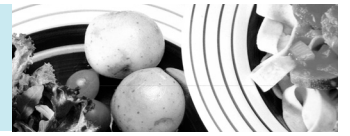


## diETING



To be a slimming success you must follow specific and certain criteria when you shop: Firstly, as far as possible purge the cupboards and give yourself a separate section in the fridge.

When shopping, always make out and stick to a list. Don't be tempted to buy anything that isn't on it.

Always buy food for yourself. You can't rely on someone else to be as fastidious as you need them to be when selecting the lowest calorie or organic products available.

Try not to shop when you are hungry and keep a supply of organic carrot or celery sticks in your fridge.

### 10 TERRIFIC FOODS TO SHOP FOR:

Because your diet is fairly limited in terms of calories in order for you to lose weight it should be very nourishing. This means eating as much fresh and organic food as possible and avoiding processed or frozen foods.

Here is SlimLife's selection of virtually saturated fat-free healthy choices for the discerning slimmer.

#### SALMON

DESPITE RECENT HEALTH SCARES ABOUT CERTAIN FARMED SALMON, AN ORGANIC CHOICE IS AVAILABLE IF YOU LOOK. SALMON REMAINS A RICH SOURCE OF PROTEIN AND IS ALSO RICH IN OMEGA 3 OILS. THESE HAVE BEEN SHOWN TO LOWER CHOLESTEROL LEVELS, IMPROVE THE IMMUNE SYSTEM AND HELP KEEP JOINTS STRONG AND PAIN FREE.

#### OATMEAL

THE BRAN FOUND IN OATMEAL HELPS ELIMINATE TOXINS FROM THE DIGESTIVE TRACT AND ASSISTS IN THE REMOVAL OF FAT BY CLINGING TO THE PARTICLES AND PUSHING THEM THROUGH THE INTESTINES UNABSORBED.

#### EGGS

IF YOU COULD CONCOCT THE PERFECT FOOD IT WOULD BE EGGS. THEY ARE PURE HIGH QUALITY PROTEIN, THEY CONTAIN MONO AND POLYUNSATURATED FATS (THE 'GOOD'FATS) AND LECETHIN WHICH HELPS EMULSIFY BODY FAT. ALL THIS AND EACH ONE CONTAINS ONLY 75 CALORIES!

#### SOUPS

THE LOW CALORIE BOTTLED SOUPS CONTAINING BEANS AND VEGETABLES MAKE THEM A FILLING ADJUNCT TO MEALS OR A LIGHT MEAL ON THEIR

OWN. WATCH OUT FOR CANNED VERSIONS, WHICH TEND TO BE LOADED WITH SODIUM OR NATURAL SALT.

#### BANANAS

ONE OF THE HIGHEST SOURCES OF POTASSIUM, WHICH HELPS REGULATE WATER BALANCE (WITHOUT SUFFICIENT POTASSIUM YOU WILL HOLD WATER, WHICH MAKES YOU LOOK FAT). EATING A BANANA BETWEEN MEALS CAN ALSO HELP SUPPRESS YOUR APPETITE.

#### CARROTS

A TASTY SOURCE OF FIBRE AND BETA-CAROTENE, CARROTS ARE AN ANTI-OXIDANT WHICH HELP DESTROY FREE-RADICALS (TOXINS THAT MAKE US AGE QUICKER). PASS ON THE CHIPS AND PICK UP SOME CARROT STICKS. WHEN IT COMES TO STROLLING ON THE BEACH YOU WILL BE GLAD YOU DID.

#### SALADS

THESE ARE NOT BORING IF YOU USE YOUR IMAGINATION. BEST EATEN WITH A MEAL, THEY TAKE UP ROOM IN THE STOMACH AND PREVENT OVEREATING. GREAT ROUGHAGE FOR PROPER DIGESTION, WHICH IS VITAL WHEN ONE IS ON A REDUCED-CALORIE REGIME.

#### BROCCOLI

NOT EVERYONE'S FAVOURITE BUT COOKED IN A TEENSY LITTLE BIT OF OLIVE OIL, IT'S DELICIOUS AND HIGH IN VITAMINS AND SULFORAPHANE, WHICH HAS BEEN SHOWN TO HELP FIGHT CANCER. WHAT MORE DO YOU WANT?

#### CHICKEN

NUMERO UNO PROTEIN CHOICE. AT 90% PROTEIN IT IS THE STAPLE OF EVERY SUCCESSFUL SLIMMING PLAN. CHICKEN IS SO MANY FIT PEOPLE'S FIRST CHOICE TO LOSE FAT AND STAY STRONG AND HEALTHY. YOU CAN PREPARE IT IN COUNTLESS WAYS.

#### SLIMMING MILKSHAKES

ADMITTEDLY NOT REALLY A FOOD, BUT AN EXCELLENT SLIMMING AID AS IT HELPS FIL THE GAP BETWEEN MEALS. REMEMBER – NOT EATING ANYTHING FOR FOUR OR FIVE HOURS WILL NOT MAKE YOU SLIM. THESE DRINKS ALSO TASTE MUCH BETTER THESE DAYS THAN THEY USED TO AND COME IN A WIDER RANGE OF FLAVOURS.