



# diabetic

## LIVING<sup>®</sup>

**Think** yourself  
**slimmer!**

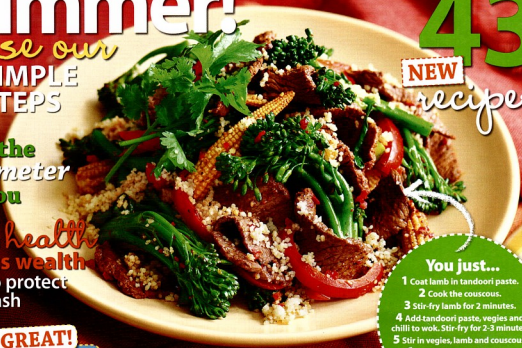
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**4 SIMPLE  
STEPS**

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MARCH/APRIL 2011, ISSUE 32  
\$7.95 (inc GST) NZ \$9.20 (inc GST)

**43**  
**NEW**  
*recipes*



Tandoori lamb and  
couscous, p92

### You just...

- 1 Coat lamb in tandoori paste.
- 2 Cook the couscous.
- 3 Stir-fry lamb for 2 minutes.
- 4 Add tandoori paste, vegies and chilli to wok. Stir-fry for 2-3 minutes.
- 5 Stir in vegies, lamb and couscous.
- 6 Top with coriander leaves and serve with lemon wedges.

**Enjoy!**

### FEEL GREAT!

How to **bounce back**  
from a setback



# Delicious!

- easy packed lunches ● tasty mains
- gluten-free baking *and more!*

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**ALL THE LATEST NEWS, PRODUCTS AND KNOW-HOW**



### Dr. Kate Marsh

Dietitian and diabetes educator Dr. Kate Marsh reviews the latest blood glucose meters in *Which meter is best for you?* (page 26). "Meters are getting smaller, faster and more accurate, as well as needing less blood," says Kate. "Having come home with one of the first blood glucose meters available (which was around 10 times the size of the current meters and took about three minutes and lots of blood to give a reading!) when I was diagnosed with type 1 diabetes 28 years ago, it's great to see how far technology has come."

### William Sukala

Exercise physiologist William Sukala delves into why achieving permanent fat loss is so difficult in *Lose weight with a mental makeover* (page 36). "The world is long overdue for a radical change in thinking – fat loss should be viewed as a by-product of a healthy lifestyle, not the sole focus," says William. "Successful long-term fat loss revolves around making small changes that you can maintain, through healthy beliefs and thought patterns."



### Chris Chen

Photographer Chris Chen makes tasty work of this issue's breakfasts (*Fully charged!*, page 72), snacks (*Smart snacking*, page 84) and desserts (*Magic puddings*, page 106). Chris has been photographing great food for more than 15 years. Her upcoming projects include cookbooks with Matt Moran, and Manu Feildel of *My Kitchen Rules* fame. "I'm not a great cook so I really appreciate people who do it well, and in this job, I've really grown to appreciate that a lot," says Chris.

### Monique Gill

Writer Monique Gill investigates coeliac disease (CD) in *Going against the grain!* (page 50), and what it means to live with CD and diabetes. "It's a topic close to my heart. I was diagnosed with CD in my late thirties, and it was a huge relief to be able to put a name to those chronic digestive complaints." Monique says she was interested to learn that, overall, a healthy, diabetes-friendly diet was not that different from a gluten-free one. "Some adjustments are required, but eating gluten free has come a long way since the days of the dry-as-dust rice cakes!"



### Lyndal Howison

Lyndal works for the Juvenile Diabetes Research Foundation (JDRF) as national communications manager. She writes about two women involved in a wonderful phone support program, which connects families who've just been hit by type 1 with a volunteer mentor who's already been through the same experience (see page 132). "Living with diabetes has its challenges, but it can also bring out undiscovered strengths and generosity of spirit," says Lyndal. "Hearing stories from people in our community is my favourite way to reconnect with my reasons for working for JDRF."

A man in a white shirt and dark pants is rappelling down a rope. He is looking towards the camera.

Another diet to  
the rescue...

A man in a white shirt and dark pants is sitting cross-legged on a swing, meditating. He has a green sprout on his head.

Think healthy  
food thoughts!

A man in a white shirt and dark pants is drinking water from a bottle. He is looking towards the camera.

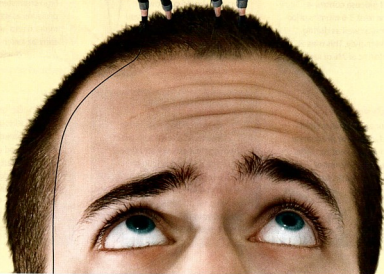
Drink water,  
that's the go.

