: Carbs, Protein, and Metabolism—What the Research Really Says

written by Leyla Muedin MS, RD, CDN | October 30, 2026



Want to maximize your workout benefits? “Leyla Weighs In” on the impact of cortisol, insulin, and more on muscle growth when it comes to carbs v. protein post-exercise. Check it out!

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# Leyla Weighs In: Nutrition and Sleep

written by Leyla Muedin MS, RD, CDN | October 30, 2026

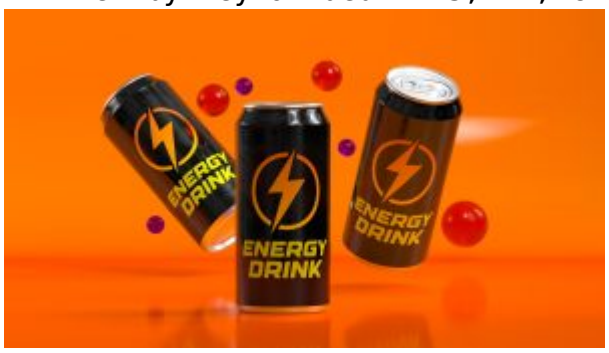



“Leyla Weighs In” on post-exercise nutrition and debunks the myth of carbs after a workout. Plus, she shares insights on how insomnia could be affecting more than just your sleep and offers practical tips to tackle it. Listen now!

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# Leyla Weighs In: Eating Tips for Exercisers and Energy Drink Warnings

written by Leyla Muedin MS, RD, CDN | October 30, 2026




Are you undoing your morning workout with the wrong post-exercise meal? “Leyla Weighs In” revealing the best post-exercise foods that keep you in fat-burning mode. Plus, discover the true impact of energy drinks on your health.

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# Leyla Weighs In: Time-Restricted Eating vs. Usual Eating—What Science Says

written by Leyla Muedin MS, RD, CDN | October 30, 2026

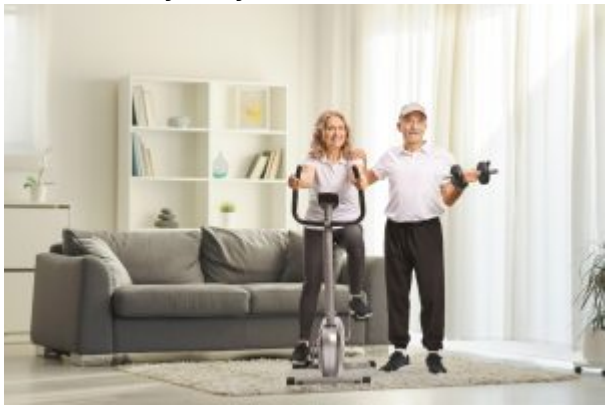


Did you know that meal timing, not just calorie counting, can influence weight loss and health? “Leyla Weighs In” on time-restricted eating. She details a groundbreaking study from Johns Hopkins. Discover how simple changes in meal timing can impact weight and health. Listen now!

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# Leyla Weighs In: The Balance of Cardio and Strength—A Path to Healthy Aging

written by Leyla Muedin MS, RD, CDN | October 30, 2026



“Leyla Weighs In” on how concurrent training can transform your aging process. Don’t miss out on these tips for maintaining your independence. Plus, learn why checking your B12 levels could be crucial for preventing neuropathy. Check it out!

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# Leyla Weighs In: Oolong Tea, Supplement Absorption, and How Gut Signals Shape Memory

written by Leyla Muedin MS, RD, CDN | October 30, 2026



Is your morning tea affecting your health? “Leyla Weighs In” on the pros and cons of drinking tea with supplements. She also has fascinating insights on how nutrient-rich foods impact memory formation. Check it out!

# Leyla Weighs In: How Rest and Relaxation Revolutionize Health

written by Leyla Muedin MS, RD, CDN | October 30, 2026




“Leyla Weighs In” with the secret to healthy aging through exercise, recovery, and intentional relaxation. Learn how recovery and relaxation can improve your well-being. Check it out

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# Leyla Weighs In: From Prescription to Plate—Embracing Food as Clinical Care

written by Leyla Muedin MS, RD, CDN | October 30, 2026



Did you know that a healthy diet can reduce hospitalizations by 31%? “Leyla Weighs In” on food as medicine and how it’s saving billions in healthcare costs. Learn more about the power of diet in managing chronic conditions. Check it out!

# Leyla Weighs In: Morning Coffee and Supplements—What Not to Mix

written by Leyla Muedin MS, RD, CDN | October 30, 2026



Did you know your morning coffee might be blocking vitamin and mineral absorption? “Leyla Weighs In” with tips on optimizing your nutrition intake without giving up your caffeine fix. Learn to tweak your breakfast routine for better health. Check it out!