



Session 2

Welcome

Hello! This is Wendy Shillam introducing you to part 2 of the weight loss diet for women. It is now seven days since you started your new diet. How is it going?

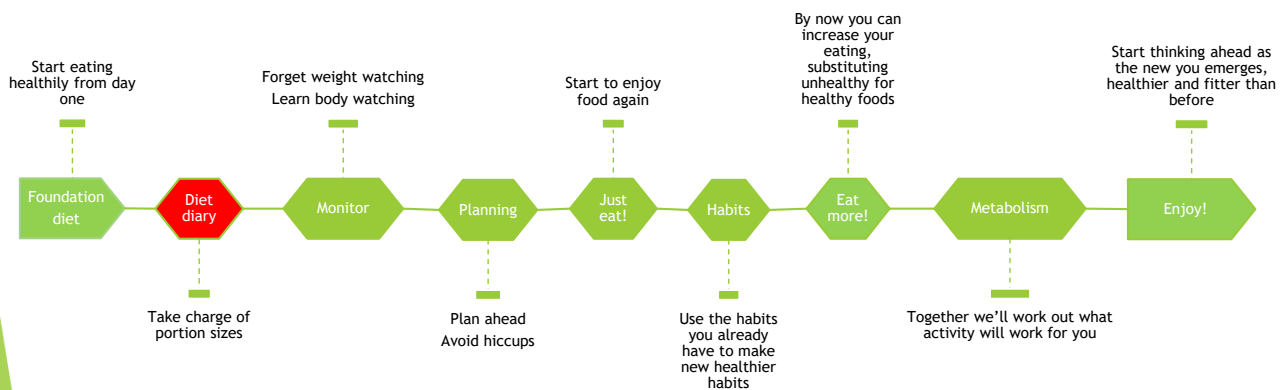
Most of us try to eat healthy food. So why do some of us still put on weight?

The problem can be that even though we are eating good food, we are simply eating too much of it. Cafes and take-aways compound the challenge. It is much cheaper to give customers a big portion of fillers, sugars and fats, and a smaller portion of the protein and vegetables that we need. Get the balance wrong every day – and you'll soon start gaining weight. So, this week I will explain a very simple method of recording and managing the quantity of food you are eating.

Let's get started.

The programme

1 2 3 4 5 6 7 8 9



Programme

The title of today's workshop is diet diaries. I think the most productive thing you can do to manage your diet, it to monitor what you eat. That way you can transform habitual eating patterns into something that is conscious – at the forefront of your mind **BEFORE YOU EAT TOO MUCH**. The simple method I will show you will allow you to take charge of portion sizes, and take charge of what you are eating.



Recording what you eat

Here's an overview of what we'll be doing today, and the outcomes you should expect.

In order to understand how to monitor your eating you will need to know what to monitor.

Let's go to the next slide to start to understand that aspect of this diet.

- ▶ Fattening or slimming
- ▶ Calories
- ▶ Carbs, fats or protein
- ▶ Healthy or unhealthy
- ▶ Processed or fresh
- ▶ Naughty but nice?



How do you define foods?

Each of us makes a value judgement when we're choosing what to eat and what not to eat. Imagine you're at a buffet table. How do you make that judgement?

Because you're on a diet you will naturally want to divide the table into fattening or slimming. This is ultimately important, but if you simply look at calories per gramme, you'll miss the issue of nutrition. This diet relies on the fact that it is easier to concentrate on counting portions of nutritious foods, than worrying too much about counting calories.

Many diets divide the food into three groups, carbohydrate, fats and protein. Unfortunately, this is a dangerous over-simplification and, in my view, has fostered the exclusion diets that encourage people to try and cut out a whole food group. There's healthy and unhealthy within each of these three, and the body can't do without some of each of them.

Healthy or unhealthy is a better approach, but remember all food is to some extent nutritious. It is simply a question of portion size and quality.

It was an advertisement written by the, then unknown, Salman Rushdie that coined the phrase 'naughty but nice' to sell cream cakes. I think this is an unhelpful way to think about food. We all deserve treats and a little of something high calories, high fat or even high sugar isn't a crime.

