

BEAT FESTIVE BLOW-OUTS!

TWO-WEEK DIET TO DROP A DRESS SIZE BY CHRISTMAS





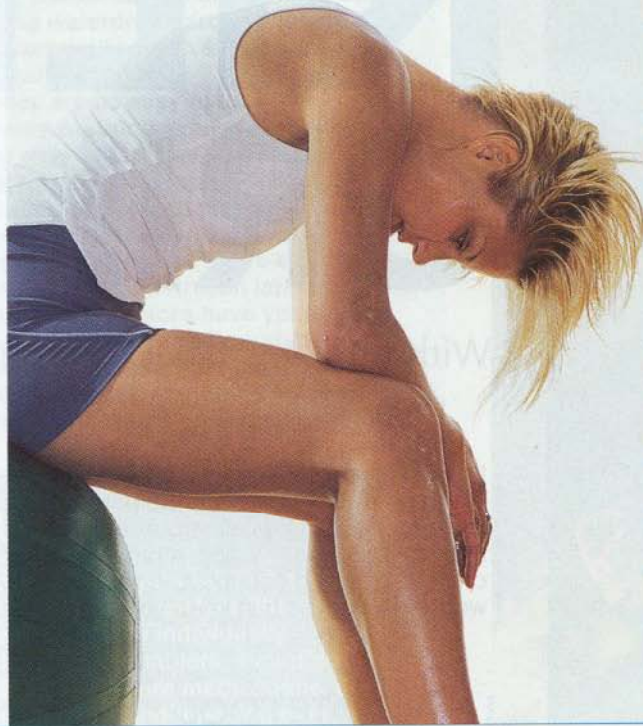
KICK-START WEEK 2

Now certainly isn't the time for restrictive diets. But many of us want to shed a few kilos before friends and relatives arrive for Christmas and we all head off to the beach. There's still time to drop a few kilos before the big day, by making breakfast your main low GI meal of the day. Just by choosing the right foods for breakfast you can kick-start your metabolism and lose weight throughout the rest of the day.

Why breakfast? Studies show that by eating foods with a low GI, which take longer to digest, your body registers that it is full for longer. They slow the release of insulin into your system – insulin is responsible for turning glucose into fat. So by making your first meal a low GI one, and including lean protein at lunch and dinner, you can lose weight.

Also incorporate 30 minutes of exercise at least three times a week.

WHAT IS LOW GI?



By now most of us have heard about GI. For optimal weight loss, it's best to choose low to medium GI foods, including green leafy vegetables, most fruits, nuts, legumes, grainy breads, oats and bran. High GI foods include potatoes, white bread, cakes, biscuits, pastries, white rice and fruit such as watermelon and paw paw. For a detailed list, see the charts over the page or visit www.glycemicindex.com.

EAT, DRINK, BE MERRY

Let's face it, no one wants to diet during the festive season. The good news is that a lot of Christmas fare, like lean ham, turkey, seafood and salads, are low GI and high in lean protein.

So, with the help of dietitian Geraldine Georgeou, we've come up with a few tips so you can still enjoy buffets, barbecues and finger food and not blow your weight-loss program.

Follow the day-by-day menu plan for breakfast, listed overleaf. As you'll be eating out and entertaining, lunch and dinner choices are up to you, but it's essential to follow all the healthy eating tips on this page and overleaf.

Pile your plate with salad, but avoid oily or creamy dressings. Have a small serve of rice, caesar or pasta salad (no creamy dressing) instead of potato salad.

Have a small snack such as an apple and yogurt before a cocktail party so you aren't ravenous. Avoid party pies, hot dogs and spring rolls.

At barbecues avoid sausages, chips, salami and white bread. Fill up on salad.

Enjoy fruit salad or a small serve of cheese and plain biscuits rather than rich desserts. Have a small slice of pudding if you can't resist though.

If you're eating out, smart choices make all the difference. At Asian restaurants choose braised meats or tofu with steamed vegies, avoid rich sauces or dishes cooked in coconut milk, and have soup rather than fried entrees. At Italian have tomato based sauces instead of cream.

Many fast food places now have healthier options, such as the new McDonald's Salads Plus range of salads, vegie burgers, low-fat yogurt and muffins.

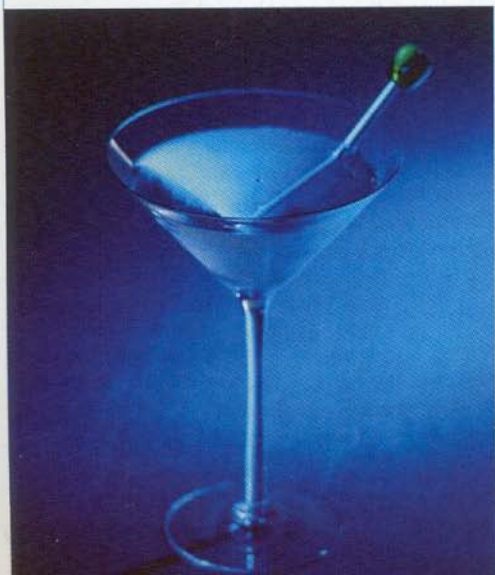


HERE'S CHEERS!

When trying to lose weight it's best to avoid alcohol, but it's Christmas, so:

- Go slow, go low. Have a mineral water as your first drink, then a white wine spritzer. Make every second drink a mineral water.
- Avoid adding high GI mixers and soft drinks to drinks.
- Stick with white wine rather

- than champagne, beer or creamy cocktails.
- Avoid salty starchy snacks and fried foods. Go for a small handful of nuts rather than chips, and vegetables (carrot and celery), dips and olives rather than pastries.



