

diet & fitness

WITH DR JOHN D'ARCY



KICK-START FOR SUMMER

4-WEEK DIET TO DROP A DRESS SIZE BY CHRISTMAS

RECIPE STYLING STEPHANIE SOUVLOS PICTURES ANDRE MARTIN

Every summer it's the same story – the weather starts warming up and we realise those wintry days have played havoc with our waistlines. Now we can barely slip or slide into last year's clothes.

And it's hard to hide the extra kilos in summer. Warmer weather means lighter, skimpier clothing – not to mention bathing suits. And with Christmas and New Year's Eve parties on the agenda, we all want to look our best.

Who doesn't want to lose a dress size by Christmas? Now, thanks to New Idea and the Seven Network's resident medical expert Dr John D'Arcy, you may be just four weeks away from a healthier you. How? The Summer Kick-Start Program, which involves eating more, staying full and losing weight.

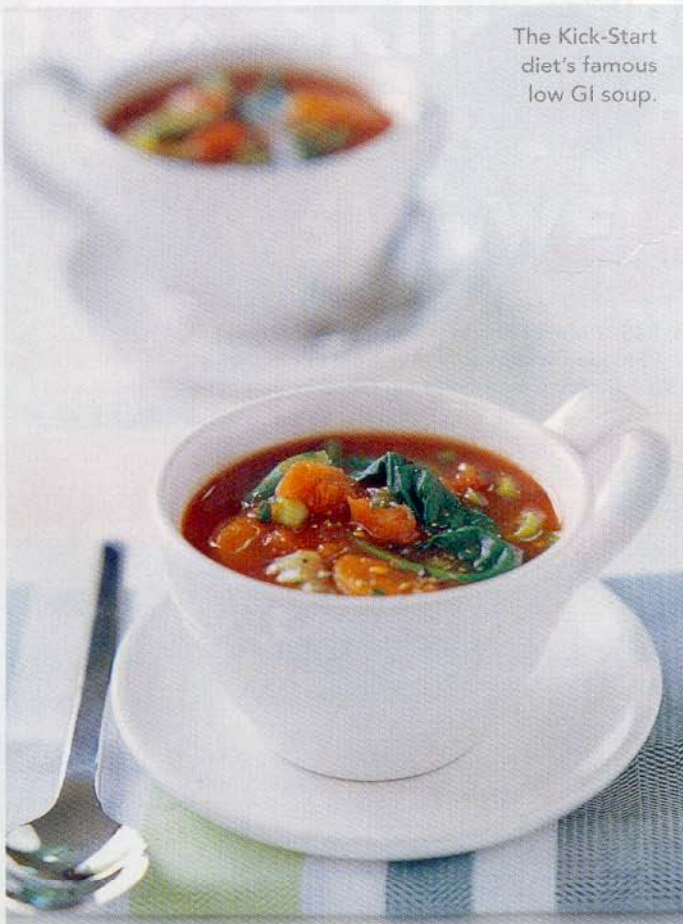
When the Seven Network's *Today Tonight* program presented the Dr John D'Arcy Kick-Start Program in early winter, they were overwhelmed by the response. The show received more than 160,000 letters from viewers asking for more information, and the *Today Tonight* website received more than 4.5 million hits in one day.

Now Dr John has devised a new Kick-Start diet for summer, designed in collaboration with renowned dietitian Geraldine Georgiou, exclusively for New Idea. And so you can see for yourself the results of Summer Kick-Start, we'll follow a group of six dieters as they take the Summer Kick-Start Drop a Dress Size by Christmas challenge.