A man in a white shirt and dark pants is eating an apple. He is looking towards the camera.

This fruit  
just doesn't hit  
the spot.

Stuck on a yoyo dieting treadmill?

You're forever losing weight,



# LOSE weight WITH A mental makeover

just to put it all back on! It's time for a mental makeover to keep those kilos off – for good.

**I**t seems only yesterday that you summoned all your willpower to diet and exercise to get down to your goal weight – and yet here you are, just a few months later, heavier than ever. So what went wrong? Well, it's a safe bet it's not the first time this has happened. You've whittled away the kilos with less food and more activity, then breathed a sigh of relief and relaxed back into your old ways the moment you've trimmed down. ➤

### Research shows that serial dieters

tend to have a poor track record for maintaining weight loss. A study by the US National Weight Control Registry found that slimmers who regained weight within a year reported a higher number of lifetime weight-loss attempts. They were also less likely to stick with the healthy habits that had aided their efforts to trim down. Restrictive diets can often be blamed – slimmers seeking quick results via a very low kilojoule intake tend to regain significantly more weight than those following a more forgiving eating plan.

An added complication is that the more you diet, the harder it is to keep weight off long term. Why? Cutting back on food puts your metabolism on red alert. To compensate for fewer kilojoules, it switches to protective starvation mode and slows down, clinging on to every kilogram. Your hormones also react, with production of the fullness hormone, leptin, decreasing and ghrelin, which triggers hunger, going into overdrive.

Focusing on food and exercise tends to steal the spotlight when we're trying to lose weight, but it's our mental approach that often makes the difference between success and failure. A rigid all-or-nothing regimen of strict dieting challenges us both physically and mentally – our body resists it and our sense of deprivation drives us to give up on it.

To stick with the program, we need a more flexible approach, and the psychology model of Acceptance and Commitment Therapy aims to give us just that. How? By showing us how to develop the mental flexibility to meet and beat the challenges that habitually derail weight-loss success.

So, instead of steeling yourself to go on yet another punishing diet, read on and follow these four strategies for keeping yourself strong and satisfied, and able to lose weight for the long haul.



I will slow down my eating pace.

## Mindful eating

Food is everywhere, and putting yourself on a strict diet only makes you more obsessed. Mindful eating, on the other hand, entails a conscientious 'witnessing' of your eating experience. Develop awareness of your bodily sensations, emotions and activities around food, and you'll be able to pinpoint your triggers for overeating.

**Savour every mouthful:** Reconnect with the pleasure of eating rather than just gulping down your food. Close your eyes and relish each bite. Roll it around your mouth. Is it sweet, salty, spicy or bitter? Feel its texture and consistency. Is it soft or dense, moist or dry, smooth or chunky? When you swallow the mouthful, note how it feels as it passes into your stomach.

**Do away with distractions:** Ward off 'distraction attraction' by checking your busy baggage at the door. Sit down and enjoy your meal – and just the meal. Avoid talking or texting on your mobile phone, surfing the net, watching television, or writing reports while eating.

**Apply the brakes:** Counterintuitive as it may seem in this high-speed, multi-tasking world of instant gratification, make an effort to slow down your eating pace. Chew more slowly, pausing for several seconds between bites, or even putting down the cutlery after swallowing. Taking your time not only opens you up to the full sensory experience, it also allows your tummy to fill up before you finish eating, so it's easier to resist overdoing it.

**Pick an appropriate place:** Eat all your meals at a designated place. For example, eating at the kitchen table minimises the likelihood of flipping through the TV channels or surfing the net when you should be focused on eating.



Yes, I will  
achieve  
my goals.

Get into  
the habit of  
using affirming  
self-talk.

Yes, I can  
do it and  
I will do it.



## Confidence boosting

Years of failed weight-loss attempts often destroys any confidence you have in your ability to lose weight, and replaces it with a cynical expectation of failure. While healthy eating and exercise are clearly important components in the weight-loss equation, long-term success also hinges upon a positive 'yes I can' attitude!

**Slowly does it:** It's the small victories along the way that build your confidence and will help you win the weight-loss war. Fiona Cosgrove, founder and chief executive officer of Wellness Coaching Australia, suggests planning your week around behaviour-change targets.

"Set small, specific goals that you know you can achieve. For instance, walk three blocks to buy low-fat milk. This will give you a taste of success. Try not to fixate on what the scales says as a sign of progress. The weight will come off as better behaviours become habits."

