

The Total WELLBEING Diet

THE CSIRO PROTEIN-PLUS, LOW-FAT EATING PLAN

THE REAL NEW DIET REVOLUTION

Change the way you think
about losing weight forever

EAT AND ENJOY

Our delicious two-week meal plan

GETTING IT OFF, KEEPING IT OFF

Maintenance tips that really work

PLUS fabulous meal ideas



CSIRO

BONUS 16-PAGE HEALTH BOOKLET

welcome

The CSIRO has spent the past few years exploring the healthiest, most successful ways to lose weight. It now gives me great pleasure to join forces with The Australian Women's Weekly and Meat and Livestock Australia to bring you, for the first time, a strategy to lose weight that has been clinically tested to maximise fat loss as well as improve your health and wellbeing. Although there are many ways to lose weight, this new strategy – an eating plan that provides more protein and less refined carbohydrate – has been shown to result in significant fat loss, as well as improvement in overall good health. We know that eating protein foods means less hunger after meals and eating fewer refined carbohydrates helps us to sustain our energy levels throughout the day. For these reasons, and many others, this exciting new diet plan provides an edge that makes successful weight loss a reality.

DR MANNY NOAKES
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When it comes to your health, you can't afford to compromise. Which is why, at The Australian Women's Weekly, we are committed to providing readers with the most reliable, up-to-date information available to help you make informed choices about your wellbeing. We know that weight loss, in particular, is a subject close to a woman's heart, and we know that you are tired of diets that promise the world and deliver little. So we're thrilled to team up with the CSIRO and Meat and Livestock Australia to help present their exciting new research into a healthy weight loss diet that's been clinically proven to work. You lose weight and you gain wellbeing. What could be better?

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All recipes are triple-tested by The Australian Women's Weekly Test Kitchen



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Power up with protein

– the REAL new diet revolution

Exciting research from the CSIRO will set the record straight and give the facts about a new, scientifically proven weight-loss program that challenges old conventions and theories, and offers promise to the weight-loss weary with an eating plan that actually works.



What we eat has a powerful impact on the way our bodies function, affecting everything from our weight, heart and bone health to our skin, hair and even our mood. Nutrition scientists and researchers are discovering more about “food as medicine” every day, helping to challenge long-held and sometimes just plain wrong beliefs. For instance, we know now that a totally fat-free diet is not smart. Our bodies need a certain amount of “good” or unsaturated fat (from nuts, seeds, olives and avocados, for example), in order to function properly and thrive.

However, some of the most exciting and significant new research involves the role of protein in our diets.

Earlier this year, the CSIRO, Australia’s most respected research institute, released the results of an important study which experts hope will have far-reaching, positive consequences for our nation’s health, effectively changing the way we think about food in general, and weight loss in particular.

CSIRO approached Meat and Livestock Australia to fund a study that would extend some preliminary research which showed that in women, weight-loss diets high in protein were at least as good, if not better than conventional high-carbohydrate weight-loss diets when it came to fat loss and muscle preservation.

This much larger study showed that a weight-loss plan that was high in protein and low in fat resulted in greater weight loss and improved overall health results, than did a high-carbohydrate, low-fat eating plan for women who had signs of what has become known as Syndrome X.

“More than 100 overweight women took part in the study over a 12-week period,” explains senior research dietitian Dr Manny

Noakes, at CSIRO Health Sciences and Nutrition. “The controlled study compared the effectiveness of the two diet types in relation to how much weight and actual body fat was lost, and precisely where the fat was lost from.

“This is critical, because fat lost from around the tummy area significantly lowers your risk of developing Metabolic Syndrome – also known as Insulin Resistance Syndrome or Syndrome X, which is fast becoming the disease of the new millennium as Australia’s obesity rates go through the roof.

Some of the most exciting and significant new research involves the role of protein in our diets.

“For those women with a high blood fat called triglycerides, one of the markers of Syndrome X, the overall weight loss in the high protein group was 8kg, compared to 6kg in the high-carbohydrate group. But the amount of weight lost around the middle for the high-protein group was twice as much as it was for the high-carb losers,” says Manny. “This is particularly exciting because it suggests that the way we lose weight can make a huge difference to the overall outcome.

