

Did you know?

There's no one-size-fits-all strategy when it comes to calorie consumption, and that can contribute to some confusion as adults try to achieve and maintain a healthy weight.

The quality of the calories con-

sumed goes a long way toward determining how nutritious a diet is. The Cleveland Clinic notes that the DHHS guidelines have historically recommended adults 21 and over consume between 1,600 and 3,000 calories per day. However,

staying within those parameters does not necessarily mean a person's diet is healthy.

Though individuals should keep total calorie consumption in mind when planning their diets, it's equally important to recognize

what else the DHHS has to say about diet, particularly foods to avoid. The DHHS recommends limiting consumption of foods and beverages that are high in added sugars, saturated fat and sodium.

HD-604638

Open Houses Sunday, December 3, 2023

Open HOUSES



22 Carriage Rd, Charleston
\$428,000
 2:00-4:00 PM

Roomy two-story colonial-style home located at 22 Carriage Road in Charleston. This home offers 4 bedrooms, 3 full baths and 2 half baths. There is a family room on the first floor and a recreation room in the basement and both have fireplaces. There is a large deck off of the primary suite on the second floor and a large rear patio for outdoor entertaining. This home also includes a two-car attached garage.

Hosting: Brian Williams
 (304) 741-7006

Listing: Scott Jones
 (304) 415-4275



CENTRAL
 Josh McGarth - Broker



169 Mountain Meadows Rd, Chapmanville
\$325,900
 1:00-2:30 PM

Custom-built, spacious, one-story home with cathedral ceilings, 3 bedrooms, and a versatile office that could easily transform into a 4th bedroom; beautiful modern kitchen, two tiled bathrooms, a blend of hardwood, ceramic tile, and carpet flooring, gas fireplace, 2-car garage, private tiled back porch to soak in scenic hillside views, Generac Generator, situated just 7 minutes away from Chapmanville and conveniently located three miles off Rt. 119.

Darlene Dingess-Adkins
 (304) 688-8506



Mark Mansour, Broker
oldcolony.com



92 Airport Rd, Chapmanville
\$249,900
 3:00 - 4:30 pm

Charming ranch style home with modern amenities and serene surroundings nestled in an ideal location just 0.47 miles off 119. 3 bedrooms and versatile office/4th bedroom, updated kitchen, full unfinished basement with lots of storage space or you can customize according to your needs. Flat double lot perfect for outdoor activities, gardening, or simply relaxing. Wrap around porch, fireplace, and built in bookshelves.

Darlene Dingess-Adkins
 (304) 688-8506



Mark Mansour, Broker
oldcolony.com



3229 Kanawha Terrace, Saint Albans
\$185,000
 2:00-4:00 PM

Uncover suburban bliss in this updated raised ranch in Saint Albans. Parking in both the front and back, convenience meets charm. Inside, large rooms bathed in natural light create a cozy atmosphere. The charming kitchen is a perfect blend of modern functionality and character. Completely move-in-ready. This home additionally offers a finished lower level with a potential bedroom and a wood-burning stove.

Janet Amores
 (304) 444-8653



Mark Mansour, Broker
oldcolony.com



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