FESTIVE BLITZ

Here are your Week Two breakfasts. For lunches and dinners it's up to you – no one can follow a restrictive diet at this time of year, so just stick to the simple healthy eating guidelines in this report.

DAY ONE

A small tin of baked beans, one egg (poached or boiled) and half a tomato, microwaved, with pepper, parsley, herbs and a light spray of olive oil.

DAY TWO

Two egg omelette made with low-fat milk, tomato, capsicum, mushroom, cracked pepper and ½ tsp canola oil. One orange.



DAY THREE

Two medium short cuts of light bacon, microwaved, half a tin of baked beans, one tomato, microwaved as day one. One pear.

DAY FOUR

Smoothie made with low-fat milk, half a tub of low-fat yogurt and a small banana topped with a small handful of blueberries. One apple.

DAY FIVE

One slice low-fat bacon, microwaved, one egg (poached or boiled), one tomato, microwaved with pepper, parsley, mixed herbs and a light spray of olive oil.

DAY SIX

Low GI fruit salad (peaches, mango, nectarines, blueberries, grapes) with 1 tbsp low-fat plain yogurt and ½ cup Guardian cereal.



DAY SEVEN

½ cup Guardian cereal, ¼ cup All Bran, 1 tbsp low-fat yogurt, low-fat milk, a small peach and a nectarine.

Tea and coffee is OK, with low-fat milk and artificial sweetener if required.

SNACKS

Incorporate two choices per day as morning and afternoon tea.

- 1 cup home popped popcorn.
- Low-fat cappuccino.
- 2 wholegrain crackers, 1 slice low-fat cheese.
- Fresh fruit, such as one orange, apple, pear, a snack pack of peaches, a nectarine, some cherries or a mango.
- Celery, carrots, cauliflower and capsicum pieces with a low-fat dip like hummus.
- Low-fat yogurt (150g) or low-fat custard.
- Low-fat milk and yogurt smoothie with berries.

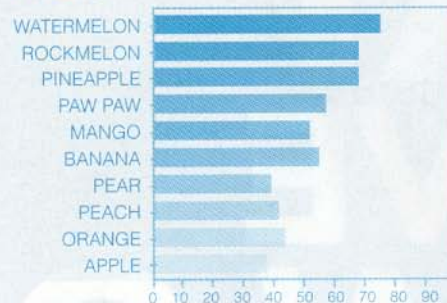
GUIDE TO GI

The GI – or glycaemic index – of a food indicates how quickly the carbohydrate in the food is converted to glucose, which in turn affects your insulin levels.

Food with a high GI is converted to glucose quickly and the insulin it produces can make your body store it as fat. It's recommended that you include low GI foods as part of every meal to help you lose weight.

Foods with a GI of 70 or more are high GI, 56-69 is medium GI and 55 or less is low GI. Below is a quick reference table to the GI levels of common foods. The amounts for each are for an average single serve.

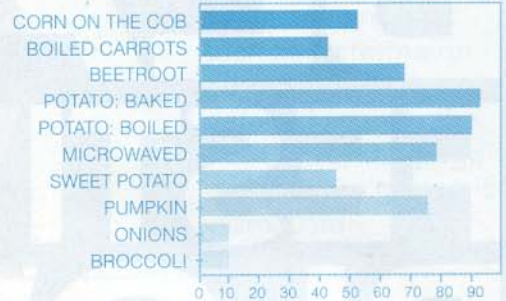
FRUIT



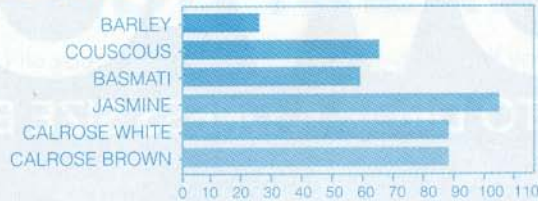
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VEGETABLES (average serve)



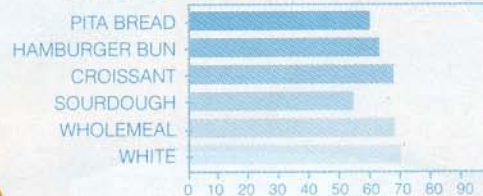
RICE AND GRAINS (per cup)



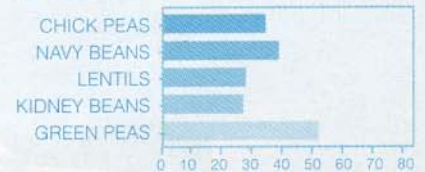
PASTA (per cup)



BREAD (per slice)



BEANS AND PULSES (per average serve)



TOP BLITZ TIPS

1 Try eating every 3-5 hours to prevent hunger and bingeing.

2 Each meal should include lean protein such as lean red meat, poultry (no skin), seafood such as salmon or tuna (no oil), eggs, a few nuts or low-fat dairy to keep you satisfied and energised.

3 Be wary – other names for fat are toasted, creamed, butter, milk solids, coconut, nuts, oils,

copha, monoglycerides, diglycerides and mayonnaise. Look out for them on food labels.

4 Aim for less than 10g of fat per 100g, or less than 5g per serve.

5 Watch out for hidden sugars. Other names for sugar on ingredients lists include glucose, maltose (in fact, anything with 'ose' on the end), honey or high sugar foods such as dried fruit or juice.

6 Don't fall for the 'all natural' tag. Sugar, oil and cream are natural, but that doesn't make them good for you.

7 Light or lite? This doesn't always relate to fat, sugar or kilojoules, it could refer to taste or texture. Light olive oil is light in taste but high in fat.

8 Listen to your hunger signals. Don't just eat food because it is there or for something to do.