What is a shame, is thinking that the only treats that work are high calorie foods, and that calorie-dense food will be the nicest. If you approach the buffet table in your mind's eye afresh, you might discover that the most satisfying food on the table is the healthy food. Those foods may be enjoyed guilt-free!

Go onto the next slide to learn better classification for recording what you eat.

- ▶ Protein
- ▶ Grains
- ▶ Vegetables
- ▶ Fruit
- ▶ Dairy
- ▶ The rest



Image: Creative commons

The five food groups

The five food groups you will be monitoring are listed in this slide.

You will immediately see that instead of proteins, fats and carbs I have segmented all foods into the constituent parts that actually matter to your body. This system isn't made up by me, though it is relatively novel in the UK. It is based on a well-researched Japanese healthy eating system, called Shokuiku.

In Japan Shokuiku is linked to a nationwide public education system, that not only teaches people how to eat well, it celebrates fresh and local foods and traditional cooking. But if we strip away the cultural differences, we find that the basic classification of foods is just as useful for us Europeans, as it is for the Japanese. Its introduction over ten years ago has led to reduced obesity in what was already a very healthy country.

I'll go through the classifications one by one. For each one there are optimal foods and sub-optimal foods. For the time being I'd like you to focus on eating the healthiest of foods.

1 - Protein

Protein

- Plant or animal source
- High in
 - Protein
 - Bio-active ingredients
 - Vitamins and minerals
- Can also be high in fats
- Can cause irritation and allergies

Healthy protein*

- Eggs
- Fish
- Lean meat
- Soy and tofu
- Quorn
- Lentils
- Beans
- Nuts and seeds

Less healthy protein

- Fatty meat
- Processed meats
- Pates and spreads
- Ready meals
- Processed veggie burgers/sausages

Protein

Protein is the most important nutrient, especially for women over 40, because our bodies have no way to store it. Protein has to be eaten every day – and after menopause, the change of life, when hormones reduce, it is advisable to eat a generous dose of protein at every meal. If a person goes short on protein, the body can only use protein gleaned from muscles to stoke up the system. And once broken down, muscles are difficult to re-gain.

To make this diet work best, you need to concentrate on lean protein. For now leave fatty steaks, ham and sausages to one side.

Next slide

Grains	Healthy grains	Less healthy grains
<ul style="list-style-type: none"> ▪ Plant based ▪ High in <ul style="list-style-type: none"> ▪ Fibre ▪ Energy ▪ Vitamins and minerals ▪ Can also be high in sugars 	<ul style="list-style-type: none"> ▪ Cereals <ul style="list-style-type: none"> ▪ Wholemeal bread ▪ Oats (porridge) ▪ Brown rice ▪ Wholegrain couscous, quinoa 	<ul style="list-style-type: none"> ▪ Packaged breakfast cereals ▪ White bread ▪ Refined pasta ▪ White rice

Grains

Grains, such as rice, flour and cereals are fundamentally good for us. Some, such as wheat and quinoa, contain a good proportion of protein and complement the proteins found in other foods.

