



Great Diet Foods

When you want a sure way to lose weight, without constantly weighing food quantities, calculating points and balancing glycaemic loads, it's easy to assume that any food with the word 'low fat', 'diet' or 'lite' in the description will help you shed the pounds. If only it were that simple...

A Cornell study in 2006 showed that actually, "People consume up to 50 percent more calories when they eat low-fat versions of snack foods than when they eat the regular versions... In fact, many low-fat-labelled foods have only about 30 percent fewer calories than their regular counterparts."¹

Why health labelling might make you fat

Explains Brian Wansink, Professor of Marketing and of Applied Economics at Cornell, "Low-fat labels trick people into eating more than regular labels. But the cruel twist is that these labels have an even more dramatic impact on those who are overweight. They are at danger of really overindulging when they see something with a low-fat label. If we are looking for an excuse to eat, low-fat labels give it to us."

There's also research to show that artificial sweeteners like saccharin actually encourage weight gain, even more than the same food sweetened with sugar². It's enough to put you off low fat, sugar free products entirely. So what *should* we be eating to lose weight?

Sadly there's no single miracle food that will melt away those pounds. Instead we should be eating a wide variety of healthy foods. But if you'd like to get your diet kick started, here are our top 10 best foods for successful weight-loss:

1. **Lean protein** such as eggs, tofu, fish, venison, chicken and turkey will help you to feel full for longer and keep those hunger pangs at bay
2. **Brightly coloured vegetables** are packed with nutrition, high in fibre and bursting with phytochemicals that help the body deal with free radicals, which can damage tissues³
3. **Apples** contain high levels of pectin, which limits the fat absorption in your cells, so don't forget to eat an apple a day⁴
4. **Mycoprotein** products (like Quorn™) are high in protein, low in fat and have very few calories. Studies suggest that mycoprotein may satisfy your appetite for longer on fewer calories⁵
5. **Oats** are high in soluble fibre, which lines the stomach for longer and can also help to stabilise blood sugar levels⁶. A bowl of porridge for breakfast is a great way to avoid mid-morning hunger pangs

6. **Lentils** are packed with fibre, protein, minerals and vitamins, but are almost fat free. Like oats, lentils are great at balancing blood sugar levels, to help calm those cravings⁷
7. **Salmon** has only a third of the saturated fat of lean beef and half the saturated fat of chicken. High in protein and low in calories, it's full of the essential amino acids that help to keep your metabolism active, which is so important for successful weight loss⁸
8. **Berries** like blueberries and strawberries are packed with antioxidants⁹ and are also low GI (Glycaemic Index) foods, making them the ideal healthy dessert or snack to keep your diet on track.

References

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3. <http://recipes.howstuffworks.com/why-are-deeply-colored-vegetables-good-for-you.htm>
4. <http://www.bestdietfoods.net/bestdietfoods.htm>
5. http://www.mycoprotein.org/health_benefits/index.html
6. <http://www.eatmoreoats.com/>
7. <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=52>
8. <http://www.salmonfacts.org/healthychoice.html>
9. <http://www.suffolkblues.co.uk/health.html>

A wide range of women's health resources are available at www.healthywomen.org.uk

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