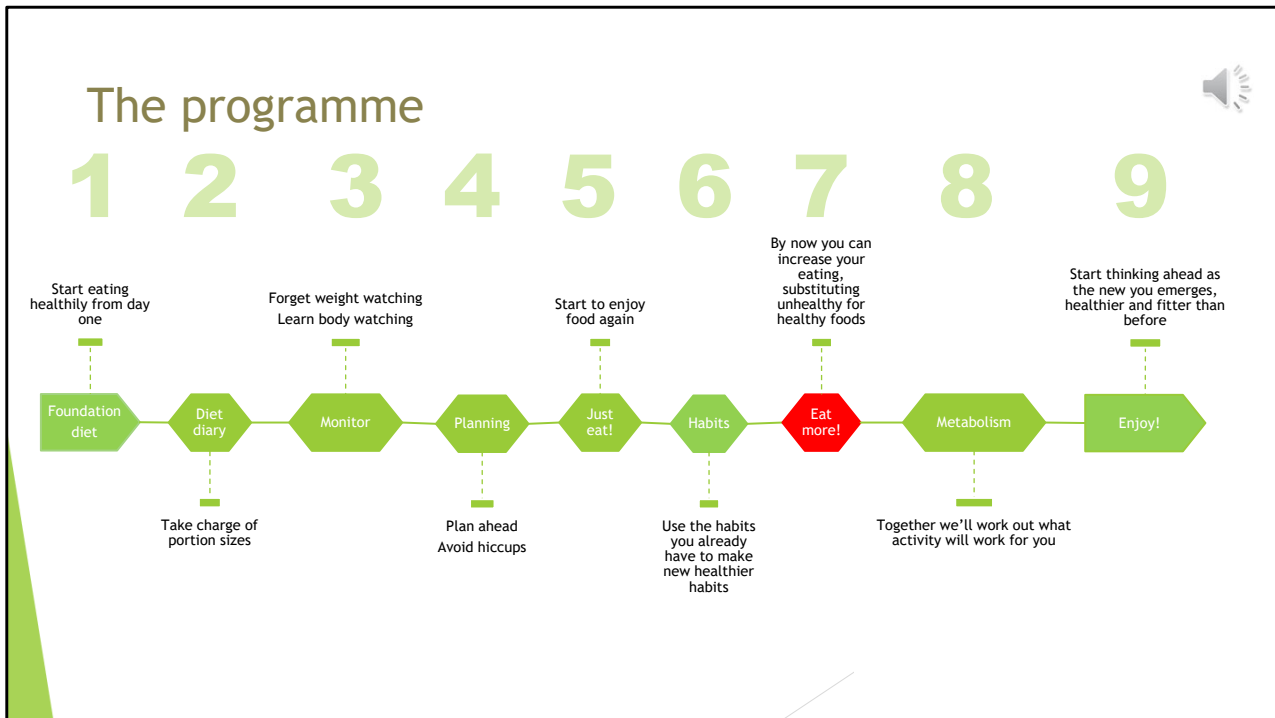
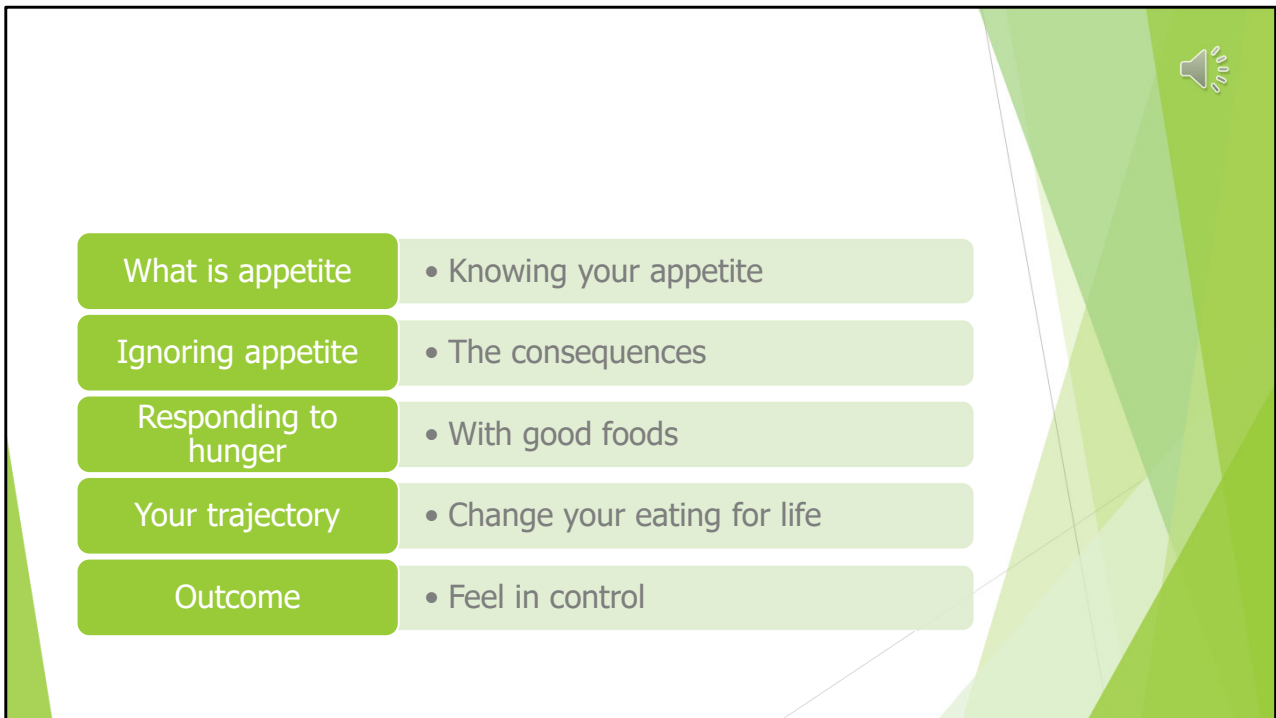