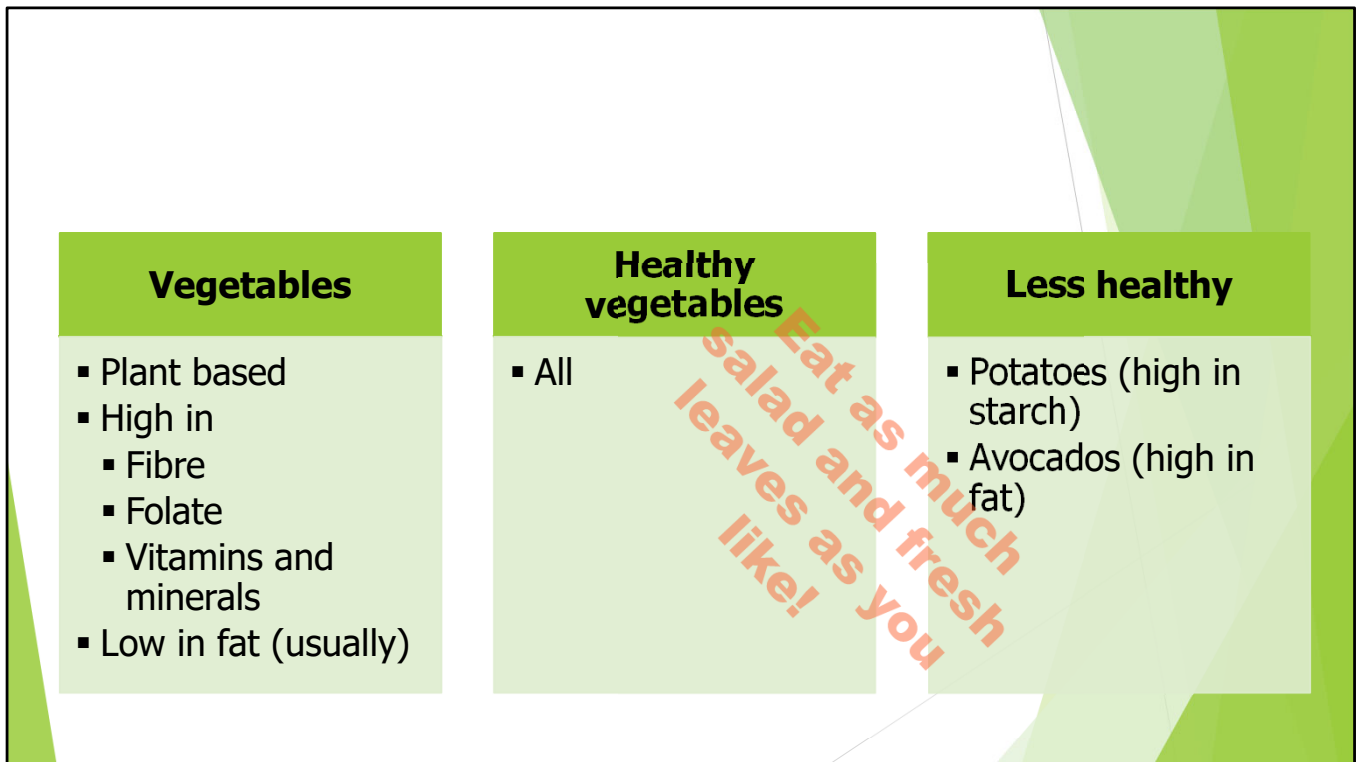
In a normal Western diet between 25% and 50% of our energy stems from eating grain-based products. We need healthy sources of carbohydrate, such as wholegrains and cereals, to keep our bodies working well, to feed the brain, the muscles and the heart in particular.

Never dismiss grains as optional extras. Rice in Asia, wheat products like bread and pasta in temperate climates and rye in colder regions are called 'staples' because they have traditionally provided people with their main source of healthy nutrition.

Bread is perhaps the most important cereal product in the European diet. Wholemeal wheat bread, called *integral* in Spain, is high in protein and other nutrients. Unlike cakes and biscuits, bread doesn't contain added fats or sugars, so it is more filling and less fattening.

Wholemeal cereals contain our best source of dietary fibre, and the highest concentration of nutrients. Refined products, don't contain the fibre and have to be 'fortified' with added chemicals such as calcium carbonate (chalk), in order to bring their nutritional quality even close to the wholegrain version. I don't recommend eating any refined products while you are dieting. The calories you are eating are far too precious to squander. For the time being stick to wholegrain everything.

Next slide



Vegetables

Vegetables are excellent for the dieter. They are low in calories and packed with goodness. Studies show that the more vegetables you eat, the healthier you are likely to be. This advice particularly holds true for fresh leaves and salads. That doesn't mean you can eat a whole avocado every day. Some vegetables, such as avocados, carrots or potatoes should be counted, because they are more fattening. Measure out those portions and ring the changes.

