

JANUARY 2011 ₹ 100

Runway to High Life

jade

HAVE A
HEALTHY
NEW
YEAR

WHAT AILS
THE SOUTH?

- * DIETS: FADS & FACTS
- * THE CRIB ABOUT CARBS
- * HAVE A HEALTHY PARTY
- * WHY YOU SHOULD BELLY DANCE

INTERVIEW OF
THE MONTH
ISAAC
MATHAI

TRAVEL:
MESMERISING
MOROCCO

QUINTESSENTIALLY SOUTH:
USHA UTHUP

2011

WHAT THE RUNES FORECAST

II **jade** FAD DIETS

DIETS THAT WORK & DIETS THAT DON'T

What's right and wrong with the fad diets that so become the trend these days? Clinical nutritionist **Hiteshi Dhimi-Shah** takes us through the paces



First thing that comes to one's mind hearing the word 'diet' is 'Weight Loss'. But 'diet' is much more than just losing weight. It means to eat the right food in the right proportions at the right time. Nutrition plays an important role here. Indian cuisine is one of the most popular cuisines across the globe. Genetically, Indians are prone to lifestyle related diseases like obesity, diabetes and cardiovascular diseases. The traditional Indian diet is healthy, balanced and useful in the management of these diseases. However, over the years, our diets have become more westernized with higher calorie intake, saturated fats and almost no fibre. Foods like burgers, pizzas, pastas, fast food and chaat have become a staple diet of the young and old alike. But the fast food generation also wants good health as quick as fast food.

Hence over the years many diets have become popular and fashionable which supposedly enable you to lose weight quickly and without much physical effort or exercise.

The most important thing to remember is that there no substitute for regular healthy eating and exercise to maintain body fitness and mental and emotional well being. Eating all kinds of grains, vegetables and fruits is important to derive proper nutrition and give your body the right proportion of essential vitamins and minerals.

Various diets have become popular across the globe. People have followed them with an aim to lose weight and achieve a fab body. However, losing a few kilos over a few days or weeks does not mean a particular diet is good and recommended. The definition of a good diet is one that provides you with all the necessary nutrition and one which is sustainable over longer periods of time than one or two weeks. Crash diets destroy your metabolism and can put your goal of losing weight even further out of reach.

But let's look at the 5 most popular diets to see why they work or do not work.

The most important thing to remember is that there is no substitute for regular healthy eating and exercise to maintain body fitness and mental and emotional well being

1 ATKINS DIET- LOW CARBOHYDRATE DIET

About the Diet: Dr Robert Atkins

Nutritional Approach is based on the principle of low carbohydrate diet without restricting your intake of protein and fat. The focus is to reduce the intake of carbohydrate so that the body burns the stored fat as energy. According to him, burning fat takes more calories and hence you expend more calories. On a low carbohydrate diet, insulin levels drop as a result of which lipid stores in fat cells are transferred to the blood and used for energy. This state is called ketosis/lypysis. In a normal individual, insulin levels are low when the blood sugar levels drop. In ketosis, appetite is suppressed so you also

end up eating less. There are four phases associated with this diet.

Phase 1: Carbohydrates are restricted the most to induce your body into using fat as energy instead of the glucose from carbohydrates.

Phase 2 - Carbohydrates are gradually reintroduced. The goal is to find out the amount of carbohydrate you can eat but still lose weight.

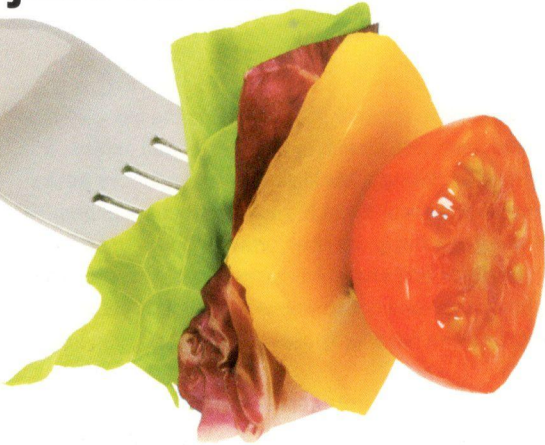
Phase 3 - Pre-Maintenance: Carbohydrates are once again added back into the diet, to find out the amount of carbohydrates you can eat to maintain your weight.

Phase 4 - Lifetime Maintenance: The goal of this phase is to keep you from going back to pre-diet habits. If you do start gaining weight it is suggested that you drop back into an earlier phase.

