

Dump the Diets, Ditch the Scales, Drop the Inches

Some important stuff you need
to know about losing weight

**WARNING:
CONTAINS
COMMON SENSE**



Paul Lonsdale & Ann Hirst

**Dump the Diets, Ditch the Scales,
Drop the Inches**

Some stuff you really need to know about losing weight

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WARNING

This book contains graphic depictions of common sense. It is not suitable for anyone who prefers to keep their head stuck firmly where the sun doesn't shine!

Note

This is a free sample. Full details of how to buy the rest of the book are available at the end

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Preface

In one way or another, we've spent our entire lives in the health and fitness industry. In 2002, we opened Get Physical, our personal training company in Sheffield. Then, in 2014 - after years of writing articles for a variety of magazines - we published our first book: *Dump the Diets, Ditch the Scales, Drop the Inches*. This was a complete guide to losing weight and covered everything: meal planning, training, keeping your metabolism high whilst dieting and how to keep your mind focused on your goals. It contained nearly seventy years of knowledge and experience and as far as we were concerned, it was the full Monty.

However, earlier this year (2018), we had a revamp and expanded to move online with a brand-new **website** under the banner of 'Winning the Inch War'. So, we sat down, rewrote and renamed the original book to fall in line with our new venture. In the process, we've cut a lot out, making it more concise and relevant to the reader (it seems ironic that a book about weight loss should go on a diet). In that same process however, we thought that some people don't need the full Monty, so we kept the original title and split the book up into one about food, i.e., this one, and one about exercise: *Train Smarter, Not Harder* (available in print from Amazon or pdf download from our website).

So, before we get started, we'd just to mention that this book is a jointly written effort from both of us, hence the continual use of the pronoun 'we' throughout the book. Although I'm the one who puts the words on the page, I can get a bit carried away with the sciencey-bits, so Ann is the one who then puts them in the right order! Without Ann (who is the type of woman that could teach common sense at Cambridge) this book would be full of phrases such as '*calcium ion exchange across the sarcoplasmic reticulum*', or '*phospholipid bi-layer cell membrane*'.

We'd also like to point out that this is a self-published book, so please excuse any typos and inconsistency of grammar, etc. I think I've finally managed to break the spelling and grammar checker on Word 2016 because it no longer underlines any errors, but just waves a white flag!

Finally, it's impossible to cover every single dietary and training option, so we've kept to the basics and added lots more meal options, recipes to our website (where you can also find some training videos and loads more articles about losing weight).

If you are interested, you can find us at **www.getphysical.co.uk** and if you have any questions, please don't hesitate to get in touch. You can drop us an email at **info@getphysical.co.uk** and our phone number is **0114 2666433** (our full contact details can be found at the end of the book).

By the way, this is not a novel, so please feel free to read it in any order that you wish.

'Dieting is like living in a world of soup, armed only with a fork'

Paul & Ann

Chapter 1: Weight loss for grown ups

Without a shadow of a doubt, weight control can be such a struggle. Yet strangely enough most people understand why they gain weight, they just don't understand why they can't lose it. We've never had a client that's claimed, "I don't get it. I went to bed resembling a Greek God and woke up looking like Buddha! I must have had a visit from the Fat Fairy* again".

But, why is it so hard to shift the weight?

Well, there are many explanations.

A restrictive diet requires the strength of willpower capable of bending iron bars - ironically, the very lack of which may have already caused the weight problem.

Another reason is our natural evolutionary safeguards that protect against times of famine. Eons-old emergency survival measures automatically kick in to preserve your unwanted wobbly bits when you consistently burn off more energy than you consume.

**The Fat Fairy is not dissimilar to the Tooth Fairy, except instead of deposits of cash for teeth, the unfortunate recipient wakes up with unwanted lumps of body fat. According to some, these unwelcome visits often occur as the result of merely looking at a chocolate bar. Sadly, many people are not strangers to the Fat Fairy!*

But possibly the most common reason of all is the necessity of breaking the habits that you've grown to love and cherish. It's important to understand that habits are not just a mental issue, they're physical as well.