Next slide - In this diet there is no limit to the amount of leaf vegetables and salads that you can eat.

Fruit	Healthy fruit	Less healthy
<ul style="list-style-type: none"> ▪ Berries ▪ Tree fruit ▪ Tomatoes ▪ Citrus ▪ Exotic fruit ▪ High in Vitamins especially C ▪ High in fibre ▪ Can be high in sugar 	<ul style="list-style-type: none"> ▪ Fresh ▪ Tinned ▪ Dried 	<ul style="list-style-type: none"> ▪ Processed fruit deserts ▪ Jellies and fools ▪ Fruit juices ▪ Cordials ▪ Alcohol

Fruits

We eat fruit because we need the vitamins, especially vitamin C, which is vital in our immune system. Vitamin C is also really important in helping the body to absorb the iron found in plant foods. (Non-haem iron)

Fruits also contain fibre and a host of other vitamins, mineral and micro-nutrients.

Really important micro-nutrients in fruit (and incidentally in vegetables and seeds), are called phytochemicals. They are used by the plant to protect itself from predators and disease. They often account for the bitter taste in sophisticated flavours, such a broccoli. We are only today beginning to understand how these tiny micro-nutrients work in our bodies. For example, people have been extracting salicylate from myrtle and willow since the third millennium BC. It is only now that we understand how potent this plant-sourced preparation is as an anti-inflammatory and antipyretic (ie anti-fever) treatments. Salicylate is the active ingredient of aspirin.

Much of the fibre in fruit is located in the skin and much of the nutritional

goodness is also located just under the skin, so it is best not to peel fruit, wherever possible.

But remember one dried prune gives you as many calories as a lovely plump fresh plumb. All fruits contain sugar, and while eating a peach is a hundred times better than eating a Mars Bar, either in excess will make you fat.

Less healthy fruits are those found in processed and packaged deserts, drinks and cordials. Fruits juices are high calorie too, as are commercial milkshakes. When you're on a diet, try and give those types of food a body swerve. Look at the labels. You'll be surprised at the calorie content of simple orange juice.



Dairy

Natural milk and milk products are a really important food group in their own right. Milk, with its high calcium content is very good insurance against osteoporosis, that's loss of bone strength. Milk contains excellent protein, good quality lactose – a slowly absorbed sugar - and milk fats that we now think have a protective effect against heart disease and strokes. Whole or full fat, grass-fed milk is packed with nutrients, in a very easily digestible form.

But, we should all recognize that dairy products are a luxury. You don't need a lot each day. While there is a growing body of evidence indicating that milk fats are far better for us than other animal fats. Milk is still a rich dish, so must be measured. One portion is about 100ml.

During your diet you may drink full fat Jersey milk, whole milk or - if you must - semi-skimmed. It is important to note that no plant-based milks can even vaguely match the nutrients in real milk. Click on the button to read more about the benefits of ethical dairy. <https://saytomato.org/2020/02/14/milk/>

Cream and butter are higher in fat, so should be treated with more caution. The

way you will record food portions will include the cooking method, the butter on the bread, or the fat you use to fry an egg. Please remember that added fats, of whatever type, should always be used sparingly.

Counting portions not calories

	Portions	Portion Dots
▶ Protein	2	Protein ●●
▶ Grains	2	Grains ●●
▶ Vegetables	5	Vegetables ●●●●●
▶ Fruits	2	Fruit ●●
▶ Dairy	2	Dairy ●●

Counting portions not calories

This is all you need to know in order to count portions and not calories. Don't forget to look at the download from last week, (<https://saytomato.org/wp-content/uploads/2020/07/DIET-AND-PORCTIONS.pdf>) identifying exactly how big different portions are. You don't need to get bogged down in the difference between a peach and a pear – in many ways they are interchangeable.

In essence you should aim for healthy portions of protein, grains, vegetables, fruits and dairy every day. Counting the portions as you eat them.

At first, you will need to become rigorous with portion sizes. For the first few weeks you will need to weigh out the protein, cheese and the cereals, as well as measure the milk, in order to ensure that you aren't over-eating. Then for each day simply tick off the foods as you eat them.