“Not only is it easier to stick to a higher protein eating plan because of the satiety factor, but it’s nutritionally very sound. From a health perspective, the results of the study seem to suggest that for many people, a higher protein diet could be the best choice for best results,” Manny explains.

THIS IS NO “ORDINARY” DIET PLAN

It’s important to note that the eating plan developed by the CSIRO bears little resemblance to some of the other popular, fad high-protein diets you may have heard about. The original Dr Atkins diet, for example, while high in protein, was also high in saturated (unhealthy) fats and low in essential carbohydrates. The CSIRO diet is not a low-carb eating plan – it contains a moderate amount of slow-release carbohydrates which are essential for energy and for helping to keep blood sugar levels even. You can be assured that this new approach is nutritionally balanced and can be maintained effectively over the long term. It can be reliably adapted for use as a way of eating for life, not just a means of losing weight in the short term.

Do you have Syndrome X?

At least one in four women have Syndrome X, many without even knowing it. It’s generally characterised by fat around the tummy, high blood pressure, high insulin, high blood glucose levels, high triglycerides (fats in the bloodstream) and low levels of HDL or “good” cholesterol.

If you have Syndrome X, you are at greater risk of developing heart disease and Type II diabetes. By losing even as little as three to four kilos, you have the opportunity to turn your health prospects around.

For a clinical diagnosis of Syndrome X to be confirmed, you are likely to have three or more of these conditions:

- Waist circumference greater than 88cm for women, and 102cm for men
- Triglycerides greater than 1.7mmol/L
- Blood pressure greater than 130/85
- HDL cholesterol less than 1.3mmol/L for women
- HDL cholesterol less than 1.0mmol/L for men
- Fasting glucose greater than 6.1mmol/L



We’re all looking for the elusive secret to fast, permanent weight loss, but could it be that we’re looking in all the wrong places?

At any one time, a third of Australian women are actively trying to lose weight. According to The Australian Women’s Weekly’s 2001 Health and Wellbeing Survey, almost a third have been on more diets than they can remember, with some of those diets more crazy than others! Since recent studies reveal obesity rates have doubled in the past 20 years and more than 60 per cent of Australians are now overweight or obese, you could be forgiven for thinking our preoccupation with dieting was a good thing. However, something is clearly not adding up here. Yes, it’s important to be concerned about how much we weigh. The health implications for being overweight and inactive are many: heart disease, infertility, diabetes and insulin resistance can all be traced to carrying excess kilos, for example. Aside from these wider health concerns, being within your ideal healthy weight range helps you look and feel better all round. Fortunately, losing weight does not have to be a battle for the ages. It can be as simple as eating well and incorporating more exercise into your daily life. What does eating well really mean? It means following a balanced, nutritionally sound plan and realising once and for all that the kind of quick, permanent weight loss promised in so many popular, gimmicky diet books, is an empty promise indeed.

Why protein?

We are learning more all the time about the positive health benefits of including more protein-rich foods in our daily diets.

MAKES NUTRITIONAL GOOD SENSE

Protein-rich foods from animal sources (lean beef, lamb, fish and poultry) are excellent sources of a wide range of nutrients essential for health and vitality. Lean red meat (beef, lamb, veal) is the richest source of well-absorbed iron, which helps move oxygen around our bodies and is essential for normal brain development and function. Red meats are also rich in zinc, which helps boost immunity. Both iron and zinc are better absorbed by our bodies from meat than from plant foods. All meats, poultry, fish and eggs are excellent sources of vitamin B12, a nutrient not found in plant foods. Vitamin B12 has a special role in protecting our DNA and nervous system. Fish and seafood are the richest sources of omega-3s, with the second largest source being beef and lamb.

HELPS YOU FEEL SATISFIED

Protein-rich foods such as red meat keep your hunger at bay for much longer than many other foods. This fact alone may make it easier to stick to a high-protein eating plan for longer than one that leaves you itching to break into the biscuit barrel.

