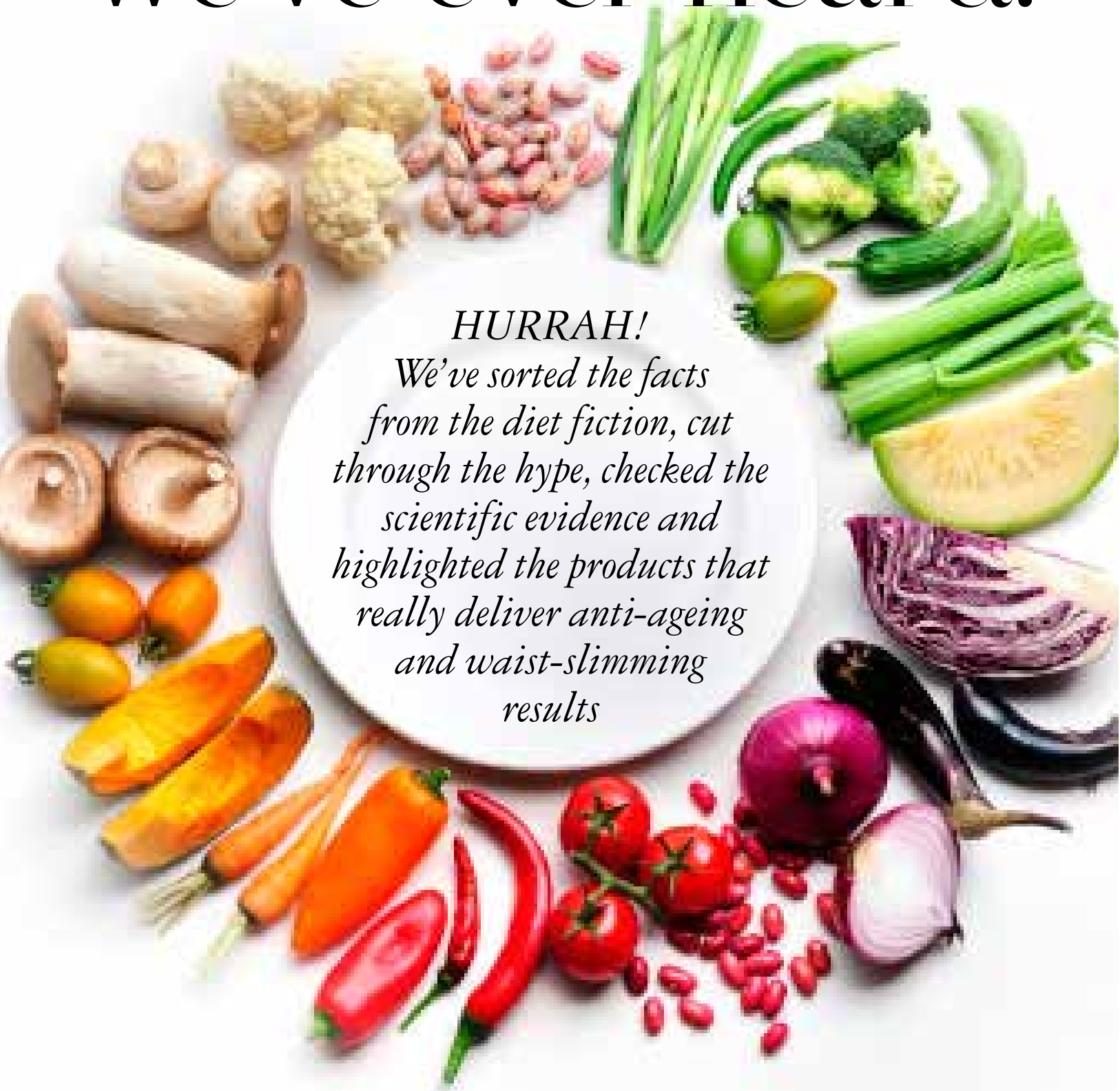


# THE BEST DIET ADVICE we've ever heard!

**HURRAH!**

*We've sorted the facts  
from the diet fiction, cut  
through the hype, checked the  
scientific evidence and  
highlighted the products that  
really deliver anti-ageing  
and waist-slimming  
results*



# BEST FOR WEIGHT LOSS

■ **Stick to the rule of three.** If you're presented with a wide variety of high-calorie foods, say, at a buffet, you're likely to eat more, according to American research. So when you're faced with a choice, opt for just two or three foods.

■ **Dim the lights.** Turning the lights down and listening to soft music can help you eat less, according to one study. When researchers gave a fast food restaurant a makeover, they found that mellow jazz and soft lighting led diners to eat less – 175 calories to be exact – and enjoy their meal more. Eating in a relaxed environment means you eat more slowly so you recognise when you are full.

■ **Remember your most recent meal.** Recalling a previous meal or keeping a food diary could help you reduce the amount you eat. Researchers at the University of Liverpool found that if people remembered their last meal as being filling and satisfying, they ate less at their next. They also found that being distracted when eating – for example, watching TV or reading – led to overeating.