The foundation diet I've given you equates approximately to the number of portions shown in this slide.

But what, I hear you ask, should I do if I weaken and snuffle a chocolate bar or get carried away by a packet of biscuits.

For the time being I'd like you try thinking (and counting) before you eat. Just look at the label, if it's a packet, or check on the internet. Read off the calories first. This can be quite motivating. A Mars Bar contains 230 calories – almost two and a half dots in this system, and almost a third of your daily allowance.

Don't be fooled into thinking that foods that are sold as healthy always are healthy;

Don't be fooled!

Nature Valley Oat and Honey Slice
Sold in 'health food shops'.



Ingredients -	grammes	
	Nature Valley	Brown bread
Fats	3.6	1.0
Carbohydrate	13.5	18.8
Inc added sugar	6.0	0.5
Fibre	2.4	3.9
Protein	1.7	5.0
Cost	20p	10p

This crunchy oat and honey bar look appetising doesn't it? It is made of oats after all, and oats are one of the wholemeal grains I've been advising.

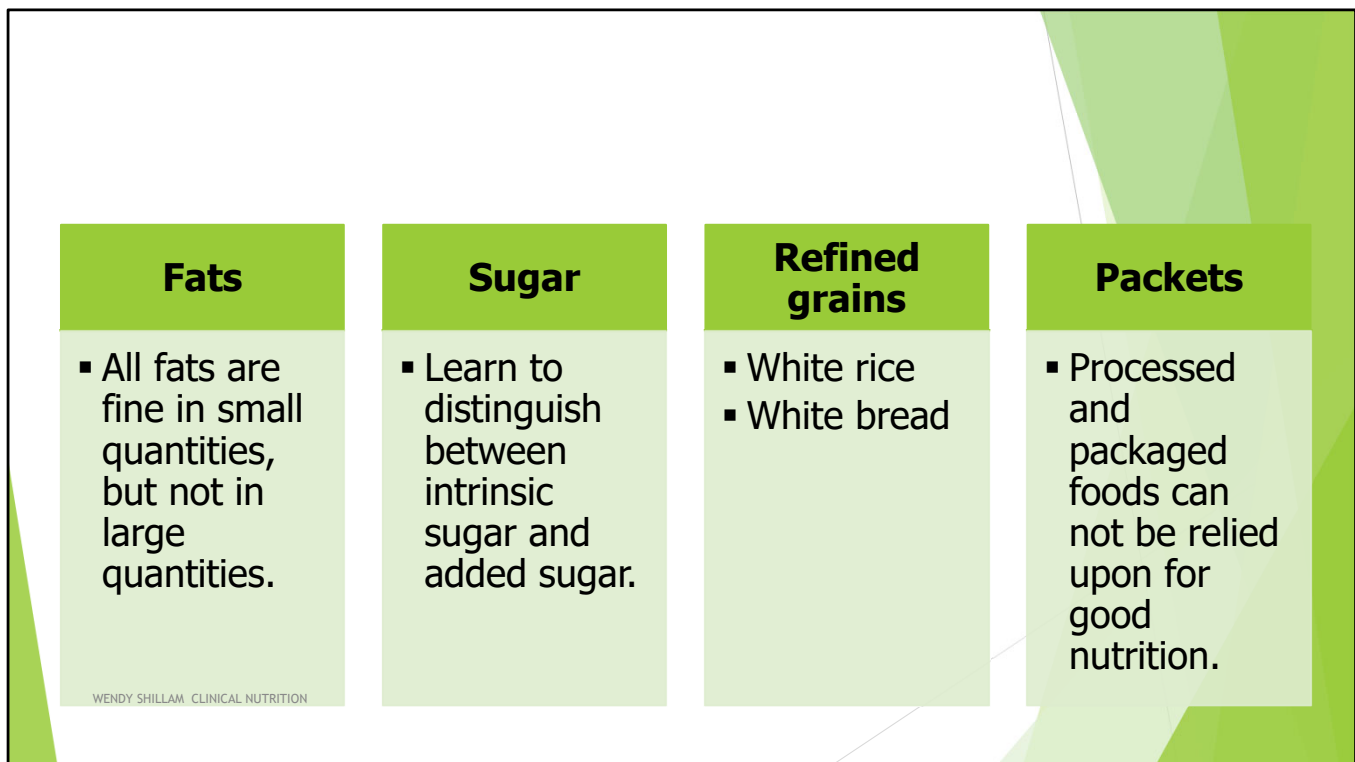
The packet tells us some of the story, it's got honey in it. Honey is just as fattening as sugar (and for the record maple syrup is as well.)

