

13TH SEPTEMBER, 2015

WEEKLY

WEEK 37

**"I'M LIKE
A DIFFERENT
PERSON."**
- Melanie O'Brien,
Coach

EAT CLEAN TO BE LEAN?

WE DISH THE DIRT ON WHAT IT
MEANS TO 'EAT CLEAN'

 WeightWatchers®



EAT CLEAN TO BE LEAN?

'Eating clean' or 'clean eating' has become popular with people trying to improve their health and lose weight. But what do the terms actually mean, and what are the pros and cons? This week we clear up the confusion and look at the positives.

WHAT DOES IT MEAN?

Contrary to its face value, 'clean eating' doesn't just mean giving your apple a rinse after dropping it on the dirty floor. If you Google the term you'll find a vast array of definitions, but there is one thing they all have in common: they all talk about eating unprocessed food, or 'whole foods'. The idea of whole foods is pretty straightforward – instead of eating a slice of banana and nut loaf, eat a banana and some nuts. It's essentially the act of eating foods as close to their natural state as possible, while avoiding added sugars and other additives.

WHAT ARE THE BENEFITS?

Research has shown that a diet high in processed foods and empty kilojoules leads to obesity and poor health. It causes increased risk of heart disease, some cancers, high blood pressure and inflammation

to name a few, and has also been shown to increase abdominal obesity (fat around the belly and internal organs). On the other hand, research also tells us that a diet high in fibre, fruit, vegetables, lean meat, low-fat dairy, beans, pulses and whole grains reduces these risks. So there are proven benefits to eating this way, and it makes total sense.

WHAT ARE THE DOWNSIDES?

So, since 'clean eating' seems to be eating really healthily, how can there be any downside? Well, the biggest issue with the 'clean eating' trend is the philosophies that tend to come with it. Many people who adopt this way of eating tend to have strict rules around what they can and can't eat – if it's not 'clean' then they *can't* eat it. You can see how this can get restrictive and boring, and lead to conditions like orthorexia – an emerging disordered eating pattern characterised by





though, is better nutrition and better appetite control, but you still need to look at how much. That's where things like the **ProPoints** budget or hunger signal awareness come in.

HOW CAN I MAKE IT WORK FOR ME?

The fundamental 'eat whole unprocessed foods' is really the part you want to focus on. You can't go too wrong with that philosophy. Here are our top practical tips for getting the benefits of the 'clean eating' philosophy without cramping your lifestyle.

1 BE FOCUSED on eating whole unprocessed foods, like those on the **Filling & Healthy foods** list. These foods should make up the majority of your eating plan.

2 BE FLEXIBLE – it's the whole eating plan that counts, not individual foods. Leave room for a treat once in a while and enjoy it. You don't have to eat 'clean' all the time, especially if it's impractical for you. Choose your level of 'cleanness'.

3 BE PREPARED because eating mostly whole foods means you can't just open a packet for every meal. Plan ahead with your shopping list and prep time.



strict rules about how much, when and what foods should be eaten based on beliefs of what a person perceives as healthy.

"Although adopting a healthy lifestyle is encouraged, this type of restrictive eating behaviour can be a concern if it prevents a person from enjoying food, leads to feelings of guilt or anxiety before or after eating, restricts social interactions or cuts out entire food groups," says the Dietitians Association of Australia.

Another caution around the philosophies lies in assuming that kilojoules don't matter as long as you're 'eating clean' – but they do. Fundamentally, you need to be in an energy deficit to lose weight, and your body doesn't care if those kilojoules come from 'clean' or 'dirty' foods. What 'eating clean' will give you,



NEWS BITES

THE LATEST RESEARCH & TIPS

EMOTIONAL EATING STUDY



**WEIGHT WATCHERS
NUTRITION ADVISOR
EMMA STIRLING**

A new study has provided emerging evidence that emotional eating could occur as early as the age of 5 in children. In the study published in the *American Journal of*

Clinical Nutrition, emotional eating resulted after exposure to stress but was also influenced by parents using food as rewards in early childhood. At Weight Watchers we teach new tools and strategies to help you form a healthy relationship with food – for good.

IT'S MYTH – BUSTING TIME



**WEIGHT WATCHERS
FITNESS TRAINER
NEIL RUSSELL**

Although this myth was disproved long ago, it seems confusion about it still remains. 'Stay in the fat-burning zone' – which means keeping your heart rate where it will use fat as a fuel

source – doesn't really work. This is because there's no way to guarantee what fuel your body uses – fat or carbs – and especially not with steady-state exercise. Research shows that high-intensity intermittent training (HIIT) is significantly more effective in expending energy, burning fat and training for weight loss. So get your heart rate up for sure, but do it most effectively by incorporating some HIIT in your exercise routine regularly.