■ **Eat three fewer bites of your meal...** ... one less biscuit, or one less glass of orange juice. Doing any of these can save around 100 calories a day – enough to prevent you from gaining the two pounds most people mindlessly pack on each year.

■ **Opt for full-fat instead of fat-free dairy.** Fat-free may sound healthy but it's not always. Studies suggest that people actually lose more weight when they drink whole milk or eat full-fat yogurt. In one study, people who ate one pot of full-fat yogurt a day (as

part of a healthy Mediterranean diet) were 25% less likely to be obese than those who opted for low-fat. Why? Full-fat dairy satisfies hunger better – and means fewer calories in the long run.

■ **Ditch the juice.** Fruit juice and smoothies can contain as much sugar as fizzy drinks. Juicing removes the fibre – the filling part of fruit that helps reduce its impact on blood sugar. Researchers found that people who consumed one or more servings of fruit juice each day increased their risk of developing type 2 diabetes by 21%. Eat the whole fruit and opt for water, sugar-free drinks or tea, instead.

■ **Start your meal with a 100-calorie salad.** Studies found that those who ate salad prior to a pasta meal consumed 107 calories less than those who didn't. Another study found that consuming a broth-based soup or an apple before a meal can help curb calorie intake.

■ **Have a slice of cake (yes!)** Cutting out treats like cake and chocolate is more likely to make you put on weight than lose it, according to a survey. In fact, 86% of slimmers lost weight while continuing to enjoy their favourite treats. Those who lost most weight ate as much chocolate as they had before going on their weight-loss plan.



## 4 TOP WEIGHT-LOSS FOODS

### 1 TOTAL 0% FAT GREEK YOGURT

This Greek yogurt is strained, which means it contains twice as much protein as ordinary low-fat yogurt (10g vs 4g per 100g). Protein promotes satiety, helping ward off hunger pangs. Delicious with walnuts, fruit and honey for breakfast, or use as an alternative to cream. **£2.39 for 500g, from Tesco and Ocado.**

### 2 ALMOND BUTTER

Made from just almonds (no butter!), this spread may help weight loss. Studies show that people who consumed 43g almonds daily for four weeks reported feeling less hungry and ate fewer calories at other meals to make up for the calories from the almonds. Use instead of butter on toast or spread on apple or banana slices. We like **Meridian Foods Almond Butter, £2.99 for 170g, from Holland & Barrett and Ocado.**

### 3 UPBEAT

We love this low-fat dairy drink (made from whey protein and fruit juice) – it tastes divine and its high protein content can promote satiety and help prevent muscle loss when you're dieting. **£1.75 for 250ml, from Tesco, Waitrose, Ocado and Holland & Barrett.**

### 4 RAPESEED OIL

It's rich in heart-healthy monounsaturates but best of all may help trim tummy flab. According to one study, people who consumed rapeseed oil lost more abdominal fat than those who had safflower, corn or flaxseed oil. Great for stir-frying, on salads or as an alternative to butter in baking. We like **Waitrose Cooks & Co Pure Cold Pressed Rapeseed Oil, £3.65 for 500ml.**

### ■ Out of sight, out of mouth.

If you keep food in sight, you're more likely to eat it. So hide that biscuit tin and put treats or trigger foods on the highest shelf. It's easier to avoid temptation when it's not staring back at you every time you open the cupboard.

### ■ Walk before dinner.

Who knew? A quick walk can help you cut calories. In a study of overweight women conducted at the University of Glasgow, a 20-minute walk reduced appetite and increased sensations of fullness as effectively as a light meal.

### ■ Go with the (whole) grain.

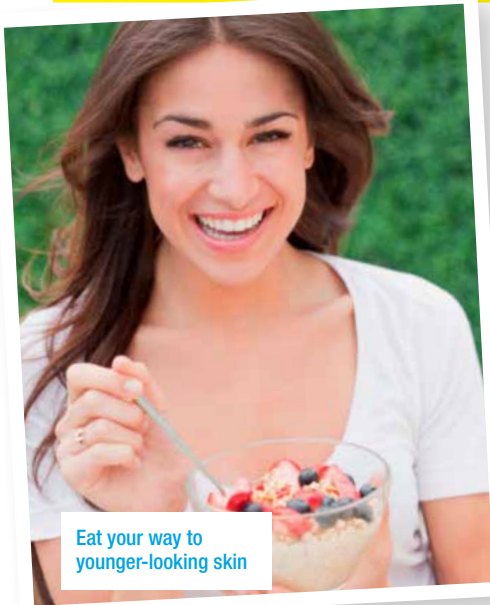
The fibre in the wholegrain content of brown bread, pasta and rice prolongs the digestion process, so sugar is released over a longer period of time. In a Harvard University study, women who ate more than two daily servings of wholegrains were 49% less likely to be overweight than those who ate the white stuff. Can't eat gluten? Brown rice, amaranth, buckwheat and quinoa are just a few gluten-free wholegrains that serve up lots of fibre.



Yes, you can lose weight and eat cake!