You have to look on the back, in the ingredients panel to get the full picture. This bar has 2% honey in it. That doesn't sound like a problem. What is concerning is that 40% of the entire weight of the product, is made up of less attractive sounding ingredients. Alongside a very large proportion of ordinary table sugar, you will find sunflower oil, salt, molasses and something called sunflower lecithin. This is a type of gum that literally glues the oat flakes together.

Just one little 21g bar will cost you the equivalent of a whole dot – 100 calories and I guarantee it won't dent your appetite. The table compares this bar to a slice of wholemeal bread with the same number of calories. The bread has more fibre, more protein, less sugar and hardly any fat. Its also half the price and double the weight – thus more satisfying to eat and far more filling.

This is just one example of why I don't recommend any packaged foods for the time being, and if you must, read the label VERY carefully.

These are sold as 'weight management products' in so-called health food shops. Beware; what they mean is that such 'health bars' are excellent if you need to put on weight!



Here are the foods that you need to be careful about.

Fats

All fats are fine in small quantities, but not in large quantities. It doesn't really matter whether your fat of choice is butter, dripping or vegetable oil. 1 tablespoonful of olive oil contains as many calories as a whole apple or a slice of bread. Fats should only be used sparingly for cooking, where absolutely necessary, but otherwise avoided for the time being. You will be getting adequate fats from the dairy and protein content of your meals.

Sugar

There are lots of different types of sugar. For example, there is fructose found in fresh fruit, sucrose found in table sugar (extracted from sugar cane), corn syrup found in processed foods and lactose found in milk.

Intrinsic sugars, that are natural in the food we eat, such as milk lactose, and fructose in fresh fruit are not as dangerous as added or free sugars. Added sugar are found in cakes, biscuits, savoury dishes, cordials and bought deserts. Buy plain yoghurt and mix in some fresh berries and you have an intrinsic sugar dish.

Buy a commercial strawberry yoghurt and you're eating added or free sugars. The difference is that the free sugars can react far more quickly in the body – if you are not very careful, they'll go straight to fat.

Too much of either sugar or fat will become fat in your body. It all ends up on the hips!

