

Newsletter June 2007

Why Some People Should Eat Cake For Morning Tea.

Why is it that the long term result of most diets is in fact weight gain?

Multiple studies show that, after 5 years, 90% of people end up weighing 15% more than when they started. This in spite of knowing the differences between healthy unprocessed foods and the energy dense alternatives. The increased risks of high blood pressure, diabetes, cholesterol problems, a sluggish liver and gall bladder, heart disease and strokes are also well known facts. And the popular media pounds us with images of slim looking people.

So, logic and rational information is therefore not the explanation. The clue comes from psychology. People often have a deep emotional attachment to one or more foods. You might even think of it as an addiction which is reinforced by many social and emotional triggers.

Here are some Simple Tips to help you or someone you know get long term results:

Your energy needs are greatest when you are awake, i.e. in the day time. Hence the advice to eat breakfast like a King, lunch like a Prince and dinner like a Pauper (or Super Model in today's terminology). People who have successfully kept weight off eat breakfast. Eating well in the first half of the day will boost your energy levels and help you to naturally eat less in the evenings.

Acknowledge the rebel within. If, for example your emotions demand that you eat chocolate or cake, then have it for morning tea or lunch. Eat it slowly and savour the taste, aroma, sight and textures. Leave the guilt response for someone else! It takes 20 minutes for your brain to register that you have eaten, so chew your food well and tune in to "feeling full".

An easily digested meal in the evening includes some meat, fish or chicken and green vegetables, or a vegetarian dish. Avoid overloading your sleepy stomach with the combination of protein and starches such as potato, pasta, rice or sweet corn.

A diary with notes on how you are feeling emotionally and whether or not you are hungry when eating is a valuable activity.

Aim at a long term eating plan that will ensure 100 years of quality and great health. If emotional issues prove tricky, please make an appointment to see me or your local health care practitioner.

Dr. Pete

P.S. Those of you wanting to read more about whether chocolate or cake might become part of a long term eating plan will relish reading "Weight Loss for Food Lovers" by Dr George Blair-West, a psychiatrist who runs a weight loss clinic in Brisbane.

P.P.S. Thank you to the members of the Wandin Rotary Club for inviting me to be their guest speaker. Your gift of a bag of apples straight from the orchard was just what any Doctor would cherish!