

WORK IT OUT!

With ironman and celebrity personal trainer Guy Leech



Lighten up with a DIY diet – it's extra motivation to drop kilos

There's always a new diet or fad way to lose weight on the market, because people look for easy ways to be rescued from months and years of poor food choices.

However, Jeff Hamdorf from the University of Western Australia explains that studies show 95 per cent of people who go on commercial diets fail to lose weight in the long-term.

Diets have a place in short-term weight loss, but most fail because we can't stick to the strict plan. The key? Take a few proven weight loss tricks and personalise them. A Do-It-Yourself diet, if you like.

'When we create our own diets, we tend to take ownership of them and not give up,' says Deborah Kerr, dietitian and associate professor of public health at Curtin University in WA.

'People have to create an energy deficit in their lives if they want to lose weight. An average woman would lose 6kg of weight over the course of three months if she saved 2000kJ per day through diet and exercise changes.'

DIY DIET TIPS

So, how do you start? Well, these healthy eating changes can be made to suit most lifestyles:

- **Write down exactly what you eat for a week** – when you see it on paper, it's quite confronting.
- **Cut out bad fats, especially saturated fats** – this is good news for both your heart and your waist, because fats have more kilojoules per gram of weight than carbohydrates.
- **Scrutinise what you drink** – 'People tell me they cut the sugar from their tea, and then you

THE MOBILE DIET

Dieters in the US have a head start with DIY diets. Over there, you can use your mobile phone to monitor what you put in your mouth!

This is a more accurate way of keeping a food diary because it allows a qualified person to see exactly what you're putting in your mouth, and how much.

How does it work? Simple. People take a photo of what they're about to eat, then send the picture in a text message from their mobile phone to a nutrition adviser. Portion sizes and eating habits are scrutinised, before fortnightly advice about how to improve your diet is sent to your computer.

While this service isn't yet available in Australia, its Canadian creator Sebastien Tanguay hopes for it to make its way to our shores in the next year or so. To learn more, visit www.myfoodphone.com.

did you KNOW?



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CREATE YOUR OWN DIET

discover they only have one cup per day,' says Deborah Kerr. 'Cut down the "big ticket" items as well, such as soft drinks, alcohol and fruit juice.'

- **Eat 25 per cent less** – 'Empty a takeaway noodle box onto a standard plate,' Deborah says. 'You'll be shocked by the portion size.'
- **Eat your favourite foods regularly but in smaller amounts than usual**
- **Stock up the pantry and fridge** – but only with the sorts of foods that fit within your eating goals.

● **Change plate sizes** – 'You tend to eat less food if you serve it on a smaller plate,' Peta says.

● **No food after 7.30pm** – at night, the body is preparing itself for sleep, not digestion.

● **Drink a diet shake with fruit for breakfast** – do this three to four times a week, and have blueberries with natural yogurt and gluten-free muesli every other day.

● **No fruit juice, cordial or fizzy drinks – ever** – and have minimal alcohol on special occasions only.

DOES DIY WORK?

Peta Bridgwood reckons she's tried every diet tool invented. Weight-loss clinics, diet pills, low-carb diets, detox diets – none worked long-term. Until now, that is.

The 51-year-old single mum of four, a self-confessed yoyo dieter, picked the eyes out of every diet she'd been on to create an eating plan that would work for her. And it has!

'My diet is my way of life,' Peta says. 'I'd encourage others thinking of doing the same to be widely read so they make well-informed choices about changes that work with their lifestyle.'

This is the plan that helps Peta maintain her weight:

- **No processed carbohydrates after 11am** – cereals, biscuits, breads and pasta are no-go zones.
- **No fruit after 11am** – many fruits are laden with natural sugars. Did you know an average mango contains 350kJ, while a medium banana has 500kJ?