Humans, in general, are habitual creatures and there is some potent biochemistry going on in your body and brain that makes us cherish our habits – both good and bad. So, it's not just a case of breaking old habits, you've got to replace them with better ones - and learn to love them as well.

Without doubt, some dieters will succeed temporarily, dropping a dress size or two for a momentary period before it all piles back on again. Possibly, they've had partial success, getting halfway to their targets until suddenly, the siren call of the bacon sandwich or chocolate chip muffin becomes unbearable, and life resumes as before - albeit slightly lighter. For most, this will sound all too familiar.

So, the answer is not complicated: if you want to lose weight and feel good about yourself, you've got to make your new diet and lifestyle fit around you; around your way of thinking and on your terms, not the other way around, and we'll show you how.

Who are we to talk?

So, who are we to talk, and what gives us the authority to make these claims? Surely, we should boast a long string of important-looking letters after our names?

At the very minimum we should be renowned for being the trainers on some reality-train-crash-weight-loss television show where we bully and beat the fat out of unfortunate, overweight contestants.

Sorry, we cannot claim any of these accolades. The truth is we're just simple, ordinary folk, who now seem to be very successful at helping other simple, ordinary folk overcome their weight problems. Between us we've about seventy years of accumulated nutritional knowledge and training experience.

We've had hundreds of thousands of hours honing our training skills in the gym, many tens of thousands of hours spent one-to-one with clients and countless hours of research and study.

Our classroom is the gym itself, face to face with people from every walk of life and to us that's a badge of honour we're proud to wear.

Oddly enough however, it's safe to say that at times we've probably learned more from our clients than they did from us.

Every exercise programme we designed, and meal plan we created had to be redrawn each time for every new client: "You're having a laugh mate, I can't do that, I've got bad knees". Or, "Oh no, I can't eat that, it gives me terrible wind". Solving such mundane, yet typical problems such as dodgy joints and problematic bowels, along with clarifying misguided ideas about weight issues, diets and exercise is what we do best and led us to writing our books in the first place.

A little bit of common sense

Our solution to the problem is simple: we apply common sense. It's a philosophy we call '**weight-loss for grown-ups**'.

We don't treat our clients as children, threatening them with the naughty step if they misbehave. We don't make them feel guilty when they slip-up - we're after consistency, not perfection.

And we use our sense of humour, rather than cruelty or humiliation for motivation. For example, we would never tell anyone they are fat - or even overweight. Rather, we would suggest they are either under-height - or possibly the wrong species!*

** Well, Mr Smith, according to our charts, your weight would be ideal if you were eight feet tall, or a small hippo, perhaps. (We said it was our humour, we never said it was funny!)*

But our driving principle is not to hold your hand because we believe that your issues are yours alone and only you can resolve them. It's vital that you learn to take responsibility for your life and take back control.

This is the presiding theme throughout this book and we'll slowly, bit by bit, show you how to do it.

Tip: Lifestyle changes can seem daunting but think back to an event last year: Christmas, holiday, wedding, etc. and suddenly you'll realise how the time has flown by. Then, simply consider that if you'd started 'the new you' then, how good you'd look now.

What to expect

The book mirrors our usual approach to solving a client's weight problems. Therefore, it's based first and foremost on education. We work on the principle that if you give a man a fish, you feed him for a day; but teach him to fish and you feed him for life* (*14th century philosopher, Maimonides*).

Now, this book has nothing to do with fishing, but it is all about life, specifically, your life.

So, what can you expect from us?

Following a brief introduction to set the scene, it's straight into talking about food: helping you to decide what to eat and when to eat it. Don't worry, it's not complicated (we're not clever enough for that).

You won't need a science degree; nor will you need to count calories, eat obscure vegetables or slurp vile tasting juices. You won't need to buy expensive kitchen gadgets, and exercise certainly won't involve a near-death-experience to see results.