**Reward yourself:** "Acknowledge and celebrate every achievement along the way – no matter how big or small – not just your final goal," says psychologist Deanna Sanders. "Give yourself little rewards, such as an afternoon at the cinema."

**Use self-talk:** "Get into the habit of using affirming self-talk. Set the mental soundtrack in your head so it replaces or crowds out negative thoughts and continually tells you that you can achieve your goal," adds Deanna. ➤



Cravings can be prompted  
by poor-quality nutrition.



## Curbing cravings

A food craving is a compelling urge to eat a specific food, a drive that can be physical or emotional in origin. The intensity and frequency of cravings may be magnified if you're on a restrictive weight-loss regimen, and it can often derail your best efforts. This is your body's normal 'famine detection system' fighting back, so you'll need to learn how to go with the flow and manage your cravings. Dr Amanda Sainsbury-Salis, weight-loss scientist and author of *The Don't Go Hungry Diet* (\$34.95, Random House Australia), points out that cravings can be prompted by nutritional inadequacies.

"If you're not eating enough kilojoules or critical nutrients for your body, it can temporarily change your brain chemistry so it's practically impossible to say no when someone offers you a free doughnut with your coffee. These brain changes often happen during weight-loss interventions, particularly on fast weight-loss plans that leave you feeling hungry."

**Eat well:** Dr. Sainsbury-Salis warns against the common dieting mistake of getting by on a 'light' lunch.

"Opt for a meal rich in vegetables, good fats, protein and wholegrains that will leave you satisfied and less likely to binge on empty-kilojoule foods."

**Don't skip meals:** Eat nutrient-rich meals at regular intervals. Skipping breakfast may lead to cravings later and a greater tendency to overeat. Fuelling yourself up first thing is important for stabilising your BGLs, kick-starting your metabolism to burn fat and controlling hunger.

**Monitor your triggers:** Jot down the details to help you identify whether your cravings are driven by physical or mental cues such as stress, anxiety, loneliness or depression. Ask yourself if you're eating to satisfy a grumbling stomach or as an escape from emotional stress. Then you can pinpoint the challenges so you're better prepared to manage cravings.

**Take away temptation:** Don't put yourself in places or situations that could trigger your cravings, such as a shopping-mall food court or bakery when you're hungry. Make a habit of carrying low-kilojoule, low-GI satisfying snacks that will provide a top-up when you need it.



I'll top up  
with a low-GI  
snack.

## Sustaining motivation

Making the decision to embark on a weight-loss regimen is exciting, but it can also be daunting trying to maintain your enthusiasm for the long haul. It's important to identify true motivators that have real value to you (for instance, to feel fitter, play with your children or grandchildren) rather than those that may be laid down by a partner ("You're not the person I married") or friend ("You'd be happier if you were slimmer").

**Dig deep:** "Before beginning any journey of change, it's essential to spend time working out what you actually want, not in terms of reduced body fat, but in terms of your ideal self," says life and wellness coach Fiona Cosgrove. "Losing weight is part of the bigger picture. But, if you're to succeed in permanent weight reduction, you need to identify very strong internal motivators for making the often difficult behaviour changes that are needed to create this negative balance in kilojoule consumption versus kilojoule expenditure," adds Fiona.

How do you identify strong motivators that will keep you from falling back into old habits? The first rule is to avoid taking on someone else's desire to see you lose weight as your prime motivator, as it's unlikely to sustain you. The deepest and strongest motivators are generally connected with your own values and may be as simple as looking good in the bedroom or being a good role model for your kids.

"I urge clients to come up with a vision statement that focuses as much on the 'why' as the 'what.' Losing weight may be an admirable goal, but this may not be enough on its own. The real question is, why is losing weight important to you? Within the answer, you'll find a value. Zero in on the value that makes you light up," says Fiona.

**Reach out:** While internally focused motivators are important, weight-loss scientist Dr Sainsbury-Salis says that external motivators can also be used to jump-start the weight-loss process.

"Any reason that motivates you to lose weight or improve your health is a good one. It doesn't matter what the motive is – fitting into designer jeans or feeling great in a slinky dress – just as long as it catapults you into action. The trick is finding ongoing reasons to keep the weight off after the special occasion is over."

**Keep good company:** Look for a role model you can emulate.

"Find another person similar to you who has achieved their weight-loss goals," suggests Fiona. "Talk to them. Find inspiration in their story. Identify the mental-toughness tools they used to keep on track and seal their success."

**Weigh in less:** Weigh yourself once a week. Fluctuations in water weight can give a misleading and discouraging picture of progress. ■



I'm losing weight for myself!



I will fit into my favourite old jeans.



I'll learn from someone who has succeeded.