

What's the best diet for weight loss?

Advice from CNM

(College of Naturopathic Medicine).



For most healthy people, calorie restriction will result in weight loss, whatever kind of diet you choose. However, being healthy and feeling well enough to maintain a diet comes from nutrition.

A lot of the time, our body craves additional food (and with it comes calories) because

we have not supplied it with enough of the building blocks for health. Many obese people are undernourished in vitamins, minerals and health-promoting phytonutrients. So do yourself a favour and instead of counting calories, start counting nutrients.

Look for where you might be loading up on calories, but not on nutrients. Ditching soft drinks are a good place to start. They are full of sugars and other nasties and offer little to nothing by way of nutrition. In fact, processed, sugar-laden foods rob the body of nutrients. We try to break them down and minimise the damage they do to us and in so doing chromium, vitamin B3 and other nutrients are used up.

Whole-food smoothies are a much better option if you want a boost of energy. Be sure to include whole fruits; berries, pears and apples or half a banana, leafy green vegetables

and a small handful of nuts and seeds. Water is a better mixer than milk too, although coconut and almond milk can be delicious. If you're trying to lose a little weight, minimise your liquid calories. A whole orange is much more filling and has fewer calories than a glass of orange juice. Dilute all fruit juices by two thirds with water.

Snacks are another place where we can look at improving our nutrition. Crisps, chocolate bars and foods from the bakery aisle can be replaced with boiled eggs, crudités and salsa, brown rice cakes with a thin spread of tahini and honey or half an avocado. You will feel more satisfied the more nutrient and fibre-rich your foods are, so aim to put more of these types of foods in your diet so it's easier to leave out the food you're trying to avoid.

If you have a particular weight-loss challenge or you find that you need help to focus on the right nutrients rather than calories, book in with a naturopathic nutritional therapist for a plan that is tailored to you.

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