Welcome to session 7 of the woman's diet programme. This session will give you an overview of how you ratchet back towards normal eating. But this does not mean going back to the old ways. This will be transitioning to a new healthy balanced diet that you can follow for life.

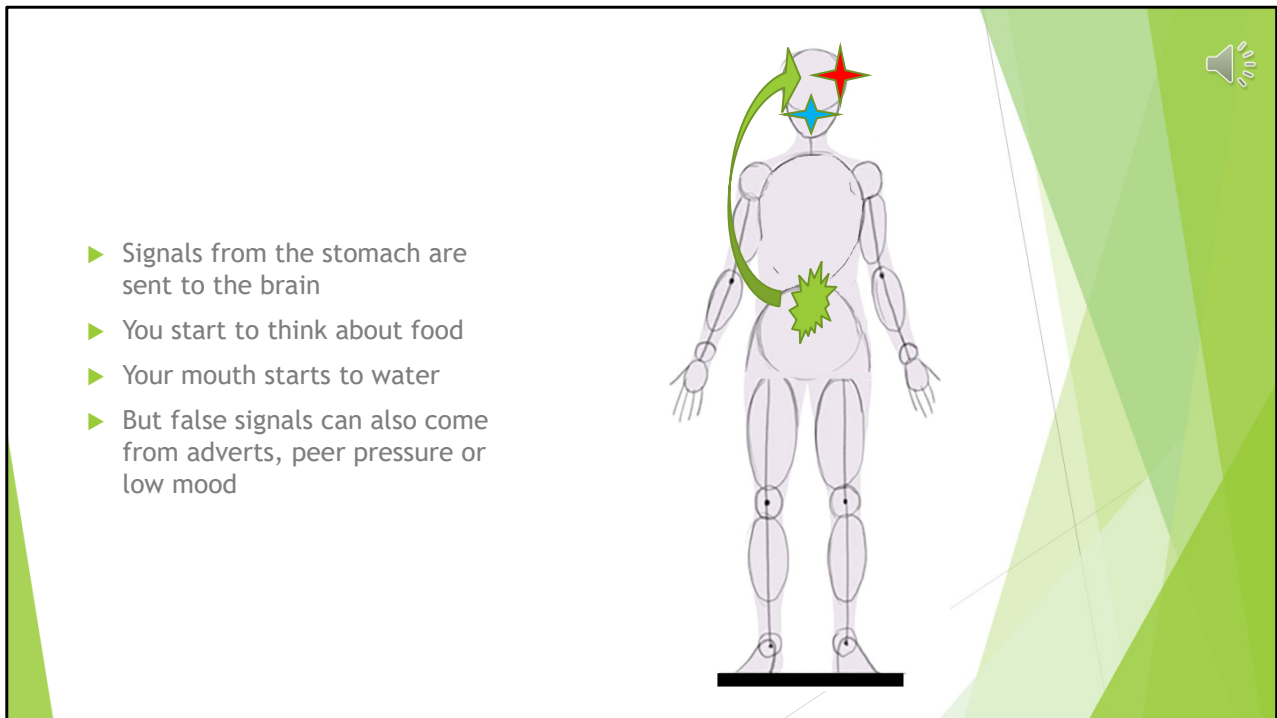
It may seem strange for this part of the diet to encourage you to eat more, but eating too little is exactly why I think most diets fail in the long term.



These final three sessions will equip you for the full term of your diet. I want to ensure that by the end of the workshops you possess healthy lifestyle tools that will last you for life. So, the last three sessions will give you an eating strategy for life, that's this session, help you ramp up your exercise and finally put the whole thing together in week nine.



We're going to talk about appetite and the consequences of ignoring appetite. We're going to look into the future, so that you understand how your eating will change in the next few months. I want you to feel confident that you can take control of your own eating long term. As I've always said, in the end its going to be up to you to deal with the challenges that life will inevitably bring and to ensure that none of them derail your healthy lifestyle.