Why it doesn't work: When you reduce your carbohydrate intake you will see a drop in your body water and body fat. However if you are on a low carbohydrate diet while exercising, you could alter your T3 levels (an active thyroid molecule which regulates your metabolic rate). Low carbohydrate diet reduces T3 levels which in turn slow one's metabolic rate. Most of the weight that you lose on a low carbohydrate diet is water weight. This is because every 1 gram of carbohydrate accompany 5-6



II jade FAD DIETS



gram of water. Research has found that longer a person is on a low carbohydrate diet the more carbohydrate sensitive they become. Also when a person resumes the original diet pattern he tends to hoard and store more carbohydrates instead of using them as a source of energy. In a normal individual, the role of protein is maintenance, repair and growth of body tissue. When the body is on low carbohydrate diet, the body shifts to proteins for energy production. This causes reduction in protein stores in the body which leads to loss of muscle mass. When the muscle mass is lost, it naturally reduces the body metabolic rate. Restriction on vegetables and fruits deprives dieters from their nutritive benefits. The high protein diet could also result in bone loss, kidney or liver damage, cancer, and heart disease. Side effects of ketosis are bad breath, nausea, fatigue, constipation and diarrhea

2 GM DIET – CRASH DIET

GM diet was introduced by the company for its employees which later on became very popular in the weight loss world. The General Motors Diet targets a weight loss of 1-5 kgs in seven days. You lose weight with this diet because it tremendously cuts down your calorie intake.

About the Diet: Day 1: Eat as many fruits as you can except banana. Watermelon is highly recommended. It is supposed to prepare you for the rest of the week.

Day 2: Start your day with baked potato for breakfast. For the rest of the day you can eat any amount of raw or boiled vegetables you'd like. Spices and salt have to be avoided. You can also include vegetable soup in your meal. However, coconut and oil must be avoided.

Day 3: Only fruits and vegetables. Avoid juices, bananas, potatoes and oil. Herbs and natural taste-makers can be used in your preparations. Your system is now prepared to start burning excess weight. You will still have cravings which should start to diminish by day four.

Day 4: Diet consists of 8 bananas, 3-4 glasses of milk and 8-10 glass of water. You can also have the special GM soup on this day, which helps break the monotony of banana and milk. According to the plan, these foods are introduced to replenish the potassium you have lost and the sodium you may have

missed during the past three days. By this day, you will notice a definite loss of desire for sweets.

Day 5: Diet is of lean meat and tomatoes. Again eat as much as you like on this day. You can replace lean meat by a mixture of beans, lentils and tofu. Drink plenty of water. The beef is for iron and proteins and the tomatoes are for digestion and fiber. Water purifies your system.

Day 6: Again a mixture of lean meat or pulses and vegetables has to be eaten. GM special soup can go in place of lean meat and vegetables. Vegetarians should have a mix of the vegetables from day 5. Vegetables are given for replenishing the vitamins lost in the body. By now your system is in a total weight loss inclination. There should be a noticeable difference in the way you look today, compared to day one.

Day 7: You can have brown rice, vegetables and fruits. Fruit juices are also allowed on this day. You can return to your regular diet from the 8th day.

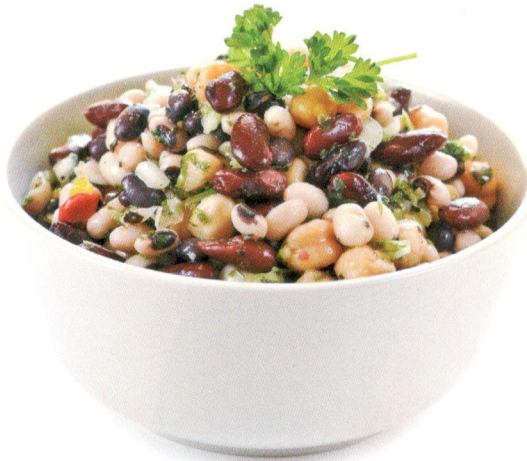
Why it doesn't work: This is a crash diet; you may find that you lose weight only to gain it back later on. This diet disturbs your metabolic system dramatically.



3 ORNISH DIET- VEGAN & LOW FAT DIET

Dr Dean Ornish is well known for his lifestyle-driven approach in the control of heart disease. He showed that a lifestyle regimen with Yoga, meditation, low-fat vegetarian diet, smoking cessation, and regular exercise could not only stop the progression of heart disease, but could actually reverse it.

The Diet: Ornish classifies food into three categories: foods which can be freely eaten, foods which should be restricted, and foods which should be avoided. The diet allows you to eat as much as beans and legumes, fruits, grains and vegetables as you want. You may also eat limited quantities of low fat dairy products and even some desserts that are sugar-free. However, the diet forbids the consumption of any kind of meat, fish, oils, nuts, sugar and alcohol. Ornish recommends



The primary drawback in the Ornish diet is the limitation in food choices which is difficult for a non vegetarian to follow

that your food should obtain less than 10 percent of its total calories from fat.

According to him, your body adjusts the rate at which it burns calories to the rate at which you consume them. This explains the sudden weight loss you experience when you first start on any diet. In a similar way, by recommending smaller, more frequent meals, the Ornish diet seeks to maintain your metabolism rate and prevent you from over-eating.

Why it works The high-fiber and low-fat diet slows the absorption of food and maintains healthy blood glucose levels. The diet also includes exercise to maintain metabolism and burn fat. Besides, the Ornish diet recommends meditation and other stress-relieving exercise's to help people de-stress, and thereby avoid over-eating. It eliminates all the fatty foods which provide empty calories thus helping you lose weight. It takes a holistic approach to weight loss.