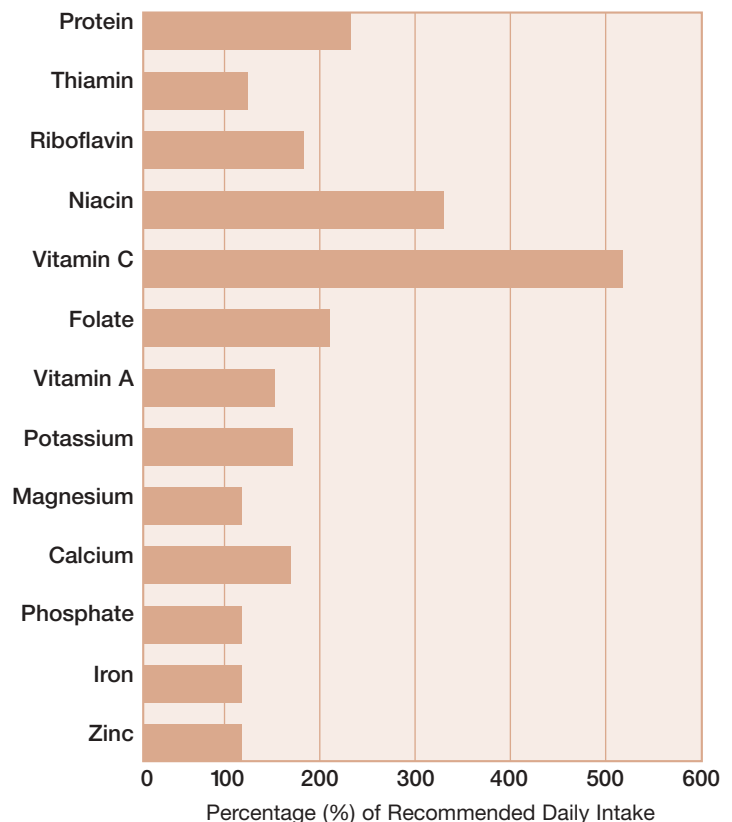
LOWERS BAD CHOLESTEROL

The CSIRO study showed a significant reduction in triglycerides (harmful fats in the bloodstream) in those who took part in the high-protein, low-fat vs high-carbohydrate, low-fat diet trial. This eating plan also resulted in lowering LDL (bad) cholesterol. So, if you're worried about your cholesterol levels being increased if you add more protein to your meals, don't be. Just remember to choose lean cuts of red meat, remove skin from chicken and opt for low-fat dairy products.



The Nutrient Density Graph

This high-protein, low-fat diet is packed with essential nutrients, but low in kilojoules (less than 6000kJ or 1500 calories). The CSIRO diet exceeds the recommended daily intakes (RDIs) for all these essential nutrients, making it both an effective and healthy way to lose weight.



Following the diet

– your at-a-glance guide

Here's a quick look at the foods you'll be eating while following the high-protein, low-fat eating plan. It's a good idea to stick as closely as possible to the menu plan for the first four weeks to familiarise yourself with your new way of eating. There's plenty of scope to be more adventurous as you lose weight and move into the maintenance phase later on!

■ LEAN BEEF, LAMB OR VEAL – for dinner at least 4 times a week

You must eat at least four serves (approx. 200g raw weight) for dinner of lean red meat (beef, lamb or veal) per week. Fish (200g raw weight) is recommended twice per week, and fat-trimmed chicken or other lean meat may be included for dinner one night per week.

■ LEAN PROTEIN (MEAT, POULTRY OR FISH) – for lunch daily

You need to eat a 100g serve of any lean-protein source (fish, seafood, chicken, pork, ham, beef, lamb or turkey).

- 2 eggs can be substituted twice a week for the lean-protein serve.

You must eat the red meat quota and lunch meat/chicken/fish quota each day.