## What is appetite

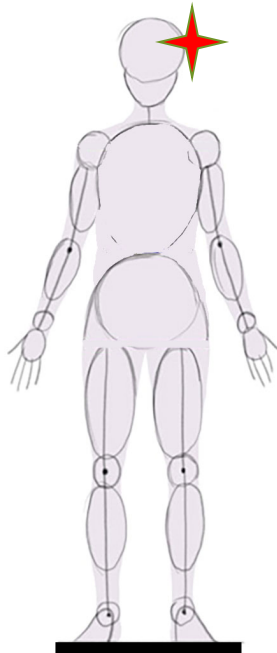
Adding back foods, as you are doing at the moment is fraught with difficulty. Why? Because of a thing we call appetite. How do you know that what you feel like eating is what you should be eating?

I've explained before that appetite is a good thing, and that it is normal and healthy to feel hungry when you sit down to a meal. If we are pre-occupied or worried about something then hunger can be quite successfully

suppressed. Many people who have a problem with binge eating can lay the blame at their ability to ignore feelings of hunger for a whole day or more, and only after the flood gates have opened, to eat and then over-eat.

Because you were overweight, your hunger messages have been disrupted, possibly for years. The diet is helping you get back to normal, regular and healthy meals. But this won't happen automatically and it won't happen overnight. For the time being you'll have to keep recording what you eat and why you eat. Only that way can you repair your metabolic system.

Never skip meals – your body just can't cope right now.

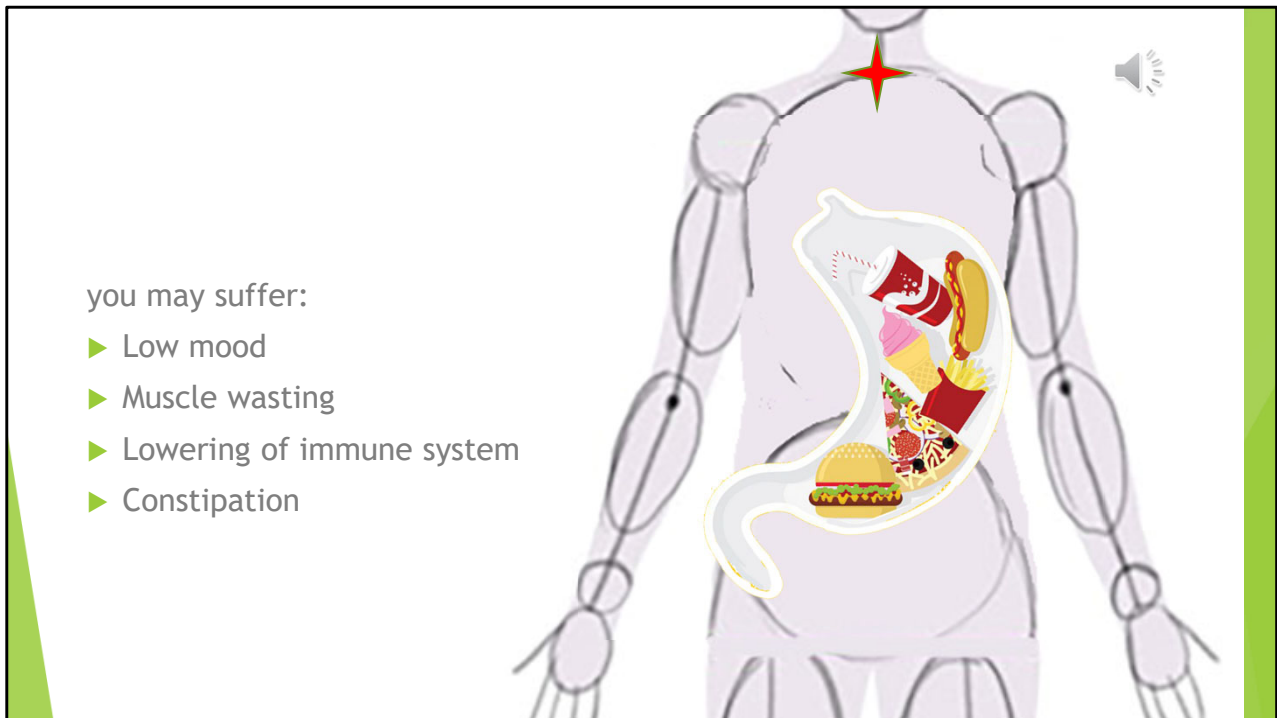


If you ignore those signals - many things might happen

- ▶ Hormones start to break down adipose tissue
- ▶ We feel tired
- ▶ Metabolism slows down
- ▶ We may simply replace the fat lost when we go back to eat

I think we all know that appetite is partly physiological, driven by the body and partly psychological. When your stomach is empty it releases hormones that send signals of hunger to the brain. You start to think about food and your mouth starts to water.

But false signals can also come from adverts, peer pressure or low mood. That's why fast food outlets, glossy ads on TV and seductive images on unhealthy food packaging should be treated with extreme caution.