COOL BURNING

**RESEARCH FROM OUR FRIENDS
AT THE GARVIN INSTITUTE**

Did you know? There are two types of body fat – white and brown. Research conducted by Dr Paul Lee from the Garvan Institute of Medical Research showed that bouts of moderate exercise are equally capable of stimulating the conversion of energy-storing 'white fat' into energy-burning 'brown fat'. Dr Lee has also shown that cool environments stimulate growth of brown fat, while warm environments promote loss. Think of brown fat burning fat in the cool spring mornings!



MELANIE O'BRIEN

When Weight Watchers member and Coach Melanie could no longer drive her son to school due to her weight, she had to make a change.

Since I was young, I've had osteoarthritis and hip dysplasia, but when my weight aggravated both, it got to the point where I couldn't drive.

One night, I was looking at the cost of a second-hand mobility scooter online so I could get my son to school, and it was a light-bulb moment. I closed the mobility scooters website and clicked onto weightwatchers.com.au instead. I knew the Program worked because I'd done it in the UK in the past, but this time it was about my health, not vanity.

When I embarked on this journey, my daughter Ciara was 14 and it was really important for me that she learn about proper nutrition so that she wouldn't end up having weight issues like I did. I'd done virtually every fad diet out there and I didn't want my kids to do the same. So, when I joined Weight Watchers this time, it was also about changing our lifestyle as a family. My son Rory was 11 at the time and he was a bit of a fussy eater, so I involved him in the planning and preparation of our meals.

To this day, our whole family sits down once a week with all the Weight Watchers recipe books and we each choose two meals. It's great because everyone gets involved and they're all able to eat what they want.

When I was halfway through my journey, Ciara wrote me a heartfelt letter. She told me



LOST
27.1KG
IN 40
WEEKS



I was the strongest, most determined woman in her life, and she called me her hero. It's hard for me to put into words how immensely proud I felt reading that letter. She has high ambitions and I've always told her she can be whatever she wants if she works hard enough, but I'd never shown her that before. So, for her to tell me I have is a huge deal. She wrote me another letter when I got to Goal, and both are so precious – I'll keep them forever.

My health problems have improved dramatically and my mindset has changed completely – I'm like a different person. I'd always looked at the glass half-empty, but now I'm definitely a glass-half-full person.



LEMON RICOTTA CHEESECAKES

4 ProPoints **ProPoints** VALUES PER SERVE | **MAKES: 4** | **PREP: 20 MINS**
COOKING TIME: 30 MINS + COOLING

150g reduced-fat fresh ricotta cheese, crumbled

¼ cup (60ml) light cream for cooking

▲ **1 egg**

1 tbs caster sugar

▲ **2 tsp finely grated lemon rind**

2 tbs sultanas

1 tbs pistachios, finely chopped

1 Preheat oven to 160°C or 140°C fan-forced. Lightly spray four ½-cup (125ml) capacity ovenproof ramekins with oil. Line bases with baking paper.

2 Using electric beaters, beat ricotta, cream, egg, sugar and rind in a large bowl until combined. Stir in sultanas and

spoon into the prepared ramekins. Smooth surface of mixture with the back of a spoon.

3 Place ramekins in a baking dish. Pour in enough warm water to come halfway up sides of ramekins. Bake for 30 minutes or until just set. Transfer ramekins to a wire rack and set aside to cool. Invert cheesecakes onto plates and sprinkle with pistachios to serve.

SERVE WITH: **0 ProPoints** value fresh strawberries (sliced). Mash some of the sliced strawberries until a smooth sauce forms. Pour over puddings and garnish with remaining slices to serve.

Filling & Healthy foods are marked with a green triangle. These foods help fill you up and keep you healthy.

NEW! STRAWBERRY FLAVOURED CHEWS

Say hello to the latest arrival in the confectionery section. These chews are bursting with a delicious strawberry flavour and are perfect to enjoy at any time of the day. Can you believe four of these little treats are only 1 **ProPoints** value!

**GRAB A PACK OF 12 FOR
ONLY \$4.50** (AU AND NZ)



SOCIAL GRAB OF THE WEEK

**Want to become a runner?
Weight Watchers Fitness
Trainer Neil Russell shared
his blog post on the
benefits of running on Facebook.**



Running is a wildly popular form of exercise and recreation, undertaken at varying levels of competition all around the world. There are a mass of benefits associated with running, which we have explored in this week's blog.

<http://atleta.com.au/the-benefits-of-running-atleta-fitness/>

**NEXT
WEEK**
We look at how
to become a
savvy food
shopper.

Philips Airfryer. Lets you cook with up to 80% less fat*



A great tasting, crispy result that even helps drain excess fat during cooking

innovation ✦ you



Visit www.philips.com.au/airfryer for more information

* Compared to fresh chips prepared in a conventional Philips fryer

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