You may, however, need a tape measure and possibly an overdraft to fund the new wardrobe for when your old clothes no longer fit.

* It also gets him out of the house for the weekend, which is often a relief for his wife as well.

We're not promising that you can have all your cake and eat it, but you will get to enjoy the occasional slice.

So, enough waffle for now (there's plenty more to come), let's tell you a story about someone who's quick-fix diet made him as fat as a pig!

Note: in this free sample, we're moving to Chapter 8: Super, Sae & Sneaky foods

'It's ironic that Homer Simpson, originally created as a parody of gluttony and sloth, now seems to be a role model'
Paul & Ann

Chapter 8: Super, safe and sneaky foods

THE PURPOSE of this book is to make your life as simple as possible. So, with that idea in mind, we've created four, general food categories that will help you to identify what you should be eating. We're going to look at some **super, safe, sneaky and scandalous** food options.

Note: It's important to apply a little bit of common sense to these categories because they're not written in stone. They're very general and far from complete, and they only cover the most popular, basic foods. The classifications apply to foods in their natural state without dressings, sauces or fillings. Also, any necessary cooking or preparation methods do not add further calories, e.g. frying or soaking in a marinade.

Finally, the comparative cooking times for veg are based on boiling in water using a hob, not by microwave or a steam/pressure cooker.

We recommend that you only apply them to the foods that you would eat on a regular basis and don't worry too much about any 'sneaky foods' if you only eat them occasionally, e.g., on special occasions or a couple of times per month.

Super foods are the best

They're generally low-calorie and full of healthy nutrition. They should form the base from which you build your campaign to win the inch war. If it's in the super category, don't give it a second thought about eating it.

Safe foods are great

These will also be full of healthy nutrition, but their calorie values may be slightly higher or normal portion sizes bigger. So, to be on the safe side, you must be a little more cautious with your selections.

Sneaky foods are okay in moderation

Some sneaky foods are not what they seem. Whilst they are nutritious, they are higher in calories than you may think and will sneak up on your fat cells if you're not careful.

Scandalous foods are treats and special occasions

This would cover all the foods that you shouldn't be eating. However, the list would be longer than the entire book and it's likely that you already know what they are i.e., the ones that have already caused the weight problems!

To offer you an idea as to how these categories work, we've added a short list on the next few pages. We'll apply them again when we look at your meal options and you can find even more information on our [website](#).

Note: Unless you are following of our calorie cycling plans (Chapter 15) don't worry unduly about the difference between most super and safe categories.

Animal based foods (meat, eggs, dairy)

Super

- ✓ Skinless chicken, turkey. All types of fish, including shellfish.
- ✓ Eggs: boiled, poached, omelette, scrambled. In fact, anyway you like except fried (they're Sneaky).
- ✓ Natural yoghurt including the pro-biotic and high-protein options. All unsweetened goat, sheep, soya, almond and coconut alternatives to dairy produce.

Safe

- ✓ Steak and lean cuts of beef, pork, gammon & ham. All game birds.
Deli cuts (not reformed) of beef, pork, ham, etc. Lean minced steak.
- ✓ Cow's milk (all types). Cottage cheese.

Sneaky

- ✓ Lamb
- ✓ Fried eggs
- ✓ Quality burgers, sausages, etc
- ✓ Lean bacon
- ✓ All variations of hard/soft cheese and single/double cream. Halloumi.

Scandalous

- ✗ Reformed or 'formed from' packet meat
- ✗ Take away burgers, kebabs, etc.
- ✗ Cheap, minced beef

Plant-based foods (meat substitutes, veg, fruit, grains, nuts, herbs & seeds)

Super

- ✓ All variations of tofu, tempeh, Seitan, Quorn, quinoa, mushroom, etc.
- ✓ Any veg that can be eaten raw, e.g., all salad veggies.
- ✓ Any veg that takes under 10mins to cook (on a hob): broccoli, cabbage, cauliflower, peas, carrots, etc.
- ✓ Garlic, kale, alfalfa, lentils, chick peas and any type of bean.
- ✓ Traditional porridge oats.
- ✓ All types of fruit - especially berries and avocados - but don't get excessive with bananas or grapes.
- ✓ Almonds, brazil nuts and walnuts.
- ✓ All seeds, herbs and spices.