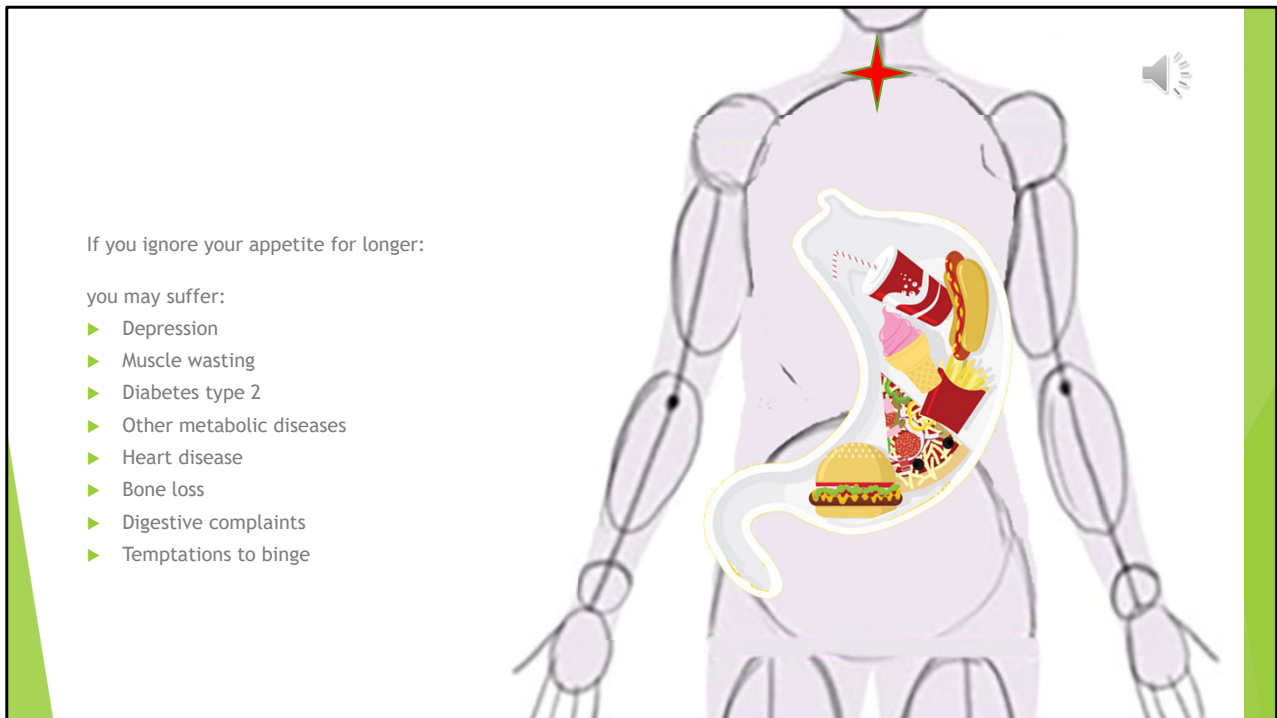
We can become very adept at ignoring hunger. Many different things can happen. For a start hormone signals will ride to the fat stores and start to release fat to form glucose fuel. But if this system were too perfect our ancestors would have wasted away every winter, when food was scarce. In fact, the body recognises hunger and sometimes fat doesn't break down, instead we start to slow down, our metabolism plummets. The sum total of restricting our appetite for too long can be an increase in fat storage, especially if when we do eat, we eat the wrong things. That is one of the reasons why fad diets

simply don't work. The body always tries to maintain a status quo and will not tolerate scarcity of any nutrient or any major food group. It responds by maintaining hunger, we are forced to keep eating more.

For now, you have taken back conscious control of your eating and you are nurturing your metabolism by eating a little more each week. Because this is healthy food, and because the eating is combined with a little more exercise, your metabolism shouldn't plummet.

However, to a certain extent you are having to override feelings of hunger or satiety (feeling full) by eating to a regimen that we know will give you a balanced diet but help you lose weight. But you can't sustain this for too long.





The long-term effect of ignoring appetite can be even more devastating – including changing your mood, your ability to enjoy food and potentially tip you into eating disorders such as starving yourself or bingeing. Many people give up an important food group in order to lose weight and then never go back to them, crippling their long-term health prospects.

Eating the wrong types of foods can be even more devastating, as lack of nutrition is exacerbated by fat gain, diabetes type 2 and hardening arteries.

Metabolism is very fragile in women beyond the age of

menopause.



- ▶ Carbohydrates
- ▶ Proteins
- ▶ Dairy
- ▶ Vegetables
- ▶ Fruits



What is to be done?

The good news is that if you swop poor quality food for good foods, then the body will respond well. Because much of the poor-quality foods we eat are high in calories, sugars and fats and the good food is high in nutrition, the diet's I prescribe shouldn't leave you feeling hungry.

But in my view a strict diet should only ever be a short-term affair. It relies on will-power. And most of us just

don't have enough will-power for long enough to make lifelong commitments. Why should we? You've been subject to a healthy balanced diet for the last six weeks or so. Possibly you've been eating less than you normally would. Possibly you've been feeling hungry. Now we are going to make sure that your hunger is satisfied – by eating more of the right foods.

By now you should have the food groups at your fingertips and you should be recording everything that enters your body. As you lose weight, you'll become more energetic. You'll want to do more and that will mean you can eat more – guilt free.

