

The Total WELLBEING Diet

The CSIRO protein-plus, low-fat eating plan; it's clinically proven to work.

WTo lose weight successfully, you need an eating plan that leaves you feeling satisfied and full of energy, not tired and hungry as many popular fad diets do.

With this in mind, the CSIRO, Australia's leading scientific research organisation, approached Meat and Livestock Australia to fund a study on women that would extend initial research which showed that weight loss diets higher in protein were at least as good, if not better, than high carbohydrate diets when it came to fat loss, muscle preservation, and improving other significant markers of overall good health. Being overweight can lead to chronic complications such as insulin resistance, high blood pressure, heart disease and diabetes.

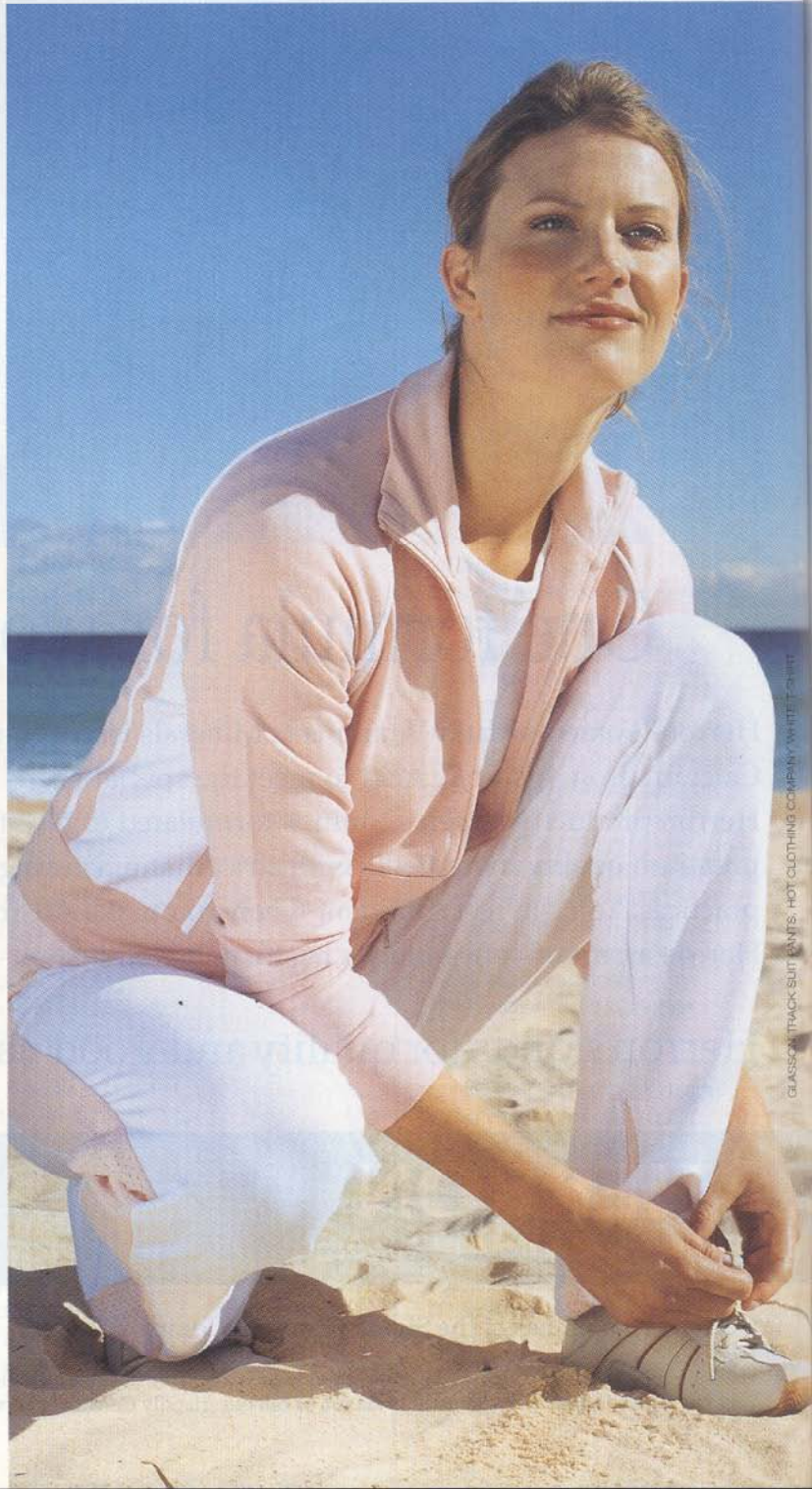
NO ORDINARY DIET

The Total Wellbeing Diet is the first clinically proven eating plan of its kind. In trials conducted by the CSIRO, it was found that for many women, a diet higher in protein, lower in fat and containing a moderate amount of slow-release carbohydrates, resulted in twice as much fat loss than a traditional high-carbohydrate, low-fat eating plan. More than 100 women took part in the study over 12 weeks. One of the most significant differences noted by researchers was that this was actual fat loss, not fluid loss. Women with the metabolic syndrome on the higher protein, low-fat plan also lost twice as much fat from around their stomachs. This is important, since carrying excess fat around the tummy is one of the indicators for insulin resistance (also known as Syndrome X), which can lead to devastating health problems.