Safe

- ✓ Rice, sweet potato (Yams), new potatoes, swede, turnip, parsnip, pasta (all varieties).
- ✓ Wraps, pitta, ciabatta, panini & artisan-style breads from a bakery (spelt, sourdough, etc.).
- ✓ Falafel, hummus. Olives (in moderation)
- ✓ Unsweetened cereals: Weetabix, Shreddies, muesli, granola, etc. (but beware of sugar content if they contain dried fruit).
- ✓ Cashews.

Sneaky

- ✓ Jacket potato. Any form of processed potato products: chips, waffles, etc. Commercially-made, sliced bread. Pre-packaged sandwiches, bagels. Danish pastries.
- ✓ Kiddies cereals and any cereal that can be eaten straight from the packet will be sweetened and high in sugar.
- ✓ All types of dried fruit.
- ✓ Dry roasted peanuts.

Scandalous

- ✗ Any deep-fried potato products
- ✗ Fruit juice (cheap concentrate)
- ✗ Tinned fruit in syrup

Fats, oils and sauces

Super

- ✓ Olive oil, coconut oil, flaxseed oil

Safe

- ✓ Rapeseed oil, sunflower oil
- ✓ Non-dairy butter substitutes (Bertolli, Pure, etc).
- ✓ Tomato and brown sauces

- ✓ All chutneys and pickles

Sneaky

- ✓ Any type of creamed sauce: hollandaise, tartar, béarnaise, etc.
- ✓ Creamy pasta/rice sauces
- ✓ Margarine

Scandalous

- * Cheap vegetable/cooking oil
- * Anything that has 'contains hydrogenated fat' on the food label.

Deserts and Snacks

Super

- ✓ Crisp breads (unsweetened)

Safe

- ✓ Tinned fruit in juice.
- ✓ Frozen yoghurt.
- ✓ Dark chocolate
- ✓ Rice cakes

Sneaky

- ✓ Cereal & granola bars

Scandalous

- * Just about everything that's full of both sugar and fat: chocolate biscuits, cakes, ice cream, trifle, etc, etc.

Okay, let's put these foods into action and have a quick look at making the best choices for your super diet.

*'A cake in each hand does
not constitute a balanced
diet!'*
Paul & Ann

Chapter 9: Your super diet

NOW, THIS is where we get to the tricky bit. Usually, when we design a meal plan for a client, we've already had a long chat about their goals. Plus, we'll have discussed their food preferences; we'll know how much they weigh and how active they are (or will be). Basically, we've got something to work from. Here, we're only guessing. So, we'll keep it simple and stay with a traditional western-style diet, a regular supermarket and assume that you don't have any allergies, intolerances or medical conditions that exclude certain foods (please see the disclaimer at the beginning of the book). We don't know if you have any moral or religious restrictions on your diet, so please use alternative food options as you deem necessary.

Serving sizes

Before we get to the food, we'll have a quick word about gauging portion sizes. Now, our philosophy is to try and make your life as simple as possible, so we'll explain a couple of methods and you can decide which one suits you best.

1. Complicated: count calories and weigh food

If you like to be precise, then buy some accurate kitchen scales and use some form of calorie counting. This could be a book or an online food database such as MyFitnessPal.

We're not big lovers of using 'calories' to determine how much you should eat. In chapter 17, we'll offer a full explanation but suffice to say that slavishly counting calories is like measuring your waistline with an elastic tape measure. We not saying not to do it, just be aware that it's not accurate. Generally, we use calorie values as a comparison between similar foods, rather than following a daily amount.