Here are some useful strategies for eating within your limits.

- Protein

**Replace**

- Cream cake *with*
- Wholemeal bread and cheese
- Hard-boiled eggs

**Replace**

- Veggie pasta *with*
- Brown rice and chilli beans

**Replace**

- Americano coffee *with*
- SMALL Latte or cappuccino (<100ml)

9

## Protein

I think that the most important nutrient for us is protein. That is because protein helps fill us up, it feeds the muscles, which in turn ensure we can maintain a strong heart and lungs. Protein is essential for making hormones, for fighting infection and making the day to day repairs that every cell in the body requires. And if you're worried about thinning hair – protein is essential to healthy hair as well.

It is best to eat protein at each of three main meals throughout the day. If you feel you might be missing out try one of these replacements.

If you're out for the day don't resort to a cream cake as a pick-me-up. You don't need sugar, you need protein. Put a couple of hard-boiled eggs in your handbag. You can increase the protein of many dishes by adding eggs – including bought salads and sandwiches. Or make a simple cheese sandwich using wholemeal bread.

You'll find brown rice and wholemeal bread more filling and more nutritious than their white counterpart, which should be avoided at this stage of your diet.

Milk is wonderfully good for us, and very easy to find when you are out and about. No town or village lacks a coffee machine these days. Ask for whole milk not skimmed. But remember that a portion of milk is about 100ml. A large cappuccino is often 350ml – much too big a hit. Ask for a flat white or a babyccino.

Next slide

## ⇒ - Vegetables



### Replace

- A first course *with*
- Salad, or a side vegetable

### Replace

- Rich sauces *with*
- Pureed tomato, aubergine or spinach

### Replace

- White rice or pasta *with*
- Root vegetables

There is no limit to eating leaf vegetables on any of my diets. Though I recommend only one portion of each type of vegetable per day, for the time being. So, if you had potatoes for lunch, have carrots for supper.

If you go to a restaurant try swopping the first course or **hors d'oeuvre** for a lightly dressed salad or a side vegetable. Don't go for a rich coleslaw – though diced cabbage is super healthy and contains loads of vitamin C - the mayonnaise dressing may not be too healthy.



If you are used to cooking with bottled or packet sauces, beware of these as well. They contain loads of additives and empty calories. Try making a sauce with diced onions and chopped tomatoes (fresh, canned or bottled as passata).

If you're in a café and all that is on offer is white rice or pasta, consider asking for an extra vegetable instead. A small portion of potatoes baked or boiled in their skins and eaten without deep frying are far healthier.



Studies in the UK have shown that, as a nation, we eat far too little fibre. Fibre is the roughage found in plant-based foods that helps reduce constipation. Fibre is wonderfully filling – compare eating a slice of factory white bread with a piece of homemade wholemeal. There’s a lot of research that connects increased fibre to reductions in cancers, lowering of weight and an improved microbiome – that’s the friendly bacteria in our gut. Those bacteria require dietary fibre to thrive.

Don’t try and replace fibre in whole foods and

wholemeal with bran, or bran additives in breakfast cereals. There's not much evidence that they have any benefit.

Some useful tips include:

- Keeping the skin on fruit
- Choosing wholegrain everything
- Choosing brown or wild rice
- Crunchy vegetables, such as carrots and celery
- Seeds and nuts,

Though beware with seeds and nuts. They should only be eaten in small quantities raw, ie unroasted. I recommend ground linseeds because they are a very useful fibre and the type of lipid they hold (linoleic acid) are essential and difficult to find elsewhere. But be aware that if you don't grind or soak them they are likely to go right through you!

The infographic is a grid with four columns. The first three columns have green headers, and the fourth has a red header. Each column contains a list of items. A speaker icon is in the top right corner. A red horizontal line is above the first column. The text 'WENDY SHILLAM CLINICAL NUTRITION' is at the bottom left of the first column.

Pure water	Soups	Coffee and tea	AVOID
<ul style="list-style-type: none"><li>▪ Tap water is fine</li><li>▪ Don't waste your money on filtered water</li></ul>	<ul style="list-style-type: none"><li>▪ Consommé</li><li>▪ Fish or meat soup</li><li>▪ Lentil or bean soup</li><li>▪ Vegetable soups and purees</li></ul>	<ul style="list-style-type: none"><li>▪ Coffee</li><li>▪ Decaf</li><li>▪ Tea</li><li>▪ Green teas</li><li>▪ Coco</li><li>▪ Tomato juice</li><li>▪ Beef tea</li></ul>	<ul style="list-style-type: none"><li>▪ Fruit juice</li><li>▪ Cordials</li><li>▪ Colas</li><li>▪ Carbonated drinks</li><li>▪ Alcohol</li></ul>

WENDY SHILLAM CLINICAL NUTRITION

There are quite a few myths surrounding drinking liquids.