■ WHOLEGRAIN BREAD, two slices per day

You can exchange one slice of bread for any of the following foods:

- 2 crispbread, such as Ryvita™.
- 1 medium potato or 1/3 cup of cooked rice or 1/2 cup of cooked pasta.

■ HIGH-FIBRE CEREAL, 1 serve per day

1 serve is equivalent to:

- 1 Weet-Bix™ plus 1/2 cup of All-Bran™.
- 40g any high-fibre breakfast cereal (eg Sultana Bran™, Fibre Plus™).
- 1 slice of wholegrain toast.

■ FRESH FRUIT, 2 serves per day

Two serves of fresh or tinned, unsweetened fruit every day. One serve is equal to 150g or 150ml of unsweetened juice.

■ DAIRY FOODS, 2 serves per day

1 serve is equivalent to:

- Low-fat or diet yogurt, 200g.
- Low-fat custard or dairy dessert, 200g.
- 25g cheddar or other full-fat cheese, or 50g reduced-fat cheese.
- Low-fat milk, 250ml (select only low-fat brands such as Light Start™, Shape™, Tone™, PhysiCAL™, etc).

■ VEGETABLES, plentiful amounts per day

Up to 2 1/2 cups of vegetables every day (see free list above)

■ FAT AND OIL, 3 teaspoons of added oils/fats per day

This includes any liquid oils such as:

- Canola, olive or sunflower.
- Soft margarine (2 teaspoons lite margarine = 1 teaspoon oil).
- 3 teaspoons oil = 60g avocado or 20g nuts.

■ LOW KILOJOULE SOUP 1 cup per day (optional).

■ WINE Two glasses (300ml) per week (optional).

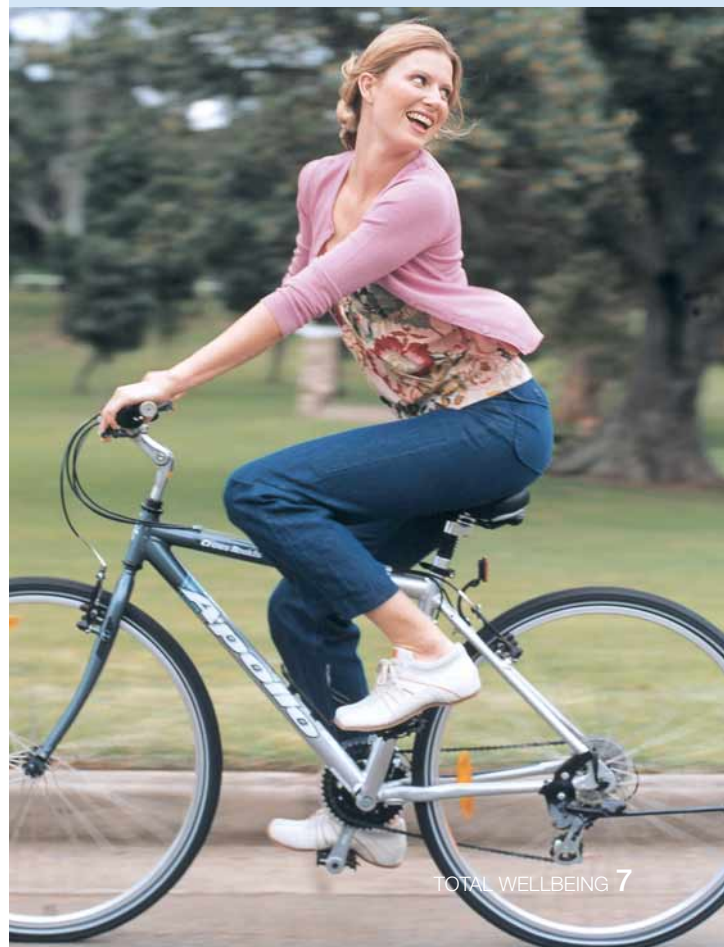
On the free list

These foods contain minimal kilojoules and won't affect your overall intake, so use them freely and inventively to turn an average meal into something special!