YOUR 6-STEP GUIDE TO KICK-START

- 1** Before you embark on any type of weight loss or exercise program, it's essential to talk it over properly with your doctor or health professional. This goes doubly if you're on any specific medication, have an underlying health condition or are seriously overweight.
- 2** Calculate whether you are within the healthy weight range for your height. Ask your health practitioner to calculate your body mass index (BMI), or do it yourself by dividing your weight in kilos by your height in metres squared (eg $65 \div 2.89 [1.7 \times 1.7] = 22.49$). If it's greater than 25 you're overweight, and if you score more than 30 you are obese. The health consequences of being overweight – and in particular having that belly weight – are huge. If you are obese or seriously overweight, it's important you have medical guidance with your Kick-Start Program.
- 3** Just as important is your waist measurement, so drag a tape measure around your waist and record the number. Statistics show that the more central fat we carry, the greater the possibility of heart disease, stroke and diabetes. Therefore the greater the waist size, the more likely we are to succumb to serious illness. For women, a result greater than 90cm, or for men greater than 100cm, means you're in trouble. Body fat in the upper part of your body, especially around the middle, means the health risks start to escalate. To get you motivated, the first two weeks of Kick-Start are ideal, providing fast but safe weight loss.
- 4** If your waist is less than 90cm (or 100cm for men) but you want to lose weight, skip the two weeks of Phase One and head straight to Phase Two, which is a slower weight loss plan. We'll be publishing Phase Two in our November 15 issue.
- 5** Of course, activity is an essential part of any weight loss program. The Summer Kick-Start Program alone will help you lose weight, but a daily walk of 30-60 minutes will greatly help you shed the kilos. Break it up into 10-minute segments if you find that easier. And tricks like taking the stairs instead of the lift, getting up to change the TV channels instead of using the remote control, walking to the next bus stop or getting up to speak to office colleagues instead of sending them e-mails will all help. Australian diet guru Karen Daly will launch the Walk Off that Weight component of Kick-Start next week.
- 6** Kick-Start has two phases – just pick the one that's right for you.
 - I need a big weight loss at the start to keep me motivated (Start Phase One).
 - I want to keep it easy, so I'm happy to start slow (Start at Phase Two).

The Kick-Start diet's famous low GI soup.



SO HOW DOES IT WORK?

We'll easily guide you through the next four weeks.

- ☒ This week and next week we're publishing Summer Kick-Start Phase One, based on vegetable soup.
- ☒ In Weeks Three and Four, we'll ease you through Summer Kick-Start Phase Two.

The key to Summer Kick-Start Phase One is vegetable soup – soup made with good healthy fresh vegies that are low GI.

Phase One is also about protein from lean meat, skinless chicken and fish. There's also a weekly eating plan that cuts down on high GI carbohydrates and introduces you to the benefits of low GI carbs instead.

✗ High GI carbohydrates from foods like white bread, potatoes or white rice spin off their glucose quickly and startle the body into making loads of insulin – the hormone that puts glucose inside cells. Glucose is used as fuel or stored as fat. But during that 'glucose rush', insulin releases stress hormones which tackle your metabolism, and a short time afterwards they tell you you're hungry again.

✓ It's different with low GI carbohydrates – foods like wholemeal bread, broccoli and leafy greens, apples or baked beans. These take longer to digest, so they hang around in the stomach (which registers that it's full) and drive the hunger pangs away. The glucose from low GI foods goes slowly into the bloodstream, so there's no sudden rush of sugar. With this gentle approach, the pancreas makes insulin at a slower rate, so you can eat more and still lose weight.



THE PLAN

Our Kick-Start for Summer plan involves much more than eating copious amounts of our low GI vegetable soup.

You don't have to worry about going hungry, because you'll be enjoying a wide range of food.

In the Phase One menu you'll find plenty of healthy foods including red and white meats, fish, grilled bacon, eggs, low fat dairy milk and a range of nuts.

If you're vegetarian, use tofu for the animal proteins.

By the end of the seventh day of Phase One you should have lost at least 1kg, or up to 4kg if you are very overweight or obese.

THE RULES

To start with, there are a few rules to keep in mind:

- ❑ No alcohol.
- ❑ No fried food or oil.
- ❑ No bread.
- ❑ No soft drinks.
- ❑ No cheating.
- ❑ 30-60 minute brisk walk three times a week.

DAY ONE

BREAKFAST

A single poached egg. Two slices of lean bacon, grilled, microwaved or fried in a non-stick saucepan with a spray of canola oil. Tea or coffee with low-fat milk and a sugar substitute if you need one.

MORNING SNACK

A medium Granny Smith apple or a pear.

LUNCH

Soup – take it to work in a thermos and have as much as you want to drive hunger away. Finish with a cup of tea or coffee as above.

AFTERNOON SNACK

Cup of soup. Still hungry? Have another one.

DINNER

Soup and a stack of steamed low GI vegies such as carrots, chokoes, broccoli, zucchinis, brussels sprouts. For a guide to GI ratings, visit www.glycemicindex.com.

DESSERT

Low-fat yogurt.

DAY TWO

BREAKFAST

One lightly boiled egg. One tomato (grilled or cooked in the microwave). A cup of tea or coffee with low-fat milk and a sugar substitute if you need one.

MORNING SNACK

One orange.

LUNCH

As much soup as you want – don't forget to add any herbs and spices you feel like.

AFTERNOON SNACK

15 almonds or walnuts.

DINNER

Soup and vegies.

DESSERT

Low-fat yogurt with a teaspoon of honey.