# BEST FOR ANTI-AGEING



Eat your way to younger-looking skin

## ■ Eat less than 50g added sugar each day.

Consuming too much sugar can cause your skin to age prematurely, making you look older than you are. This is due to advanced glycation end products (AGEs), which form when high levels of sugar in the bloodstream combine with proteins. So cut back on fizzy and sugary drinks, fruit juice, cakes and sweets, and start replacing the processed sugars in your diet with natural ones found in fruits and vegetables, which have a less drastic effect on blood sugar.

## ■ Avoid 'white carbs'.

It's not just white sugar that causes AGEs – anything with a high glycaemic index rating spikes your blood sugar and sends the body into fat-storage mode. So this means cutting down most processed and

packaged foods, especially white bread, rice and pasta, pastries, biscuits and crisps.

## ■ Get your D.

In a study of more than 2,000 women, those with higher vitamin D levels were found to have fewer ageing-related changes. Vitamin D is a potent inhibitor of the body's inflammatory response. The current advice is, from April to September, to regularly spend 15 minutes in the sun in the middle of the day without sun cream and with face and arms uncovered. If you can't get much sun, three eggs, 100g tinned sardines, 60g mackerel or 70g salmon will give you your daily requirement (5µg), or consider a supplement

## ■ Say yes to berries.

Berries, such as raspberries, strawberries, blackberries, cranberries and blueberries, are super-rich in polyphenols, antioxidant compounds that promote cell health and help protect against disease. Darker berries – especially ones that are black or blue in colour – tend to provide the best anti-ageing benefits because they have the highest concentration of polyphenols.

## ■ Don't hold the salad dressing.

Fat helps you absorb anti-ageing nutrients such as carotenoids and lutein. In a US study people who added oil-based dressing to their salad absorbed significantly more of these nutrients than those who used fat-free versions or none at all. Dressings made with monounsaturated fat (such as rapeseed and olive oil) are a bit faster at absorbing nutrients than those with polyunsaturated fat (such as sunflower oil).

## ■ Don't char your food.

AGEs form when food browns, as sugars and proteins react together with heat. To minimise AGE formation, marinate meat in lemon juice or vinegar, grill it at lower temperatures and remove charred corners.

## ■ Head for the Med.

The Mediterranean diet came out top in an analysis of 50 studies involving half a million people. Scientists found that those who ate meals based on fresh vegetables, seasonal fruit, fish and olive oil were less likely to have health problems associated with ageing, such as high blood pressure, type 2 diabetes and heart disease.

## ■ Have a tippie – but only one.

Alcohol in moderation (less than two to three units a day, equivalent to a 175ml glass of wine) is associated with a longer life. But drinking more than this can cause you to age prematurely. This is partly due to its dehydrating effects on the skin (making skin appear less plump and more prone to wrinkles) but alcohol also damages parts of the cells that are linked to premature ageing and cancer. If you want a tippie, opt for red wine – it contains more procyanidins, which keep blood vessels healthy, and resveratrol, which minimises ageing risks.

## ■ Sip cocoa.

Two cups of cocoa a day may help maintain brain health and prevent memory decline. One study found that people who drank two cups a day for 30 days did better in memory tests than those who were given a placebo. Cocoa is rich in flavanols, which help boost circulation and heart health.

## 4 TOP ANTI-AGEING FOODS

### 1 JASMINE TEA

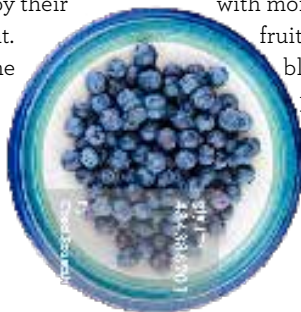
This green tea (flavoured with Jasmine flowers) may help you look more youthful. In a Chinese study people who drank three or more cups of green tea daily were biologically five years younger than those who drank less than one cup a day. We like **Dragonfly Jasmine Dragon Pearls, £5.99 for 50g, from Waitrose, Ocado and Tesco** – a bit pricey but a little goes a long way.

### 2 WATERCRESS

Rich in vitamin C (helps build collagen) and lutein (helps prevent age-related eye disease), it's officially the most nutritious vegetable, according to a US study, which ranked 41 fruits and veg by their nutrient content. Watercress came top followed by Chinese cabbage, chard and spinach.

### 3 BLUEBERRIES

Packed with phytochemicals such as anthocyanin, blueberries are a brilliant anti-ageing food. According to USDA studies, they have the highest antioxidant capacity per serving, compared with more than 20 other fruits. Research suggests blueberries may help prevent or slow memory loss, improve motor skills and reduce inflammation.



### 4 CHIA SEEDS

If you don't eat oily fish, chia is a great way to get your daily quota of omega 3 fatty acids. These fats are needed for healthy cell membranes, which hold water in cells. And that means plumper, younger-looking skin. Mix into yogurt, soup or blend into smoothies. We like white chia seeds from **The Chia Seed Company, £4.95 for 150g, from thechiaco.com.au** and **Linwoods Milled Chia Seed, £5.39 for 200g, from Ocado.** □