



> Awareness is the key to making changes. Write down everything you eat.

fighting the FOOD FADS

With so many food fads on the market it's easy to become confused and overwhelmed. If you've been lured in by their promises of weight loss and optimal health, here is what you need to know to ensure your efforts are helping, rather than hindering your health.

Diet fads in fashion:

CSIRO DIET

is a scientific based diet. It is still a low carbohydrate diet even though it chooses to call itself a low calorie diet. It has a great selection of recipes but still favours a high animal protein. It is easier to stay on this diet than some others because it allows you to dine out.

SOUTH BEACH DIET

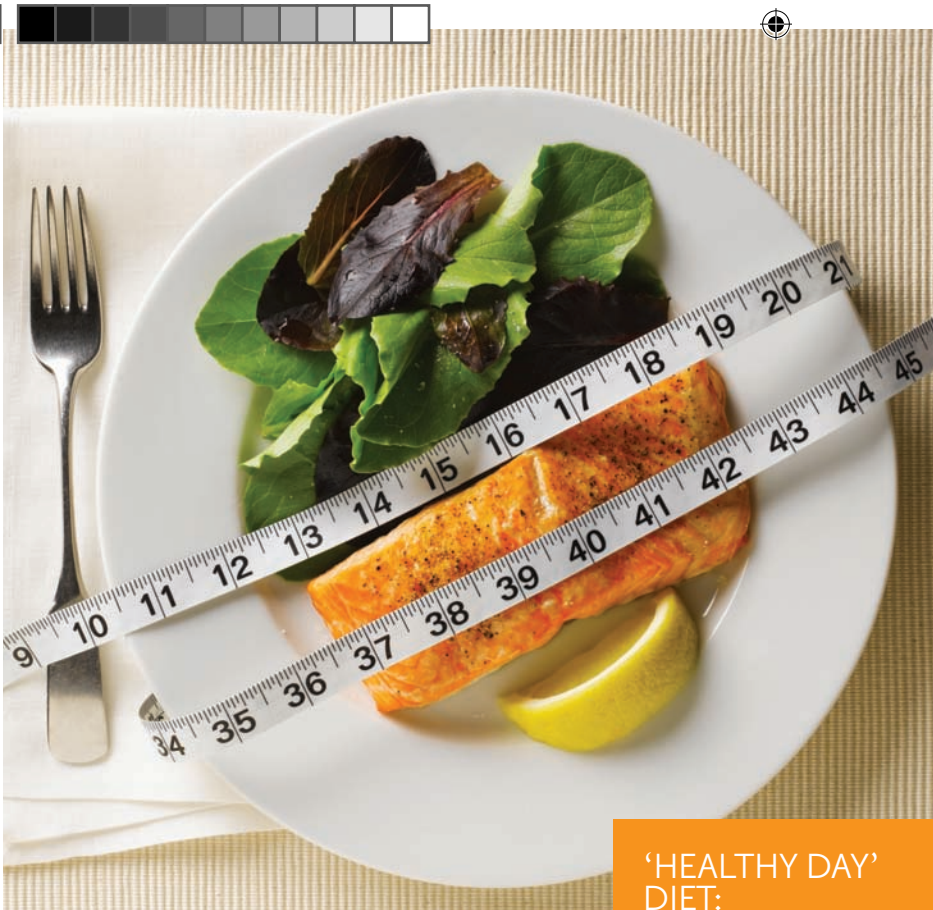
was designed by cardiologist Dr Agatston. It is an elimination diet made up of three stages, which focuses on teaching us how to eliminate sugar and unhealthy food cravings, in a bid to lead us to develop a liking and desire for healthy, nutritional foods. However, items in this book are hard to find; it can be tough cutting out carbohydrates at first; and some of the recipes are expensive and time consuming to prepare.

BLOOD-TYPE DIET

is a diet based on eating for a certain blood group, based on what your ancestors have eaten. Blood type A is the hunter gatherers and is more of a vegetarian diet; Blood type O are meat eaters, while blood type B are nomads and have more of a variety of foods. This diet may see you cutting out foods and foods groups that mean you are not consuming the daily requirements of vitamin and minerals.