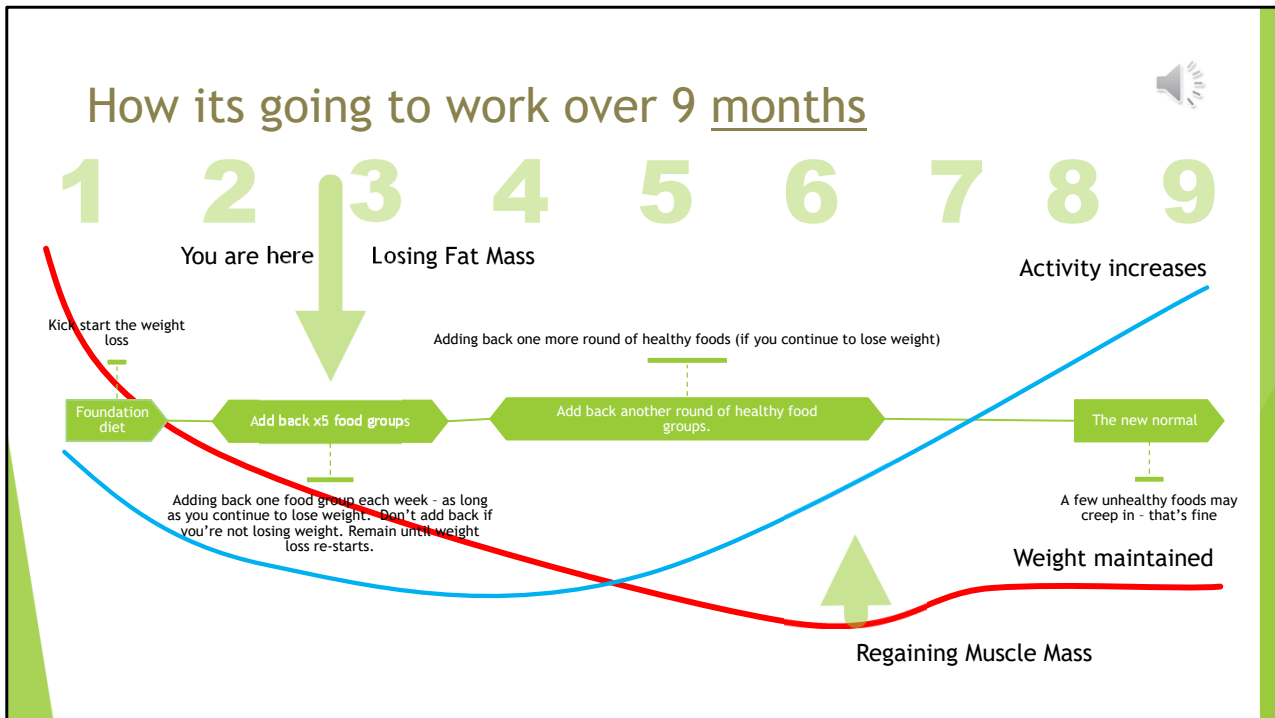
Myth number one is that only bottled water will hydrate you. All of the foods and drinks in the lists here are good sources of hydration (including those I suggest you avoid). Except on exceptionally hot days, it isn't necessary to carry water around with you, as long as you are getting enough liquids in the form of tea or coffee breaks and drinking liquid with your meals.

Myth number two is that tap water is bad for you. Filtered water is no better, and in fact may be worse. For preference choose hard water, not soft water. People who live in hard water areas have a lower risk of heart disease. If you have a soft water filter fitted to your kitchen tap at home, remove it. Water filters should only be fitted to the dishwasher and or washing machine feed, never to the drinking water tap.

Myth number three is that fruit juices are good for you. Even un-sweetened orange juice isn't too good for you – because it contains too much free sugars, as do cordials and colas. And while we're having a go at colas remember they contain the triple whammy of sugar, carbonation and caffeine. So, the sugar is bad for the waistline and rots the teeth, the carbonated bubbles leach the bones and they contain considerably more caffeine than a really strong cup of black coffee.

In hot weather it's all too easy to drink too much alcohol. But it's a very fattening drink, exactly like a cola but even worse because the alcohol lowers the resolve and lulls you into a false sense of security. In hot weather a glass of water, a cool glass of milk or an iced (un-sugared)

coffee are all better bets.



### How it is going to work in the long term

Most people who follow this diet lose a lot of weight quite quickly. By now you should be noticing the difference. But no one can sustain a big diet for a long period of time. Your diet will gently transition into something a bit more generous, and a bit gentler, represented by the red, weight loss, line easing off.

The blue line here represents your metabolism. It will have gone down at the start of the diet. This is a normal

response to a diet and is nothing to worry about, short term. But it must be regained as you continue.