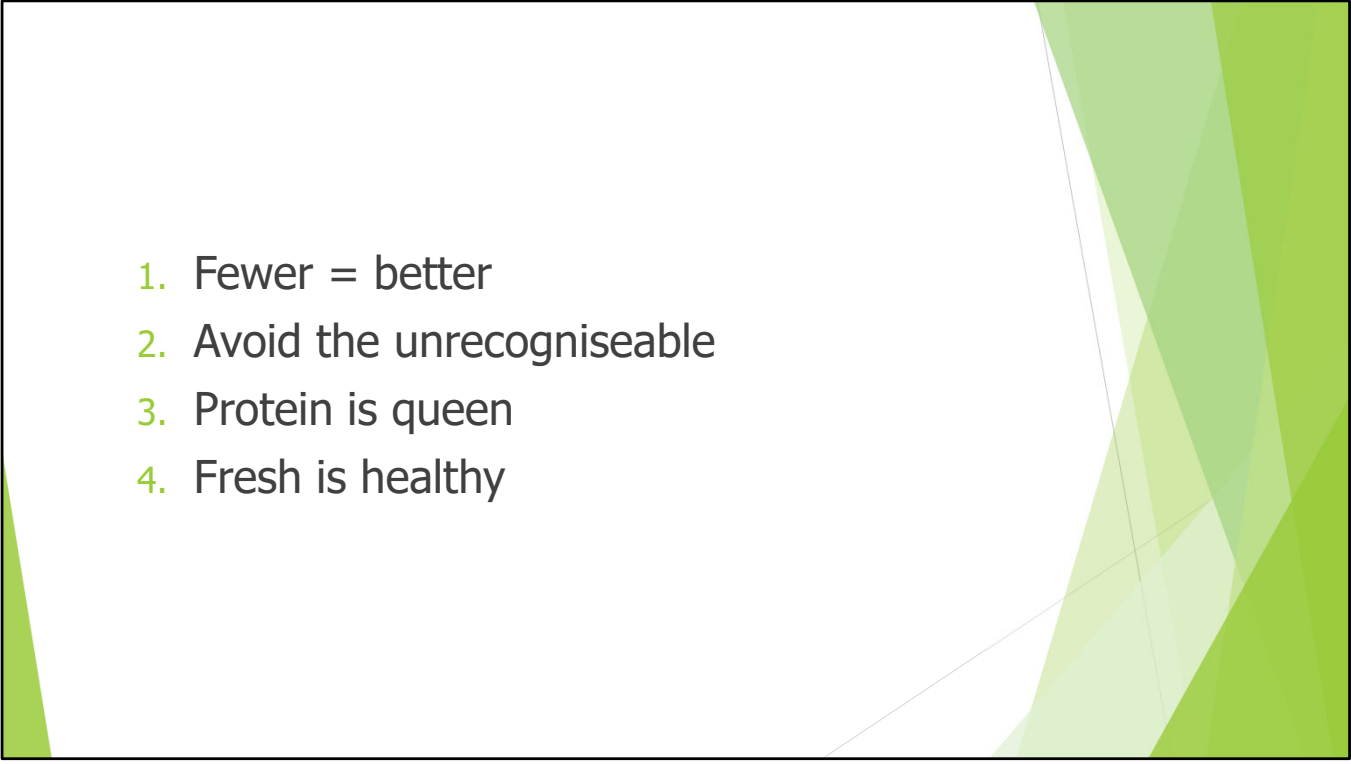
Refined grains

Seek out 100% wholemeal, or wholegrains. Beware ad-speak. Brown bread, such as Hovis, doesn't have to contain even 1% wholemeal flour and even bone-fide wholemeal bread can be made with up to 50% white flour. If you want the Real McCoy ask for 100% wholemeal wheat bread. This will have the highest nutrition, the highest protein levels and thus the lowest calories.

Packets

Processed, chilled and ready meals and packet foods cannot be relied upon for nutrition. In this diet, I suggest counting any packaged product as suspect. The exceptions are Quorn pieces (but not Quorn burgers), Tofu (but not tofu burgers), tinned legumes (but not concoctions). Tinned fruit often has unnecessary syrup and tinned vegetables have added salt – so do beware. The good news is that anything which comes in a packet or wrapper has by law to state its contents and nutritional values. So simply jot down the number of extra calories you've taken in – under that catch-all term – the rest.

Let's go to the next slide to learn more

- 
1. Fewer = better
 2. Avoid the unrecognisable
 3. Protein is queen
 4. Fresh is healthy

When you shop always check the label of something that is packaged.

I have a useful four-point rule.

When you are shopping go for a smaller quantity of the best quality produce you can afford. Fewer equals better. A small ingredients list on a product often means it is more wholesome.

Avoid unrecognisable ingredients – they rarely satisfy. Such ingredients often they turn out to be padding – extra fats or sugars - under different names that make the product cheaper and will pad you out too.

Design your meals around the protein, they should form the mainstay of every dish. If you only have time to look at one ingredient, look at the protein. Plan for 15-20g pure protein at each sitting. (Not the weight of the food, but the protein content.)

Go for fresh first. However, you shouldn't avoid frozen or tinned produce entirely. Get used to checking the ingredients.

Name the five food groups?