PERRICONE DIET

is an anti-wrinkle rather than a weight loss diet. It is based on the fact certain foods cause inflammation and water retention and so, is all about reducing saturated fats, refined sugars, high GI foods and increasing protein. The downfall of this diet is the expensive foods, such as wild salmon, and you are also recommended to take a large range of supplements which can be hard on the wallet.



Food is about passion and socialisation. We should use it, rather than abuse it.

LOW GI DIET

ranks foods based on the speed at which glucose is released into the blood stream. High GI foods release fast, which triggers cravings or hunger, whereas low GI foods release slowly. So the aim is to eat low GI foods. You do, however, need to factor in the fat and protein content of foods (i.e., Nutella is low GI but high in fat). It is a good diet but you need to use common sense along the way. If used correctly the Low GI Diet can help balance the sugar cravings and help you feel more satisfied.

FADS OUT OF FASHION

The Atkins Diet is a low-carbohydrate and high-animal-protein diet. It is too high in saturated fats and a quick fix diet that, in the long term, places your kidneys and body in jeopardy of ill health. It lacks fibre, calcium and fruit and it cuts out key B-complex foods such as rice and grains, which – over time – can affect serotonin levels (the hormone that makes us feel happy). Of course, the key to successful weight loss and dieting is always to use common sense. Any diet that recommends eating high amounts of butter, animal fats and cheese – like this one does – is obviously not likely to be very good for your long term health.

‘HEALTHY DAY’ DIET:

BREAKFAST:

Soy and linseed bread with banana and low-fat ricotta; toasted

SNACK:

2 pieces of fresh fruit

LUNCH:

Wheat-free or wholemeal wrap bread with chicken breast, avocado, tomato, lettuce, with a yoghurt and lemon juice sauce

SNACK:

Attiki yoghurt or plain soy yoghurt

DINNER:

BBQ lamb served with 1 small sweet potato (instead of butter try either yoghurt or avocado) and a rocket leaf salad.

ZOE BINGLEY-PULLIN, Nutritionist Zoe is the founder of Nutritional Edge, a thriving nutritional consultancy business which helps companies and individuals embrace the benefits of food through education and understanding. She is an internationally trained chef (Le Cordon Bleu School, London), and an experienced speaker. Zoe can be contacted on 0417 048 789 or at www.nutritionaledge.com.au

10^{step} HEALTHY EATING & LIFESTYLE PLAN

1 Keep a weekly food diary
Awareness is the key to making changes. Write down everything you eat, the times of day you eat these foods and how you feel before and afterwards.

2 Eat regularly
Regular eating every two to three hours helps stabilise your blood sugar levels, reduce cravings and keep your metabolism burning. Eat three normal meals and two to three healthy snacks throughout the day.

3 Set a liquid goal
Drink two to three litres of water per day and aim to cut out all soft drinks, cordials, caffeine drinks, juices and alcohol.

4 Education is the key
Every meal you eat should include a balance of the three beneficial food groups: complex carbohydrates, essential fats and protein.

5 Take an holistic approach
We tend to think food is the only factor when putting on weight. Look at your exercise, both planned and inconsequential and ensure it is sufficient to burn off the energy you are consuming.

6 Make lifestyle and habitual changes
By changing the way you live your life and recognising bad habits you are more likely to make this a lifestyle change and NOT a short term diet.

7 Achieve balance
Don't work on the weekends! Commit to family time and doing the things that you enjoy with company you love.

8 A society of quick fixes
We think dieting will be the solution and when it does not work we revert back to our old and, most of the time, bad habits. Understand that change takes time and persevere!

9 Act with sustainability
Progressive changes focusing on one meal at a time is more achievable and will ensure you feel the differences that are taking place.

10 Eat for enjoyment
Food is about passion and socialisation so enjoy it but don't abuse it; that way, it won't abuse you.