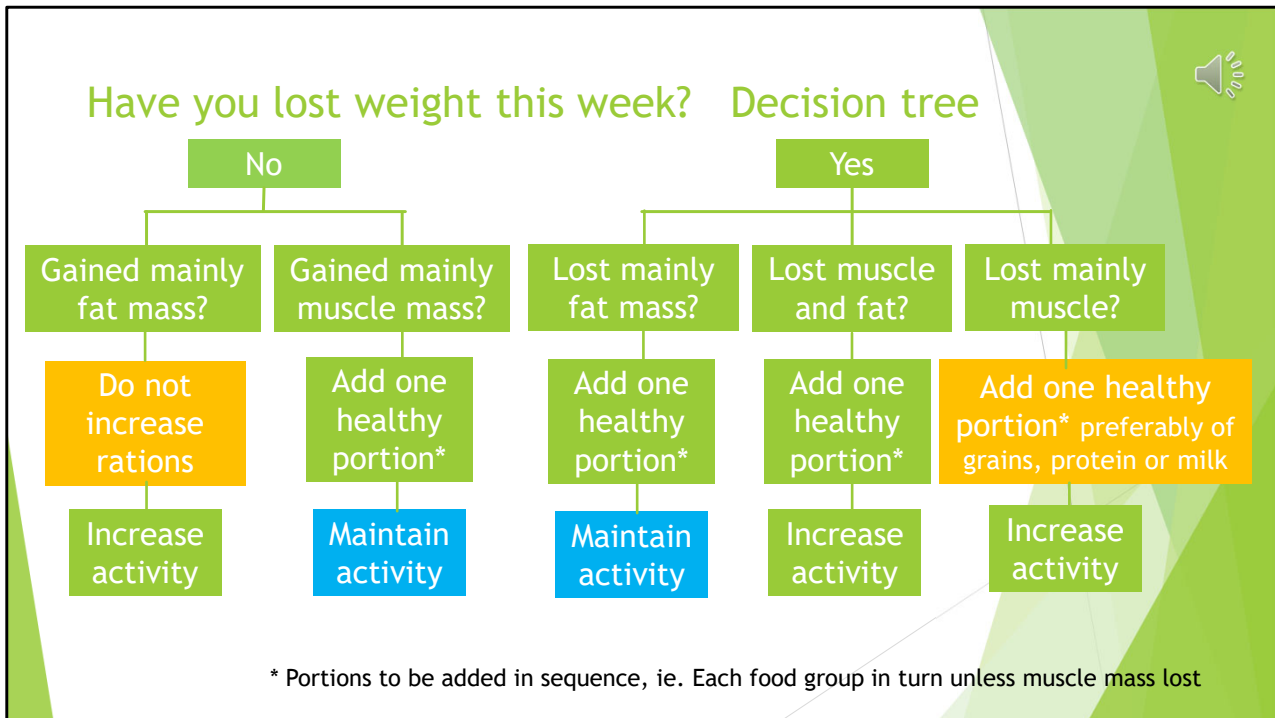
Becoming more active will allow you to eat more good food. (Don't use it as an excuse to eat fatty, sugary or processed food) activity will naturally increase your metabolism. Your appetite for good food will increase, and you should start to listen to your stomach. If you are being more active and your metabolism is gearing up, you will need more food.

At this stage you will put on a bit more weight. But this time it is healthy weight – it is muscle mass. You can check this each morning on the scales. But don't expect to become Mrs Universe overnight. Next week we're going to talk about increasing your exercise. Every time you go up a notch in muscle mass, you will improve your metabolism, your requirement for healthy foods will increase a little and your body will become strong, more filled out and you'll benefit in health.

Eventually you'll achieve a good balance between a healthy diet, a healthy weight and good quality muscles. Inevitably a few unhealthy foods might creep in, but by



now you'll know how to limit the portion size and the frequency to keep control. That balance isn't ever going to be quite such a smooth line as the red line here implies. It is absolutely normal for weight to fluctuate by a few pounds or even a few kilos over the course of the week. What you will be learning is how to distinguish between healthy muscle growth and unhealthy fat gain



You can add back the full spectrum of food groups up to two times, ie adding back a second extra portion of protein, vegetables, fruit, grain and milk as long as you continue to lose weight. Some people won't ever get to the final second set of foods. Some people may find themselves able to eat a bit more still. I can't tell you when to stop. You will need to trust your own judgement. And you'll need to continue to record your portions every day – in order to make sure that you stay on the right track.

Look at your weight loss, or gain at the end of each week, in order to make a decision about next week. We're now introducing the concept of eating better, alongside moving more in order to come back to a healthy metabolism, which is inextricably linked to the amount of muscle mass that you possess. Don't forget to keep an eye on body water. Hydration is really important for muscle building and fat burning.

It would be good if this leaves your BMI, your body mass index somewhere between 20 and 25kg/m<sup>2</sup>. But remember it is how you feel that matters most. Even at the upper ends of this scale, even a tad beyond it, you will be much fitter than you were before. Much more able to withstand the challenges that life and health brings.

WENDY SHILLAM CLINICAL NUTRITION

Name the two food groups you should eat more of?

What could replace a bottled sauce?

Which is best Evian or Perrier?

Which food group doesn't need to be limited?

Name one reason why fibre is good for us?

## Recap

See how many of these questions you can do.

Go to the next slide to find the answers

WENDY SHILLAM CLINICAL NUTRITION

Name the two food groups you should eat more of?

- Protein and vegetables

What could replace a bottled sauce?

- Pureed tomato, aubergine or spinach

Which is best Evian or Perrier?

