

10 Things You Need to Know About Losing Weight

The BBC televised a fantastic programme hosted by Michael Mosley last year. What a fantastic programme giving proven scientific evidence of how to lose weight. Not a slimming bar in sight

- 1. Don't Skip Meals.** If you do then your brain reacts to high fat foods much more when hungry, this is due to a chemical called Ghrelin—which says “fill me up now”. Michael's brain was observed once when eaten a meal and once when skipped a meal and this was confirmed by a brain scan.
- 2. Small Plate Size** Obvious if you serve up on a smaller plate, you will still feel full at the end and eat up to 22% less. Again this was carried out with an experiment, to eat as much popcorn as possible during a film, but one group were given small buckets and the other large buckets. All the volunteers ate their buckets, this was not because the large bucket group were hungrier but showed when you are given a quantity to eat, you eat till it's all gone and not till you feel full and leave some over.
- 3. Low Calorie Intake** 2000 for women and 2500 for men. Yes count your calories, and write it down as soon as you eat and drink. There are lots and lots of hidden calories in foods.
- 4. Don't Blame Metabolism** There is no such thing as a slow metabolism, it will be down to one of the other factors listed here, usually calorie intake, portion size and not enough exercise.
- 5. Proteins** It is now a fact that proteins do help to keep us full for longer. Controls the hunger signals, this is due to a hormone called PYY which suppresses the feeling of hunger. So add just 10% extra to meals.
- 6. Soup** Best kept secret of dieting. Again this was researched by a group of army volunteers, one set were given a meal in solid form and a glass of water. The other group were given a soup the exact same ingredients and calorie content, but with the water mixed into the soup.
- 7. Choice** We are given too many choices and cannot resist, something that has been passed down over the generations. Again an experiment was carried out with free sweets in two bowls, one with mixed colours and the other with all one colour, the results showed that the bowl with the choice of colours was emptied whereas the same colours were left. These results showed that if we are given too many choices we tend to eat too much—so watch the buffets.
- 8. Low Fat Dairy Products** Calcium. It is recommended to have calcium in your diet—why? Fat binds to calcium, cannot be absorbed by the body and therefore we excrete it. Again this was carried out with a chap who ate exactly the same meals but no low fat dairy foods compared to the same foods the following week with dairy included. The results in “his poo” showed that during the week with no dairy he passed 1.5g fat compared to the week with dairy 3.09g fat in his poo.
- 9. Exercise** my favourite!! Michael only burned 19g fat during exercise but during the next 24 hours 49g fat. This is due to during exercise you use carbohydrates to burn and during the next 24 hours you're replacing your carbs, your body is forced to burn fat.
- 10. Adaptions to Life** Walk the stairs rather than take the lift, walk to shops rather than go in the car, move around when on the phone rather than sit and chat. If you do this you can burn up to 250kcal per day extra.