2. Simple: use your hand as gauge for portion sizes

Whilst this is less accurate, it does have the great advantage of determining how much you should eat relative to your size. This is great when you have, for example, two people of different sizes eating similar plates of food.

How does this work?

- ✓ One portion of meat or fish (or meat substitute) should be about the same size and thickness of your hand.
- ✓ One portion of vegetables should fit into both hands cupped together.
- ✓ One portion of uncooked starchy carbs (potatoes, rice, pasta, etc.) should fit into one cupped hand. If you don't want to use a cupped hand, you could simply use a cup or a mug to gauge the amount (and use that same level, e.g., $\frac{1}{2}$ or $\frac{3}{4}$ full as one portion).
- ✓ One portion of bread should be about the same size and thickness of your hand.
- ✓ One portion of butter/spread would be the same size as the top half of your thumb
- ✓ One portion of nuts would cover half the palm of your hand

The important thing to remember is that your results are more important than the methods used to gauge the quantity of foods in your diet. Only when you see the results will you know if you need to make any alterations to what you are eating.

Notes: We're going to talk about food options in general, we're not covering any recipes.

At the end of each chapter, we'll add a few ideas under our super, safe, sneaky options. Sorry, we can't be more specific but there are simply too many foods on the market to offer a full listing (most online food databases now carry over 100,000 foods). If you're looking for some brilliant recipes, then check out BBC's good food guide (www.bbcgoodfood.com).

All the listings for breakfast, lunch, evening meal, snacks and desserts are interchangeable.

Okay, let's start with breakfast.

*'Start the day with determination.
Finish it with satisfaction.'*
Anonymous

Chapter 10: Breakfast

THE FIRST THING to understand is that breakfast is not necessarily the most important meal of the day. In truth, it doesn't 'kick-start' your metabolism – well, no more than any other meal does. Any meal, at any time of day, causes an increase in your usual metabolic rate (a process called the Thermic Effect of Food). Which is often why you can feel warmer after a large meal: any increase in metabolism causes a rise in body temperature.

Unfortunately, an overnight fast is simply not long enough to create a noticeable drop in your usual metabolic rate. In fact, you'd need to starve for about five days at least for it to fall below normal levels. However, there's no doubt that breakfast-eaters are less likely to have the same weight problems as breakfast-skippers.

Also, food first thing in the morning can help to reduce levels of a stress hormone called cortisol. It's also been shown to reduce afternoon cravings for sugary-foods and high-carb evening meals. But everything you eat has a calorie value and breakfast is no different – it all adds to the total.

Some people can't face food when they rise, others are starving. Bear in mind that we are creatures of habit and often we're not hungry first thing because we've got out of the habit of eating breakfast.

However, if you recognise yourself as chronically stressed, or you see from your food diary that you have an afternoon sugar craving, then it may be worth trying to start the day with something light.

Tip: Try some yoghurt and fruit, and maybe build it up to something more substantial as time progresses. You may soon find that you are hungry again at breakfast and may also have resolved your stress and cravings. Otherwise, we advise that you listen to your body and don't eat something that you don't want, just because the 'you-must-eat-breakfast-fascists' say so.

But what is the best thing to eat in the morning? Ideally, you would eat something that is healthy, nutritious, filling and doesn't cause a sugar-spike.

So, let's see what's on the 'super' breakfast menu.

Eggs

Possibly, the best breakfast food is an egg. You can have it any way you like: scrambled, boiled, poached, omelette, etc. but avoid eating fried eggs on a regular basis. Eggs are full of protein, healthy fats, vitamins, minerals and keep you full for ages. Egg whites are all protein and the yolks are mainly fat. However, the yolk is where most of the nutrition is, so don't just eat the white.

Traditional porridge oats

After eggs, porridge oats come in a close second. Again, packed to the hilt with nutrition as well as with cholesterol lowering properties. Traditional porridge oats are not only very filling, they cause fewer intolerance/bloating problems than most other breakfast cereals. You can find some great muesli/granola type cereals that consist mainly of oats, but they can also contain lots of hidden sugars in the added honey and/or dried fruit. So, look at the label if you're watching your sugar intake.