- Tap water is fine, but Evian has no bubbles (carbonation) so is better for teeth and bones.

Which food group doesn't need to be limited?

- Vegetables – one portion/day/veg

Name one reason why fibre is good for us?

- Reduces constipation
- Reduces risk of some cancers
- Improves weight loss
- Feeds friendly bacteria in the gut
- Helps us feel full

## Recap – answers

How did you do? If you're still a bit confused by anything, then do email me.



- ▶ Stick to monitoring your weight, your muscle mass and your fat mass EVERY day
- ▶ Add back an extra portion if you continue to lose weight
- ▶ Use the 'dotty' record books to continue recording what you eat and at what time of day
  - ▶ Remember to continue to record food groups as coloured dots and the rest (fats, added sugar, refined foods and packages) as grey dots
- ▶ Pay particular attention to when and if you feel hungry and why that is.

Stick to monitoring your weight, your muscle mass and your fat mass EVERY day.

Add back an extra portion if you continue to lose weight and consider adding back protein, grains or milk products if you are losing muscle mass.

Use the 'dotty' record books to continue recording what you eat and at what time of day

Remember to continue to record food groups as coloured dots and the rest (fats, added sugar, refined foods and packages) as grey dots – I hope you haven't

got too many grey dots?

Pay particular attention to when and if you feel hungry and why that is. Can you distinguish from real healthy feelings of appetite and induced feeling brought on by adverts or peer pressure?



- ▶ In the next session we'll discuss how to increase your metabolism
- ▶ You'll learn a bit more about how activity can help you stay healthy

## Next session

In the next session we'll discuss how to increase your metabolism – that will allow you to increase your eating a bit more.

You'll learn a bit more about how activity can help you stay healthy.

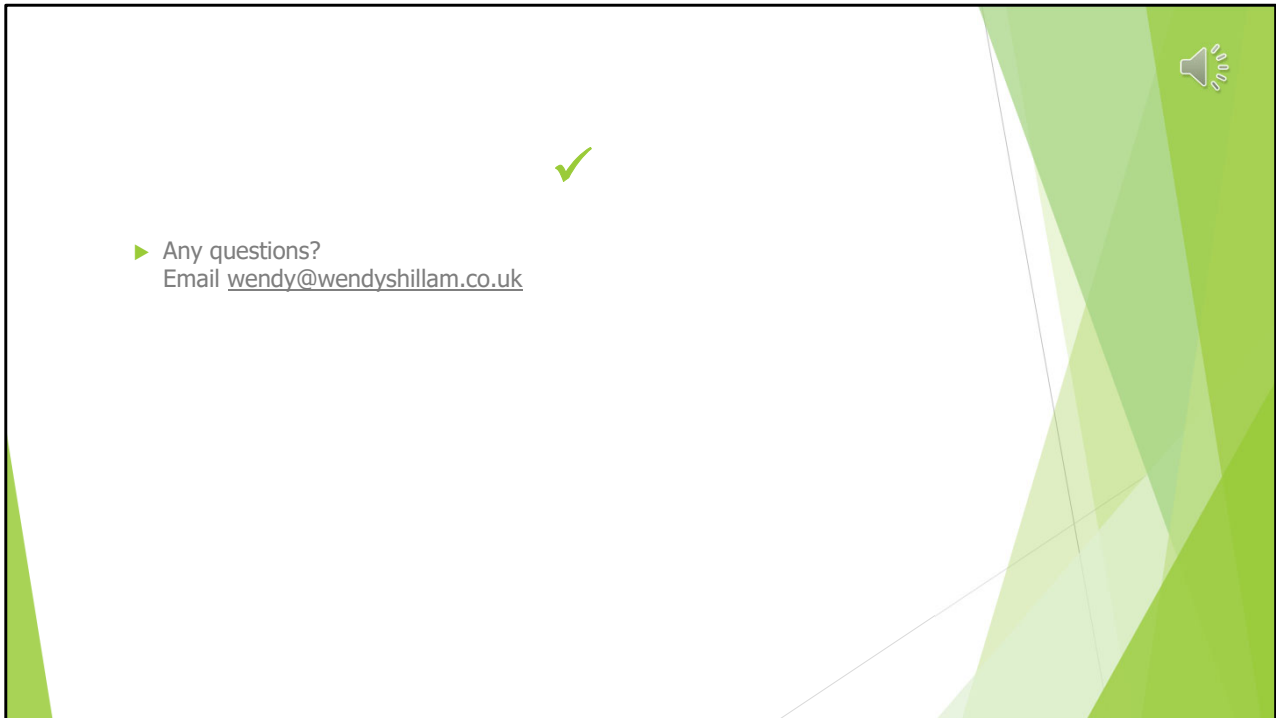




Read through the most important safety considerations this week.

Adding back portions and decisions whether your metabolism is ready is one of the most difficult parts of a diet. Use the decision tree above to help you make those decisions, but if you are unsure, please contact me by email.

Next slide



Congratulations you've completed part seven of the diet workshops. This is Wendy Shillam, signing off and saying bye for now – have a good week and make the most of those extra portions!