



KICK-START CHRISTMAS BLITZ

SPECIAL TWO-WEEK DIET TO DROP A DRESS SIZE





WEEK 1

BREAKFAST BLITZ

Christmas is almost here. Maybe you had every intention of trimming down before now, but as that beach weather looms we're all looking for a quick and easy fix. Start today on Dr John D'Arcy's new Kick-Start Breakfast Blitz, keep an eye on Yule celebrations and try to exercise for 30 minutes at least three times a week, and you'll lose up to 4kg in two weeks.

And this time it's easier than ever. By following our special breakfast diet plus the sensible eating plan devised by dietitian Geraldine Georgeou, you can avoid the party season pitfalls and still enjoy yourself.



There is an old saying: 'Breakfast like a king, lunch like a queen and dinner like a pauper.' By making breakfast your low GI (glycemic index) meal of the day, you can cause major changes to your metabolism for the rest of the day. That means you can kick-start your body into burning fat by making easy breakfast choices, and complementing your low GI food with lean protein such as lean meat and poultry and low-fat dairy foods.

HOW DOES IT WORK?

Because a breakfast packed with low GI foods is digested slowly, your body registers that it is fuller for a longer period, while slowing the amount of insulin which is released into your system. As Dr John showed us with Summer Kick-Start, foods with a high GI digest quickly and cause a rapid flow of glucose into the body, resulting in a fast and furious insulin rush. Glucose is used as fuel or stored as fat. It also means you will become hungry faster, and you'll want to eat again.

❑ High GI carbohydrates include foods such as white bread, white rice, potatoes and tropical fruits such as watermelon and rockmelon. They're OK to enjoy occasionally, but low or medium GI foods are much better. Visit www.glycemicindex.com for a list of the GI rating of foods.

❑ You can lower the GI rating of a high GI meal by simply adding vinegar, lemon juice or sourdough bread. So add a salad with vinaigrette dressing or a slice of sourdough to your meals.

FAT FIGURES

The Breakfast Blitz isn't just about low GI carbohydrates. It's also about avoiding saturated fats and oils and enjoying lean, fat-fighting protein. So help yourself to lean Christmas meats such as ham and pork, turkey and chicken without skin and seafood.

But at all costs avoid fatty meats, fried foods and full-cream dairy products. Some fats, particularly omega-3, found in fish such as tuna and salmon, are good for you, as is canola and olive oil – in moderation.

CHEERS TO YOU

For optimal weight loss it's best to avoid alcohol. The energy from alcohol can't be stored, so it has to be used immediately – thus the body stores whatever you eat after that as fat.

And alcohol lowers your resolve, making it easier to eat high-fat foods. But hey, it's Christmas, so try these tips:

- ❑ Go slow, go low. Start with a white wine spritzer, then make every second drink a water.
- ❑ Avoid adding high GI mixers such as soft drinks to alcohol.

- ❑ Stick to white or red wine rather than creamy cocktails.
- ❑ Try not to have more than two standard drinks per day for women, four for men.
- ❑ Try low GI snacks such as nuts, but not too many. Raw vegetable sticks (carrots and celery), olives and dips such as hummus with wholegrain crackers are good to keep glucose levels steady and hunger pangs away.
- ❑ Avoid pastries, fried food, chips and crackers.



BREAKFAST BLITZ

Here is your seven-day Kick-Start Breakfast Blitz eating program, devised by nutritionist and dietitian Geraldine Georgeou

DAY ONE

BREAKFAST

Half a cup of Guardian cereal, a quarter cup of All Bran, a dessertspoon of low-fat yogurt, low-fat milk, a peach and a nectarine.

DAY TWO

BREAKFAST

One slice of low-fat, short cut bacon lightly microwaved, a single medium poached or boiled egg, a lightly microwaved tomato topped with pepper and mixed herbs with a slight spray of olive oil, and one slice of soy and linseed toast on the side – no butter or margarine.

DAY THREE

BREAKFAST

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

DAY FOUR

BREAKFAST

A smoothie made from low-fat milk, half a small tub of low-fat yogurt and a small banana, topped with a handful of blueberries.

DAY FIVE

BREAKFAST

150g fruit salad of low GI fruits (peaches, nectarines, mango, blueberries, grapes etc), with a dessertspoon of low-fat plain yogurt and half a cup of Guardian cereal.

DAY SIX

BREAKFAST

Omelette made with two medium eggs, low-fat milk, half a teaspoon of canola oil, tomato, capsicum, mushrooms and cracked pepper. An orange to finish off.

DAY SEVEN

BREAKFAST

Two medium slices of bacon cooked in the microwave, a slice of toasted soy and linseed bread without butter or margarine and a microwaved tomato garnished with pepper and mixed herbs. A pear to finish.

LET'S PARTY

It's easy to control what you consume when you're making and eating lunch and dinner at home.

