Less is More

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'Hate' is a very strong word and I am forever telling my children not to use it lightly, so if they happen to read this article they will definitely accuse me of hypocrisy because I just HATE diets! There is no other expression that can describe my feelings towards the word 'diet' no, wait I could say 'loathe', 'abhor', 'detest', 'really can't stand'...

I have spent most of my life being very anti diets, probably because I have absolutely no will power at all when it comes to food. "I'm on a seefood diet - I see food and I eat it" Resistance is definitely futile in my case.

Girl: I'd like a triple vanilla ice cream sundae with chocolate syrup, nuts, whipped cream, topped off with a slice of cucumber.

Waiter: Did I hear you right? Did you say top it off with a slice of cucumber?

Girl: Good heavens, you're right! Forget the cucumber I'm on a diet.

But there are times when you need to be careful about what you put into your body, not necessarily for losing weight but to ensure that what you are eating is part of a healthy and balanced diet. These days people are more health conscious and seem to be aware of the nutritional value of different types of food and greater awareness enables us to lead a healthier lifestyle.

However, if weight loss is an objective, then there are a multitude of different diets out there to choose from. So, I decided to put my cynicism aside and do a bit of research on some of these diets to see whether any of them had anything more to offer than what common sense might dictate to us. What better way to do that than read up about these diets on the internet and see if they shed any light on the benefits of what I categorise as fads, most of which sound like a con if you ask me. One of the websites I visited only increased my scepticism as they had a list of fifty different diets. There was the "Fat belly", "Hallelujah", "Fat Smash", "Eat This not That" and "Cheaters" diet to name a few! Call me unadventurous but I decided to give those a miss and read about the diets I have actually heard of.

Every couple of years a new fad appears and creates a sensation where the rich and famous don't waste any time and jump onto the bandwagon singing its praises till the next revolutionary diet comes around. The GI diet seems to be the latest diet making a buzz. According to what I have read, the GI diet is relatively easy to follow and adapt to. It uses the Glycaemic Index (GI) as a guide, and no food groups are excluded so it takes the best fats, carbohydrates and proteins and offers a diet that allows weight loss as well as an improvement in health, while eating satisfying foods. It suggests that the GI diet is particularly suitable for people with an underactive thyroid, have type 2 diabetes, and people who have polycystic ovaries. This is because following the plan helps to slow down the release of energy from food and stabilise insulin levels.

The theory behind diets based on the Glycaemic Index is that foods with a low GI value slowly release sugar into the blood, providing a steady supply of energy, leaving a feeling of satisfaction over a longer period so that you are less likely to feel like snacking. In contrast, foods with a high GI value cause a quick - but short-lived - rise in blood sugar. This leaves you lacking in energy and feeling hungry within a short time, with the result that you end up wanting to eat something. If you do this often enough, you are likely to gain weight as a result of constantly overeating. People also claim that the GI diet is not just meant for people who want to lose weight - a low GI way of eating can be beneficial for everyone, including people who