Also, you may find that oats from the two-minute microwave pots and sachets are not as filling. We cook traditional, rolled oats in a microwave and it only takes four to five minutes with a bit of stirring.

Tip: If you find porridge bland, add a teaspoon of vanilla essence, sprinkle cinnamon on top or add some berries. To increase your protein, cook it with a little bit less liquid than normal. Then mix up a serving of protein powder (flavour of your choice) and stir in immediately after it's cooked (you may have to play around with the total amount of liquid depending upon how thick you like your porridge). This adds a bit more protein and provides some extra taste as well.

Other Cereals

Breakfast cereal makers are sneaky, latching onto every eating trend possible and if they can't find a good one, they'll make their own. They know that many people are in a rush in the morning and target them with clever adverts offering healthy and filling breakfasts in a biscuit, or even in a chocolate flavoured drink (hang your head in shame for this one, Weetabix).

Let's get one thing straight: claiming that you can have a 'healthy, chocolate' breakfast is complete nonsense. It's like saying that smoking is good for you because the tar from the cigarettes provides a protective coating on the lungs! Also, despite what the adverts claim, a breakfast biscuit is just a biscuit - only about five times more expensive!

Still not sure?

Imagine that you've just sat down to a so-called 'healthy' breakfast of a bowl of 'wholegrain choc-a-bix-wheat-a-hoops', (catchy title, don't you think?) with semi-skimmed milk and a glass of orange juice.

First, if you eat the recommended serving size, you'll just about manage a mouthful before it's all gone. Therefore, if you're a normal adult, your serving size will be about three times bigger than the amount on the packet.

Now, you may not realise it but with the added sugar in the cereal, as well as the sugar in the juice and milk, you're about to eat the equivalent of a dozen teaspoons-worth (about 60-70g) of sugar! Just try putting that amount in your tea or coffee and see what it tastes like.

And if little Timmy or Suzie eats a similar breakfast, is there any wonder why they're bouncing off the walls all morning and then can't keep awake in the afternoon? Maybe it's not ADHD after all!

Tip: All natural, unprocessed cereals - from oats to wheat, rice and pasta, etc., have all the taste and texture of cardboard. So, to make them palatable sugar is added! It's easy to test: if you could eat the cereal straight from the pack and it tastes nice, it's been heavily sweetened.

Therefore, avoid it like the plague if you can. Other than oats, the only cereals that we would recommend eating for breakfast - on a regular basis - are Weetabix or Shredded Wheat (or their generic supermarket versions). Why? Because if you tried to eat them without milk you'll instantly see what we mean - the box would be tastier!

Fruit and Yoghurt

If you're not much of a breakfast person, just take some fresh fruit/berries and pour on some natural yoghurt. This is our favourite breakfast in the summer months (usually about three days in this bloody country!). It's light, quick and easy to prepare. Fresh fruit/berries are lower in sugar than dried fruit and natural yoghurt is high in probiotics, which may improve gut health. If you don't tolerate dairy, there are some great alternatives in soya, sheep or goat's milk.

Tip: If you prefer it a little more filling (and with extra protein), try a version of yoghurt called Quark. Also, Scandinavian food company, Arla make some great high protein yoghurts but just beware of the sugar content in some of the flavoured versions. Finally, we don't bother with low-fat, or fat-free yoghurts because firstly, most of the good nutrition is in the fat. And secondly, the missing fat is often replaced with a gelatinous substance called Modified Maize Starch (MMS is also known as wallpaper paste). To us, this outweighs the slightly higher calorie value.

Toast

A couple of slices of toast, liberally covered with jam, marmalade or some other spread must be the most common breakfast in the UK. But hang on a moment, isn't bread evil?

According to some, eating bread will not only make you fat, it'll give you dementia, cause your hair to fall out and is possibly entirely to blame for the current Middle Eastern crisis! When we tell our clients that we eat bread, they often look at us as if we'd just said we used to be pen-pals with Saddam Hussein.

