

# The great **DIET** CHEAT SHEET

FEEL THE STIRRINGS OF NEW YEAR-NEW YOU YET UNABLE TO STICK TO A DIET? MAKE EXCUSES NO MORE. HERE, OUR EDIT OF THE LATEST AND GREATEST REGIMES AROUND

## 1. Only diet every other day

This is the premise of *The Alternate-Day Diet* by James B. Johnson (Penguin, \$35.95). The diet requires you to eat normally one day, then cut kilojoules by 50-80 per cent the next (for the average woman this means sticking to just 1680-4200kj). Johnson says this makes the diet easier than others as “*you only have to focus on one day*” but also, slashing kilojoules that low apparently triggers responses in the cells that might extend your lifespan.

## 2. Plan your diet and exercise in short segments

According to Ian K. Smith's *The 4 Day Diet* (St Martin's Press, \$45), “it's much easier to think about what you'll be eating (and not eating) over a three or four-day span than for several weeks.” So, for the next four days *plan what you're going to eat and stock up at the supermarket*. Then decide when you're going to exercise and pencil it in your diary. Focus only on meeting these goals. When the four days are up, keep repeating the routine until you've reached your goal weight.

## 3. Have five different tastes in every meal

According to Lorraine Clissold, author of *Why The Chinese Don't Count Calories* (Hardie Grant, \$27.95), the *five tastes* theory is key to Chinese cooking. Why? Because the Chinese believe that each one – namely sweet, sour, salty, pungent and bitter – affects a different organ of the body. Eat too much, or not enough, of any one flavour and an organ will go out of balance. “And according to Chinese medicine, obesity is just one manifestation of imbalance,” says Clissold. If you want to try this at home, here's how they're categorised:

- Sweet foods include rice, potato, milk, eggs and beef or chicken
- Sour foods include grapefruit, tomato, lemon and olives
- Bitter foods include asparagus, celery, lettuce and tea
- Pungent foods include chilli, garlic, leeks and capsicum
- Salty foods include seafood, seaweed and pork

## 4. Keep treats to 100 calories (420kj)

According to Queensland-based nutritionist Amanda Clark in her book *Portion Perfection* (Great Ideas In Nutrition, \$34.95), “*snacks help keep your metabolism ticking over and control your appetite at meal times*” but anything too kilojoule heavy will bust your daily budget. So, she suggests allotting 100 calories (420kj) once or twice a day to whatever snack you eat. So what does this buy you? Healthy goodies such as two small pears or 10 dried apricots – or treats such as a 125g Nestle Crème Caramel or a Paddle Pop. ▶