But with the festive season in full swing we're eating out, partying and entertaining more. Even though there's lots of delicious food and drink to tempt us, you can still have fun and make sensible choices.

The rules are simple:

- ❑ Avoid fried foods.
- ❑ Avoid full-fat cheese and dairy.
- ❑ Go easy on the alcohol.
- ❑ Avoid high GI foods.
- ❑ Favour lean meats, skinless poultry, fish (not fried) and salads.

LUNCH

The lead up to Christmas means many of us are shopping till we drop. Here's how to make the best of the shopping mall food court, or fast food options.

- ❑ Hit the salad bar. Avoid potato and creamy pasta salads and go for leafy green salads, bean salads and small amounts of tabouli. Go easy on the dressing – vinegar or lemon juice is best.
- ❑ Choose open sandwiches on grainy breads. Have them without butter, with lean meat and salad toppings.
- ❑ A steak sandwich without butter is better than a hamburger with the works. And a kebab on Lebanese bread with hummus and salad is better than a schnitzel and cheese sandwich.
- ❑ Choose a vegetarian, seafood or meat (no salami or pepperoni) thin crust pizza rather than a pie or sausage roll.
- ❑ Although sushi rolls are high GI, their low-fat content is a better choice than deep-fried spring rolls or dim sims.
- ❑ A baked potato with a low-fat topping is high in GI, but is a better choice than low GI fried chips which are high in fat.

Simple lunches that are quick and easy to make yourself include:

Two wholegrain Ryvitas with two slices of pastrami and salad, plus a small fruit snack pack.

OR

Asian beef and vegetable salad. Thinly sliced roast beef tossed with thinly sliced carrots, onion, bean sprouts, capsicum, celery, coriander and soy and sesame oil dressing, plus an orange.

OR

Greek salad – made with salad vegies, low-fat feta and olives plus oil-free dressing – plus an apple.

OR

A two egg omelette with grated zucchini, carrot, mushrooms, shallots and a sprinkle of low-fat cheese, plus an orange.



DINNER

OK, we're all meant to be good, but we're all eating out at parties. The good news is that a lot of festive food, such as ham, turkey, seafood, nuts (in moderation) and salads are low GI. Have a healthy snack before you head out, such as a low-fat yogurt and a serve of fresh fruit, so you aren't hungry.

- ❑ At barbecues, help yourself to grilled lean meats, skinless poultry and fish. Avoid sausages, starchy breads and potato salad. Choose a small handful of nuts and stick to olives and raw vegies.
- ❑ At Chinese restaurants, pick braised meat, tofu or seafood instead of those in heavy sauces. Stay away from fried foods, have a small amount of boiled rice not fried, and ask for steamed vegies.
- ❑ Indian food is not the best choice, as much of the food is served in rich sauces or cooked in butter, with fried pappadums and oily naan bread on the side. Choose dry tandoori, chicken, lamb or prawns on skewers and vegies.
- ❑ When dining Thai, avoid dishes cooked in coconut milk or peanut sauce and choose stir-fries with vegetables.
- ❑ Italian food is safer, as pasta is low GI. Avoid creamy sauces, oily salami and antipasto platters or dishes with cheese. Go for grilled fish, veal in white wine or chicken cacciatore and plenty of salad.

When barbecuing at home try:
Lean lamb cutlets barbecued with English mustard served with mashed sweet potato, spinach and broccoli.

