

# WEIGH TO GO!

The thought of having to start a diet is enough to throw anyone into a tizzy. You immediately think about all the dainties you have to skip, all your favourite dishes you have to abstain from, and all those hangouts you have to skip with your foodie friends. The good news is you can forget about fad diets and still lose weight while eating your favourite foods – or substitutes that are close enough!

up with major changes in our diet after the first couple of weeks. A good example of this is cutting down carbs. At first glance you might think it's easy – no rice or potatoes. You'd think that giving up two staple foods will be enough but you'd be surprised to know just how many foods are packed with carbohydrates. To go low-carb would mean giving up not only rice and potatoes, but

intake will do more harm than good. Try not to dip below 1000-1500 calories a day, and similarly avoid going over 2000 calories. Couple that with exercising regularly – going for a walk every day around your local park is a good place to start. You can worry about going to the gym later, once your diet is under control and you've committed to a healthier lifestyle. The way it works is simple: if you eat more calories than you burn, you gain weight. Conversely, if you burn more calories than you eat, you lose weight.

When it comes to calories, substitutions really make a difference. Instead of white rice, go for brown. Not only does 100g of brown rice have less calories than 100g of plain white rice, but the extra fibre will keep you feeling fuller for longer, and aid in weight loss. It's a lot nuttier and chewier than white rice so it might take some time to get used to, but it's delicious for taking to work – mix with boiled vegetables, grilled chicken or tuna and your favourite dressing, and you've got a healthy filling lunch that will give you oodles of energy for the rest of your day. Another alternative to rice, if, like me, you are unwilling to give it up completely, is cauliflower 'rice'. Simply blitz raw cauliflower in a food processor until it breaks down into small flakes, and then sauté lightly in a bit of oil. It's the perfect side dish for your meals, and eating too much won't leave you feeling as guilty as

most fruit, especially mangoes. The horror!

Dieting successfully in order to lose weight involves counting calories, not carbs or any other type of nutrient. By cutting down calories, you'll find that you'll still be able to enjoy a plate of rice and curry without worrying about your carbohydrate intake. A little disclaimer here: drastically decreasing your calorie



If you feel like you overindulged over the winter holiday period and you need to lose a couple of pounds and get back in shape, avoid diets that require drastic changes. That's one of the key mistakes that people make when it comes to dieting. If you think you can cut out certain food groups and keep your meals consistent, then that's fine, but more often than not we find it difficult to keep