A word about bread

There's a lot written about bread these days: intolerances, bloating, IBS, etc., and sadly much of it is true - particularly in the case of commercially made, sliced bread. Many of the cereal crops used to make flour for bread, such as wheat, barley, rye, oats and spelt, contain an almost indigestible protein called gluten.

Making bread involves a lengthy kneading process to make the gluten absorb water and become more elastic, allowing the baker to shape the bread. The mixture also needs time (anything from 30 minutes to a few hours) to 'prove'.

This process allows all the necessary chemical reactions between the flour, yeast and oxygen to take place, ultimately creating the 'doughy', soft taste when baked. Unfortunately, the gluten dries out quite easily once cooked and the bread quickly starts to go stale.

Commercial baking processes change this. To increase productivity - and thereby reduce costs - various additives are necessary to both speed up the rate at which the bread would normally prove. It also stops the gluten from drying out, prolonging the shelf-life of the bread. We feel that in many cases, it's these additives and alterations to the natural baking processes that causes the problems, rather than bread itself.

Unfortunately, once you develop a problem with gluten intolerance it's difficult to overcome because gluten is everywhere.

It's found in dozens of other products from pizzas to pies and ketchup to ice-cream. Its natural elastic properties make it another ideal filler for low-fat products and ready-made, microwavable meals. (Note: you can buy gluten-free bread, but it may often be higher in calories than normal due to the added sugar necessary to maintain its texture).

Most cheap white bread is made from highly processed flour that has had all the fibre and nutrition removed, so it's basically just compressed sugar.

Wholemeal/wholegrain bread, whilst much healthier (full of fibre and vitamins), also struggles to stay moist and often contains extra salt to stop it going dry. Bread, by itself, is not necessarily calorific (about 90k/cals per slice) but when you slather it with butter and jam or marmalade, you can easily double its calorie value. The 'sugar spike' received from cheap forms of white toast may leave you craving for the biscuit tin by 10am. Generally-speaking, artisan or bakery-made bread is what we class as a 'safe' option and sliced bread is out and out sneaky.

Tip: Bread is such a staple part of our daily diet it's difficult to replace. However, we have yet to come across anyone who has not felt better for either cutting out or reducing their intake of popular-branded sliced bread. If you must have bread, try breads such as sourdough, ciabatta, Panini and focaccia. Flat breads like pitta are possibly healthier alternatives as they are made with olive oil, have less yeast or other chemicals and are usually meant to be eaten on the day of baking (but they can be quite high calorie). We've also found tortilla wraps to be good replacements for bread, as well as rice cakes and crisp-breads, such as Ryvita.

What's left for breakfast?

Walk down the breakfast food aisles of your local supermarket and you are bombarded with options, many of which claim to be healthy and wholesome but try to pick carefully.

It may be making such claims because it's made with oats or whole grains, but it could be full of added sugar.

Be wary of anything that has more than 12-15g of sugar per dry serving (or 20g including milk). Remember, there is no such thing as a fattening food, only a fattening diet, so keep the bacon/sausage sarnies, buttered croissants, crumpets, muffins, doughnuts, etc. to a minimum.

Right, let's have a shopping list for breakfast.

Super

- ✓ Eggs: boiled, poached, omelette
- ✓ Porridge oats: traditional
- ✓ Natural yoghurt & berries
- ✓ Salmon & avocado on crispbreads/toast
- ✓ Mackerel, kippers, etc.
- ✓ Weetabix, shreddie, wholegrain bran
- ✓ Vegetarian options using Tofu, Quorn, etc.
- ✓ Add any fresh fruit, nuts and seeds to the above
- ✓ Milk: semi-skimmed cow's or goat's. Unsweetened almond, coconut, soya & rice milk (if you are just adding milk to cereal, then don't worry if it's full fat or sweetened).