Vegetables: Asparagus, artichoke, green beans, bean sprouts, broccoli, brussels sprouts, beetroot, carrot, cabbage, capsicum, cauliflower, celery, chilli, corn, cucumber, lettuce, mushroom, onion, rhubarb, peas, pumpkin, spinach, swede, tomato, turnip, zucchini.

Drinks: Diet cordial, diet soft drinks, unflavoured mineral water, tea, coffee, herbal teas, cocoa, Bonox/Bovril.

Condiments: Artificial sweeteners, stock cubes, clear soups, diet topping, diet jelly, oil-free salad dressing, tomato, barbecue, chilli, mint or soy sauces, pickles, Vegemite, horseradish, curry powder/paste, garlic, ginger, lemon, herbs, spices.



The Total WELLBEING Diet



Week 1

THE CSIRO PROTEIN-PLUS,
LOW-FAT EATING PLAN

| | BREAKFAST | LUNCH | DINNER |
|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DAY 1 | Emergency breakfast choice: 1 low-fat diet yogurt 1 serve fresh fruit | Salmon and salad sandwich (2 slices of wholegrain bread with 100g salmon and salad) 1 piece of fresh fruit Low-fat cappuccino or cafe latte | Beef and vegetable kebabs (see Quick Recipe Ideas on page 13), plus 1 medium baked potato sprinkled with parmesan cheese Tossed salad |
| DAY 2 | 1 Weet- Bix™ + 1/2 cup of All-Bran™ with 250ml low-fat milk 1 sliced banana | 1 mug of tomato soup Ham and tomato toasted sandwich (2 slices of wholegrain bread with 100g lean ham) 1 piece of fresh fruit | Teriyaki Lamb Stir-Fry (see recipe page 12) with 200g serve of lean lamb 1 low-fat yogurt |
| DAY 3 | 2 slices wholegrain toast with lite margarine and Vegemite™ 1 low-fat yogurt | Thai Beef Salad (see recipe page 9, use 100g serve of lean beef) 1 slice wholegrain bread 1 low-fat custard | Grilled snapper or your favourite fish – 200g with stir-fried vegetables* Fruit salad (unsweetened) |
| DAY 4 | 3/4 cup of high-fibre breakfast cereal (eg, Sultana Bran™) with 250ml low-fat milk 150g serve of tinned fruit (eg, peaches in natural juice, drained) | 2 Ryvita™ with 1 small can of salmon (100g) with chopped onion 1 cup of Greek salad (1 tsp of olive oil) with 2 cubes of low-fat fetta | Peppered Steak with Chargrilled Vegetables (see recipe page 9) 1 piece of fresh fruit |
| DAY 5 | 1 slice of wholegrain toast with 1 egg – poached, boiled or scrambled Glass apple juice, (small glass is approximately 200ml) | 2 slices of wholegrain bread with 50g serve of corned beef, pickles, lettuce and 1 piece of low-fat cheese 1 piece of fresh fruit | 200g fish, fried with 2 tsp of olive oil, garlic, lemon and 1 tbs capers, serve with salad vegetables with balsamic vinegar* 1 low-fat yogurt |
| DAY 6 | 3/4 cup of high-fibre breakfast cereal (eg, Fibre Plus™) with 250ml low-fat milk | Steak and salad sandwich (2 slices wholegrain bread with 100g serve of cooked lean steak, rocket and tomato) 1 low-fat custard | Bake 200g skinless chicken with 2-3 tsp of olive oil, tomato purée, oregano and garlic plus 2 cups of vegetables from free list* 1 piece of fresh fruit |
| DAY 7 | 2 eggs scrambled with 1/2 diced tomato and sautéed mushrooms 1 slice wholegrain toast 1 tsp lite canola margarine Low-fat cafe latte | 2 slices of wholegrain bread with 100g lean chicken, salad plus 1 slice of low-fat cheese 1 piece of fresh fruit | Lamb, Mint and Mixed Pea Salad (see recipe page 12) 1 low-fat yogurt |

* Lunch and dinner suggestions developed by the CSIRO – these suggestions serve one person.