Why it doesn't work. The primary drawback is limitation in food choices and is difficult for a non-vegetarian to follow for a longer duration of time. It doesn't distinguish between the intake of good fat and bad fat. We need good fat to maintain the integrity of our body. It is a challenge to restrict the fat intake in your diet to 10% of total calorie intake.

4 SOUTH BEACH DIET- GOOD CARBOHYDRATE AND GOOD FAT

Cardiologist Arthur Agatston and dietician Marie Almon designed the South Beach Diet as an alternative to low-fat approach. The original purpose of the diet was to prevent heart disease in Dr. Agatston's own patients; however the diet quickly gained popularity as a means to lose weight.

The diet: The main goal is to learn what foods contain 'bad carbohydrates', 'bad fats' and to replace them with 'good fats and carbohydrates'.

Good carbohydrates: According to him hunger cycles are triggered not by carbohydrates but by carbohydrate-rich foods that the body digests quickly, creating a spike in blood sugar. Such foods include refined grains and sugars. South Beach Diet eliminates these carbohydrate sources in favor of relatively

unprocessed foods such as vegetables, beans, and whole grains. Carbohydrate sources are considered 'good' only if they have a low glycemic index

Good fats: The South Beach Diet replaces trans fat and saturated fat with foods rich in unsaturated fats and omega-3 fatty acids which raise the HDL Cholesterol. The diet excludes the fatty portions of red meat and poultry, replacing them with lean meats, nuts, and fish.

This diet has three phases-

Phase 1: Lasts for two weeks and during this time you eliminate most of all sugars and

carbohydrates from the diet. It is intended to eliminate hunger and bring about a significant weight loss.

Phase 2: It reintroduces most fruits, vegetables and some whole grains. This phase lasts as long as one wants to lose weight.

Phase 3: This is the maintenance phase. There is no list of restricted foods however you are expected to understand the concept of the diet and stick to it.

Why it works : The diet meets the important criteria for a healthy diet. It emphasizes vegetables, fruits, whole grains, and lean protein while not omitting any major food group.

Why it doesn't work: Phase 1 can throw the body's electrolyte balance off because most of the weight loss is water weight. In India where carbohydrates are a major part of our diet and also a main source of energy, this diet is very demanding and difficult to follow for longer durations. Lapsing into old eating habits may result in speedy weight gain.

5 WEIGHT WATCHER DIET – POINT SYSTEM

The diet: The core premise of the diet is, as long as you stay within your points limit for the day or the week, you can eat whatever you like. To make things reasonable plan assigns each food point value based on calorie, fiber and fat. For example chicken nuggets from McDonalds' have 6

II jade FAD DIETS



points and a cup of strawberry is given 1 point. Now based on your current weight and gender, the program assigns you a given number of points per day. Besides this you get a weekly allowance of extra points to use for special occasion like a party or a dinner with friends.

The diet also recommends incorporation of an exercise program. Thus if you exercise more you earn more points. Weight watchers diet proves that a focus on point value may be a ticket to long term success. As long as you don't have too many points you lose weight.

Why it doesn't work: We all know that over eating and lack of exercise is a leading cause of weight gain. If you actually look at the science of obesity and weight loss it is quite complex. Weight regulation is not just a simple story of calories.


The people who follow the weight watchers diet might go into a state of hibernation, which means, their body metabolism slows down. It slows down dramatically as compared to people of equal weight with a lean body mass. Hunger levels go up and also they also experience chronic hunger. Therefore once you resume your original eating pattern, you start gaining weight and may also put on a few extra kilos than your initial weight.

Most of these diets are short term diets and helps you lose extra weight for a short term but cannot form basis of a healthy life style. Following such diets for a longer duration and shifting from one diet to another can be harmful for your health. Instead it is important to make lifestyle modification by exercising and eating correctly under a guidance of a qualified clinical nutritionist. This will help you lose weight gradually and in a healthy manner at the same time will improve your health and quality of life. Merely losing weight should not be your ultimate goal. Being physically and emotionally healthy should be the objective and the process should be enjoyed or it cannot be sustained over a long period of time. Realistically speaking it is not possible for all normal people with a job, family and the pressures and deadlines of

modern life to have 22 inch biceps and ripped abs like movie stars. Setting realistic goals surely helps. Then probably the infatuation with all these fashion diets will go away naturally. Enjoy, love and be happy with your body. A healthy diet will help you lose weight slowly but the weight you lose will cause no harm to your body.

6 THE REGULAR INDIAN DIET:

Indian diet is high in fiber and provides a healthy mix of carbohydrates, proteins and essential oil in every meal in contrast to a western diet.

Losing weight with an Indian diet is quite simple. It has numerous low calorie substitutes for foods rich in calories. Avoid fried foods, eat green leafy vegetables with the regular consumption of rice or *rotis* and include fruits and milk with low fat content into your regular diet. The next time you try a new popular diet, think twice. Instead go to a qualified nutritionist who will guide you through it. 

Merely losing weight should not be your ultimate goal. Being physically and emotionally healthy should be the objective, and the process should be enjoyed or it cannot be sustained over a long period of time