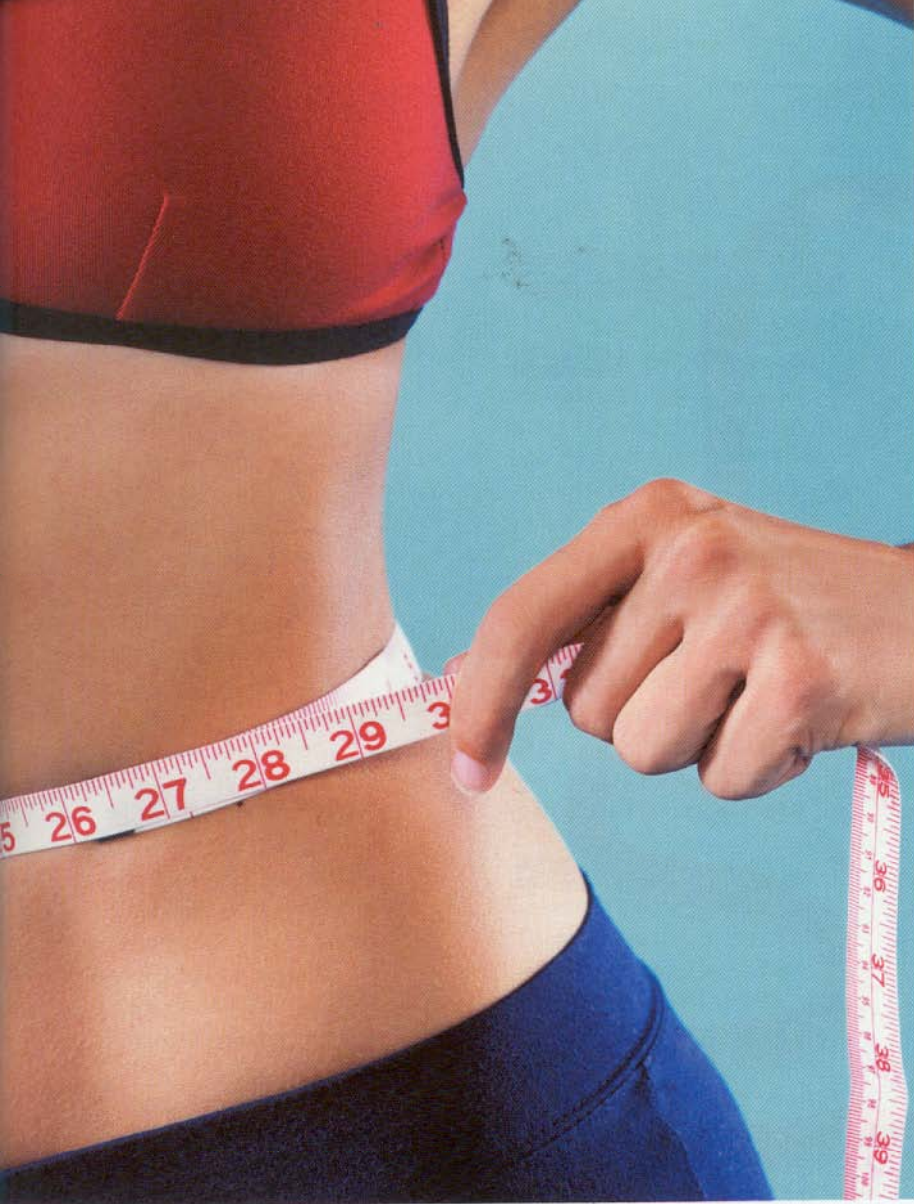
OR

Thai style fish and mango salad.

OR

Grilled chicken skewers with soy sauce and mixed green salad with avocado and tomato.

NEXT WEEK: KICK-START CHRISTMAS BLITZ WEEK 2
– More amazing tips!



MELANIE FERGUSON, 26

TRIED A dietitian

After discovering she had impaired glucose intolerance and insulin resistance, Melanie turned to dietitian Geraldine Georgeou.

WHY "I wanted to lose weight for my wedding, so I joined a gym, and was working out about eight times a week for six months. I toned up, but actually stayed the same weight. Then, after the wedding, I tried one of the popular high-protein, no-carb diets, and felt terrible – I had no energy, I felt shaky and had headaches. And I only lost one to two kilos." She knew she had to look more deeply at the problem.

HOW A personalised diet was drawn up that addressed her condition.

RESULTS Melanie has lost 10kg (two dress sizes), and is now smaller than when she was 16 years old.

THE EXPERT Georgeou says deeper investigation uncovered that Melanie's weight gain was associated with her impaired glucose tolerance, a metabolic condition. "I see many people going through this vicious cycle of denial, restriction, overexercising and then giving up and bingeing." This is why getting to the bottom of what's making someone overweight saves time and work. "If Melanie had just picked up a diet book, and hadn't had an individualised meal plan to suit her medical situation and lifestyle, she may not have experienced the results she achieved," says Georgeou.

DENISE BRUNO, 54

TRIED Hypnotherapy

Denise had once tried hypnotherapy to lose weight, but failed to maintain the results. For her second attempt she turned to hypnotherapist and counsellor Lyndall Briggs.

WHY "After Christmas I put on the usual extra holiday kilos, and was considering a diet again. I was looking at the Low-Carb and South Beach Diets, but something was telling me I shouldn't take this yo-yo dieting road again, and it was time to get to the real reason why I was overweight. That was when the thought of a hypnotherapist came up again. So I made an appointment, and almost didn't keep it because my head was going 'No, don't go', but something deeper was telling me I had to do it. It took me 54 years to work out I had to face things, but now I feel I have got there in the end."

HOW Through hypnotherapy Denise says she's learnt to find inner peace and relax. "Other people have noticed I have slowed down when I eat," she says. Denise also has released buried memories. "Before becoming aware of, and releasing, these old feelings, I was pushing them down with food."

RESULTS A 7kg loss in six weeks.

THE EXPERT The weight-loss benefit of hypnotherapy is to teach calmness and release buried memories, says Briggs, who likens her treatment method to gardening. "Together we get rid of the weeds, plant the seeds and nurture the soil. Listening to a CD every day as a follow-up acts like a watering can and fertiliser." She says hypnotherapy works by helping to find places of deep relaxation that facilitate weight loss. "When we're anxious, food doesn't digest properly and leads us to eat quickly, and to overeat". ▶