

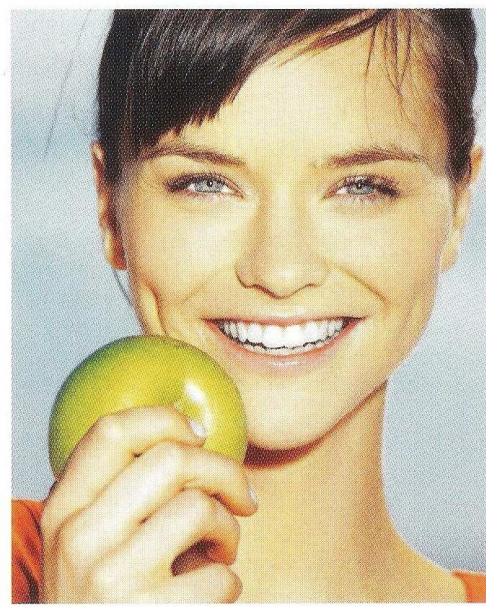
dietq&a

BY SUSIE BURRELL



Q How should my meals be scheduled to maximise fat burning after exercise?

That depends on your training times and fat-loss goals. If you're training for less than an hour in the morning and you've eaten carbohydrates the night before, you won't need to eat breakfast beforehand, but refuel immediately after training to kick-start your metabolism. For evening trainers, it's best to eat one to two hours before your exercise session, then wait 30-60 minutes to eat dinner.



TIP

For weight control, take a leaf out of Amanda Clark's new book, *Portion Perfection* (\$34.95, www.greatideas.net.au). Half-fill your plate with greens, and add a quarter each of lean protein and carbs.

Q I aim to lose 10kg in the first half of 2009. What's a good diet for me to try?

As a starting point, avoid extreme low-carb plans that cut out bread, rice, cereals, fruits and pasta, or any diet that claims you don't need to exercise. Look for books written by reputable nutritionists such as the CSIRO team. Or visit an accredited practising dietitian (www.daa.asn.au).

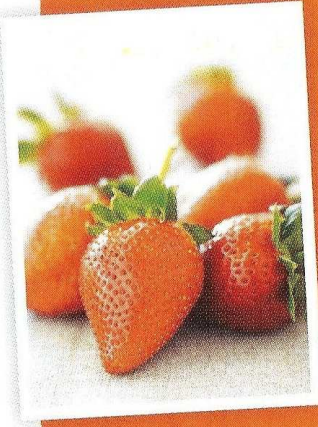
275ml bottle Bacardi Breezer Watermelon = 619kJ

SMART SWAP

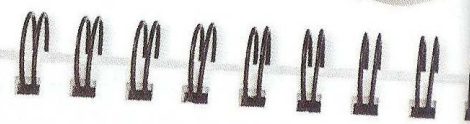
Stop those kJs sneaking in

250ml glass vodka and soda with lime slice = 275kJ

TOP 10 SUMMER SNACKS FOR DIETERS



- 1 6 celery sticks with 2 tablespoons salsa = 100kJ
- 2 2 Waferthins + 1 tablespoon (20g) Chris' Lite & Fresh Hommus = 204kJ
- 3 1 medium slice watermelon = 100kJ
- 4 Nestlé Diet Chocolate Mousse (62g) = 290kJ
- 5 Strawberry diet yoghurt (100g) = 170kJ
- 6 Nestlé Peters Milo Miniz (37g) = 235kJ
- 7 6 medium fresh strawberries = 120kJ
- 8 2 corn thins + Vegemite = 200kJ
- 9 Small skim-milk cappuccino = 242kJ
- 10 1 tuna sushi roll = 230kJ



MIND YOUR OMEGAS

■ ■ ■ We already know omega-3 fats are good for heart health, but recent research suggests fish oil may also benefit 'stress heads'. In a University of Queensland study, people taking 6g (or six capsules) of fish oil a day reported lower stress levels than those taking the same dosage of olive oil.

TRY THIS AFTER FRYING FOODS SUCH AS SCHNITZEL OR CHIPS, TRANSFER TO A DISH LINED WITH PAPER TOWEL TO ABSORB EXCESS OIL AND REDUCE FAT.