THE POWER OF PROTEIN

Protein-rich foods, such as lean beef, lamb, fish, poultry and low-fat dairy foods, are excellent sources of many nutrients essential for good health. Lean beef, lamb and veal are particularly rich in well-absorbed iron, zinc, and vitamin B12 needed for normal brain function, and to help protect immunity and the nervous system. The CSIRO study also showed that a higher protein, lower fat eating plan helped reduce harmful fats in the bloodstream (triglycerides) and helped lower LDL (bad) cholesterol. A diet higher in protein also helps in keeping you feel satisfied for much longer.

SAMANTHA HARRISON
Features Editor





SALLY POPE, 31

"I wanted to lose weight for my wedding last November. I was determined to fit into my dress without any overhang! However, nothing I did seemed to make a difference. I was going to the gym, I even hired a personal trainer, but I was putting on weight, not losing it. I was hungry and tired all the time, and I was moody and bloated. Finally, I had a few tests and was diagnosed with insulin resistance. It was such a relief to discover I could make myself feel so much better by simply changing the way I ate.

By increasing my protein intake and cutting back on refined carbs, I've lost seven kilos and I feel wonderful. Everything I thought I knew about dieting has been turned upside down. I'm a huge fan of the Total Wellbeing Diet, I recommend it to everyone, even my Mum is doing it and having great success!"



KARLA LEACH, 33

"I had been a yo-yo dieter since my late teens. I was having trouble falling pregnant, when my specialist sent me to dietitian Geraldine Georgeou. She prescribed the higher-protein, low-fat eating plan for me, as well as suggesting some lifestyle changes such as walking more each day.

In 18 months, I've not only lost 15 kilos, but I also gave birth to my baby girl, Chelsea, who is now six months old. The first thing I noticed was that I never felt hungry. I wasn't constantly looking at the clock and thinking 'Oh no, it's three hours until lunch.' It was a whole different way of eating for me.

For example, I had to eat breakfast every day, which I'd never done. It's not like any other diet, it's really a way of eating for life. I feel so much more energised and in control of my life."

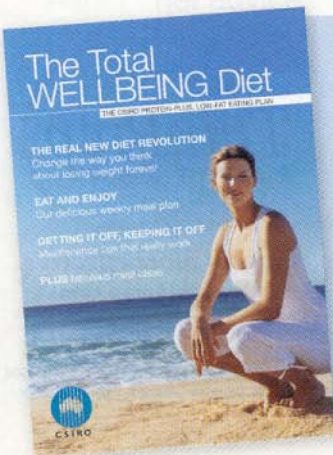


NICOLE MOYSEY, 25

"I have been on the higher-protein, low-fat eating plan for a year. I've lost nine kilos, which is a real bonus because my motivation for going on the diet was to help clear up my skin. My doctor found that my body produced too much insulin.

My hormones were out of control and causing my skin to break out, so you could say vanity drove me to a more healthy way of eating! I cut out refined white breads and pastas, and I introduced lean red meat, other proteins and lower GI foods to keep my blood sugars steady. Diabetes runs in my family, so I now have a good chance to stop it happening to me.

Many people think they are just weak-willed when they have trouble losing weight. In fact, it could be a real medical condition that's failing them. I have so much more energy now, I've lost two dress sizes and feel so much healthier."



How to get started on the Total Wellbeing Diet

For more information on the CSIRO research, weekly meal plans and recipes you'll love, visit their website at www.hsn.csiro.au. You'll also find valuable information on maintaining your weight loss, with lots of tips for ideal snack choices and options for eating out. Don't forget that regular exercise is a great metabolism booster and essential for helping you look and feel good, too. Make moving more a part of what you do every day.

■ FOR A COPY OF THE TOTAL WELLBEING DIET BOOKLET, call Meat and Livestock Australia's Nutrition Line, 1800 550 018.

Although no one diet will suit everyone, the Total Wellbeing Diet is a well researched eating plan for weight loss that is highly nutritious and has many health benefits.

WITH THANKS TO DIETITIAN GERALDINE GEORGEOU FOR HER ASSISTANCE WITH THIS PROJECT. PHOTOGRAPHED BY DAVID HAHN. STYLED BY KATHRYN LAIBROWSMITH. HAIR BY DAVID KEOUGH. MAKE UP BY DAVID GRANGER. SALLY WEARS HEPPINGBONE SHIRT AND JUEL EARRINGS. NICOLE WEARS WITHELY TOP. KARLA WEARS HEPPINGBONE SHIRT.

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