DAY THREE

BREAKFAST

Two small eggs, scrambled with low-fat milk, a shallot, a mushroom and a few strips of capsicum. Season with salt and pepper, moisten with a teaspoon of canola oil and cook in a nonstick frypan.

MORNING SNACK

30 pistachio nuts.

LUNCH

Soup and low GI fruit – avoid tropical fruits because they have too much fructose.

AFTERNOON SNACK

Iced coffee with low-fat milk.

DINNER

Soup.

DESSERT

A small bunch of grapes.



DAY FOUR

BREAKFAST

Time for a carb fix! Make a banana smoothie with a medium sized banana (this has a GI of around 50), low-fat milk and half a tub of low-fat yogurt. Blend and sprinkle with cinnamon or nutmeg if you like.

MORNING SNACK

Banana smoothie.

LUNCH

Soup.

AFTERNOON SNACK

Banana smoothie.

DINNER

Soup. You might need a bit more than usual.

DESSERT

15 almonds or walnuts.



KICK-START SUMMER SOUP

You'll love the Kick-Start for Summer Soup if you eat it hot, but it also makes a delicious cold soup. Simply blend, add a little chilli and spices if you like, and chill. Instant gazpacho!

2 cups green beans
1 bunch spring onions
1 bunch celery, including the leaves
3 tomatoes
3 green capsicums
1kg carrots
4 cups water
2 large cans crushed tomatoes
Seasoning and spices to taste
Massel low-salt concentrated vegie stock powder



- 1 Chop all the vegetables into small pieces. Put them all in a big pot with the water as well as the tinned tomatoes.
- 2 Add salt and pepper to taste and boil rapidly for two minutes.
- 3 Add the vegetable stock and simmer until all the vegetables are tender, for about 1 hour. If you want the soup to be thinner, simply add more water.
- 4 You can substitute any other low GI vegies for the ones we've used. Try cauliflower, zucchini, capsicum, broccoli, brussels sprouts, asparagus, onion or leafy green vegetables.
- 5 Store any soup you won't be eating during the next 24 hours in plastic containers in the fridge or freezer.



DAY FIVE

BREAKFAST

Omelette made from 2 eggs, 1 shallot, 2 mushrooms, a few strips of capsicum, salt and pepper and low fat milk.

A slice of lean bacon.

MORNING SNACK

An oatmeal biscuit.

LUNCH

Soup.

AFTERNOON SNACK

Soup.

DINNER

Lean grilled red meat or fish and three tomatoes topped with oregano and a tiny spray of olive oil. Add salad greens (no dressing).

DESSERT

Low-fat yogurt.



DAY SIX

BREAKFAST

Two poached eggs. Two slices of lean bacon. A dessertspoon of baked beans. A medium grilled mushroom. Tea or coffee with low-fat milk and a sugar substitute if you need one.

MORNING SNACK

30 pistachio nuts.

LUNCH

Soup.

AFTERNOON SNACK

A Granny Smith apple.

DINNER

Red meat, skinless chicken or fish, grilled not fried. A large plate of a range of low GI vegetables such as leafy greens, capsicum, chokoes, cauliflower, brussels sprouts, broccoli and asparagus. For a guide to the GI ratings of many vegetables, visit www.glycemicindex.com.

DESSERT

A small tub of low-fat custard, about the same size as a tub of low-fat yogurt.

DAY SEVEN

BREAKFAST

A low GI cereal, such as Sanitarium Natural Muesli, or ½ cup of All-Bran, or ⅓ cup of rolled oats (not the easy cook ones). Add a little low-fat milk and a teaspoon of brown sugar.

MORNING SNACK

Soup.

LUNCH

Soup.

AFTERNOON SNACK

Soup.

DINNER

Soup with a medium plate of low GI vegies.

DESSERT

15 natural unsalted nuts.

☞ You can eat as much of the soup as you want, whenever you're hungry. And drink lots of water throughout the day – have at least 6-8 glasses of water every day. You can also have unsweetened tea or coffee with a splash of low-fat milk and a sugar substitute.

NEXT WEEK

It's not a good idea to stay on Kick-Start Phase One for longer than two weeks, because although it gets results and is nutritious, it's boring.

Kick-Start Phase Two means a lot of those carbs you've been missing out on can slowly be returned to your diet.

The insulin that was running riot because of your old food habits will have returned to normal, and any resistance to its action will have waned – but if you go back to eating high GI carbs it's all up for grabs again.

Next week we ease you through Phase One, and in our November 15 issue it's on to Phase Two.

White cups from **Tolle 'n Crowe**, call (02) 9967 9111. All other crockery and cutlery from **Wheel & Barrow**, call (03) 8241 7077.