Safe

- ✓ Eggs: fried (not too often)
- ✓ Porridge oats: microwave or Ready Brek
- ✓ Toast: bakery made sourdough or ciabatta
- ✓ Peanut butter (not applied with a trowel!)
- ✓ Muesli & Granola (but be aware of sugar content)
- ✓ Protein shakes/smoothies you've made yourself
- ✓ Full-fat cow's milk (essential for children)

Sneaky

- ✓ Eggs: hollandaise, benedict, etc.
- ✓ Toast: commercially made, sliced
- ✓ Kiddies breakfast cereals

- ✓ Breakfast biscuits, cereal & protein bars
- ✓ All types of commercially-made smoothies, fruit juice and dried fruit

Scandalous

- × Full English
- × Sausage and bacon sandwiches
- × Danish pasties: croissants, etc.
- × Any cereal that contains chocolate
- × Coffee with hidden high sugar/cream content

Super Breakfast Plan

(All values are approximate, please check relevant food labels.)

BREAKFAST	Protein	Carbs	Fat	Cals
Breakfast cereal: 50g or ½ cup: Weetabix/Shredded Wheat/Bran/Porridge, etc. With s/skim milk	7g	30g	3g	175
Egg: poached or boiled	7g	trace	6g	82
Eggs x 2 - scrambled	13g	1g	14g	182
Toast x 1 slice buttered with peanut butter	4g 4g	15g 25g	6g 6g	130 170
Mackerel: tinned with tomato sauce	14g	2g	11g	163
Crisp bread x 1 (dry)	1g	6g	0.5g	33
Salmon flakes: 50g	11g	4g	6g	118
½ avocado	2g	6g	12g	140
Fruit: 1 x apple, pear, orange, etc. -	1g	11g	0g	48
- banana	1g	25g	0g	104
- berries (average) -	1g	14g	0g	60
Yoghurt: 125g (½ cup)				
Natural (full fat) -	7g	10g	4g	104
Greek (full fat) -	8g	3g	13g	161
Flavoured (Low-fat)	5g	22g	1g	117

Sorry, but that's it for the free part. If you'd like to read more, you can find *Dump the Diets, Ditch the Scales, Drop the Inches* in **paperback** (£3.99) and **Kindle eBook** (£0.99) at Amazon ([link](#)) or you can download the full version as a pdf for only £1.99 by [clicking here](#) ([link](#))

*We are neither Doctors nor Professors
but life-affiliates of the school of
common sense. Membership only has
one rule - KISS – Keep It Simple Stupid’.
Paul & Ann*

About the authors



WE’VE SPENT pretty much our entire lives in the health and fitness industry. In 2002, we decided we’d had enough of working for others and set up Get Physical Ltd - our own personal training facility in Sheffield.

Despite having already busy lives, we also run an online training and dietary service, regularly lecture in and around South Yorkshire and often talk on local BBC radio.

We would love to say that in our spare time we do something exciting like paragliding, Himalayan trekking or raising money for endangered tree frogs in Patagonia. Sadly, this is not the case.

In truth, we divide our precious downtime with our families - especially our grandchildren (I’ve got four, Ann has two). We work in the garden (well, Ann does - the only ‘garden’ I enjoy is preceded by the word, ‘beer’).

We read, do crosswords and occasionally rant about the new-idiot-on-the-block who turns up in the media with some half-baked idea purporting to reinvent the weight-loss wheel or revolutionise the health industry (not surprisingly, this takes up much of our time).

If you were ever to meet us, you would quickly realise that health, exercise and nutrition isn’t just something that we do, it’s what we are.

Paul & Ann

Incidentally, most of the 'quotes' you've read throughout the book are ours (we've accredited the ones that aren't). They're bits and pieces of humour and observations that we've made over the years. We hope you've enjoyed them.

Get in touch

If you've enjoyed this book, then please feel free to post a review on Amazon or a like on your preferred social media channel: Facebook, Instagram, etc.

And if you would like any further help at all, our contact details are below:

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