

NUTRITION AWARDS 2007

Men's Health

DECEMBER 2007 £3.70

SMALL STEPS, BIG RESULTS

53 Surefire
Fat-Burners

FREE HER DIRTY MIND!
This Way For Hotter Sex p97

**LOSE
YOUR
GUT!**

Drop 17lb In Just 6 Weeks

**NEW PILLS TO
CURE YOUR
WINTER SLUMP**

FIGHTING FIT

Jason Statham's New
Action Movie Workout!

NUTRITION SPECIAL

**76 Gut-Free
Indulgences**
Fast Food,
Hard Muscle
**De La Hoya's
Knockout
Menu**

**QUICK STEPS
TO BIG ARMS**

**Blitz Your
Hangover,
Build Muscle!**

**ATTACK-PROOF
YOUR HEART**



THE 5-A-DAY SWINDLE IS IT TOO LITTLE, OR TOO MUCH?



"Missing meals means kissing goodbye to kilos"

Surely cutting your calorie intake makes flab just fall off? Well, the Starvation Diet hasn't caught on for one major, science-backed reason: missing meals makes you fat. "Skipping meals leads to a drop in your blood sugar levels and it slows down your metabolism," explains nutritionist Neil Foster, of food science experts Glanbia Nutritionals. "So you're burning fewer calories each day." Up your calorie burn by eating more often. You want to scoff five to six small meals per day, and not at places with "All you can eat" on the door. So if a meal goes missing. Find it. Pronto.

WHY AREN'T YOU LOSING WEIGHT?

You're working out, but still have a gut. Here's why

1 YOU TRAIN TOO MUCH

Three 20min sessions a week of high-intensity interval training will melt 10% of your body fat, says a University of New South Wales, Australia study. Try this routine: sprint for 8secs, go easy for 12secs and repeat in 5min sets.

2 YOU SNACK WRONG

"Have a protein-rich jacket potato with beans after a workout," says Fitness First trainer Dan Fivey. Aberdeen's Human Nutrition Unit found that eating a higher-protein diet burns an extra 71 calories a day – that's 7.4lb (3.3kg) a year.

3 YOU DO IT IN THE DARK

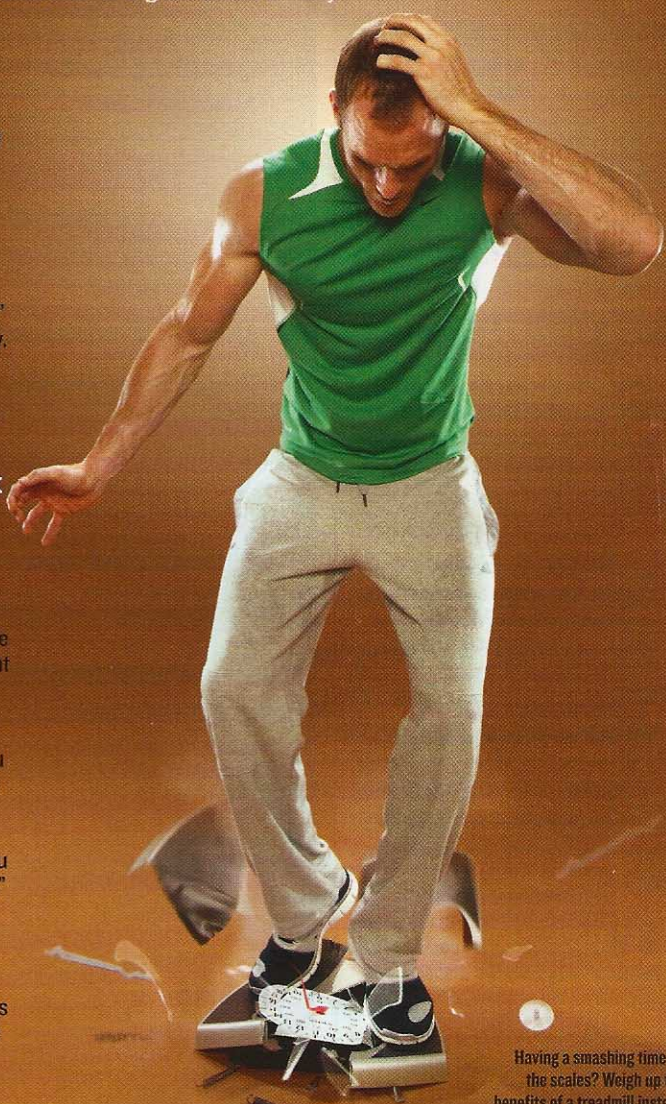
A study in the US journal *Obesity* found that subjects' weight-loss was boosted by bright light therapy. Light lifted mood-boosting serotonin levels and helped reduce food intake. Exercise by a window, or a Philips Energylight light box (£140, sadbox.co.uk).

4 YOUR DRINKING'S OTT

And we don't mean beer. "You only need an energy drink if you're doing CV for longer than an hour," says Ben Jones of Lifetime Health & Fitness (lifetimehf.co.uk). "If you want to lose weight, stick to water."

5 YOU EAT TOO FAST

Slow eaters eat 201 less calories a day, says the University of Rhode Island, USA, since it takes 20min for your brain realise you've had enough. Far longer than it takes your girlfriend to mention it.



Having a smashing time on the scales? Weigh up the benefits of a treadmill instead

LOST WEIGHT-LOSS AID



PLEASE RING
020 7339 4400

EAT THIS, NOT THAT!

DOMINO'S - ham and pineapple pizza, per 100g - GOODFELLAS



211 kcal	kcal 206
17.43g protein	protein 9.4g
26.3g carbs	carbs 25.9g
2.1g sat. fat	sat. fat 5.2g
2g fibre	fibre 1.2g
1.3g salt	salt 1.1g



THE WINNER IS... DOMINO'S

"Domino's Regular Fresh Dough has 3g less sat fat, 8g more protein and is only 5kcal more than Goodfellas Deeply Delicious," says nutritionist Emma Wells. "Refined carbs in both mean you'll be hungry again soon, but Domino's will keep you fuller for longer."

MEMO TO SELF

10%

THE MAXIMUM
AMOUNT OF DAILY
CALORIES THAT
SHOULD BE FROM
SATURATED FAT

SOURCE: CBSNEWS.COM

➤ **TWO-SECOND TIP** USE FACEBOOK TO MOTIVATE WEIGHT LOSS: POST BEFORE PHOTOS AND TELL PEOPLE YOUR GOALS