Which foods should you count most carefully?

Name one of the shoppers four rules of thumb

Which food group doesn't need to be limited?

Name the most important nutrient?

WENDY SHILLAM CLINICAL NUTRITION

Recap

See how many of these questions you can do.

Answers on the next slide

Name the five food groups?	<ul style="list-style-type: none">• Protein, Carbs, Dairy, Vegetables, Fruits
Which foods should you count most carefully?	<ul style="list-style-type: none">• Fats, Added sugars, Refined, Packaged
Name one of the shoppers four rules of thumb	<ul style="list-style-type: none">• 1. Fewer = better• 2. Avoid the unrecognisable• 3. Protein is queen• 4. Fresh is healthy
Which food group doesn't need to be limited?	<ul style="list-style-type: none">• Vegetables, especially leaves and salads
Name the most important nutrient?	<ul style="list-style-type: none">• Protein

Answers

How did you do?

- ▶ Start using the dotty record system to record your daily eating [You can download a record sheet here:](#)
- ▶ Read the blog, [The Good Life, Go Dotty!](#) These will give you more information about healthy foods and portion sizes
- ▶ Use accurate kitchen scales
- ▶ Record your thoughts and feelings. Make a list of what new foods you are enjoying

- ▶ You are becoming more conscious of your eating habits
- ▶ Your tastes will be changing
- ▶ You can spot the habits that need to change



Homework

The most important 'homework' this week, is to start recording what you eat. Use kitchen scales to accurately measure out portions. You'll soon get used to it.

[You can download a record sheet here:](#)

Use your notebook to record your thoughts and feelings. Err on the positive. Make a list of foods you are enjoying. Are your tastes changing? They might be.

Also read my blog, [The Good Life, Go Dotty!](#) That gives you more detail about following the portion control system.

Why record what I eat and drink

At this stage it might seem like a bit of a bother to record everything that passes your lips.

Why should you?

Firstly, forcing yourself to record everything you eat, means that you become far

more conscious of what you are eating.

Secondly, the digestive tract is a very mutable organ. The rate of regrowth is higher in the intestines than elsewhere in the body. For example, it only takes a day or two for sugar transporters to wither, reducing a sweet tooth. Because of these changes to your new diet will be reinforced by new signals coming 'from the gut'. Your tastes will change – it will help you form new habits.

Lastly, in order to change habits, we first have to spot them. Recording the pattern of eating for a few weeks will allow you to see what sorts of things trigger over-eating. Your body will adapt quite quickly, but the mind might take a little longer to come into line. We'll discuss the psychology of habits later in the course. But for now, start making a note of the circumstances that exist if you are tempted to over-eat. What might have caused it?



- ▶ If you are finding the diet difficult, or you feel you are losing weight too quickly, or you are feeling lethargic, cold or dizzy, then add the optional 1 portion of protein per day
- ▶ If you have current health problems or you are at all concerned you can check with me at any time
Email wendy@wendyhillam.co.uk or phone the helpline [07957 438 666](tel:07957438666)
- ▶ This diet is for women 40+ who are overweight or obese that is 30-45kg/m² BMI (body mass index)
- ▶ The foundation diet may only be followed for 4 weeks maximum

Safety

Please read and ensure you understand the information on this slide.

This week, I'd like to draw your attention to the advice that you can make use of an optional extra single portion of protein each day, if you are finding it difficult to stick to the diet quantities. At any time, you can contact me by email, and I will help you make a sensible decision for your situation.



- ▶ If you have not already done so, purchase a body composition analyser. I recommend the Tanita BC 401. [There's a review page here](#), which explains the pros and cons of different body measurements. We'll be using the monitor in workshop three.
- ▶ Any questions?
Email wendy@wendyshillam.co.uk

Completed

Well done. That's the end of workshop 2. Thanks for listening. By next week you should be noticing a change in your body shape and size. I hope that you have managed to purchase a body composition analyser by now. Next week's session will help you understand the data you are starting to get from the machine.

This is Wendy Shillam signing off.

Bye for now!