

# The Total WELLBEING Diet

THE CSIRO PROTEIN-PLUS, LOW-FAT EATING PLAN

## THE REAL NEW DIET REVOLUTION

Change the way you think  
about losing weight forever

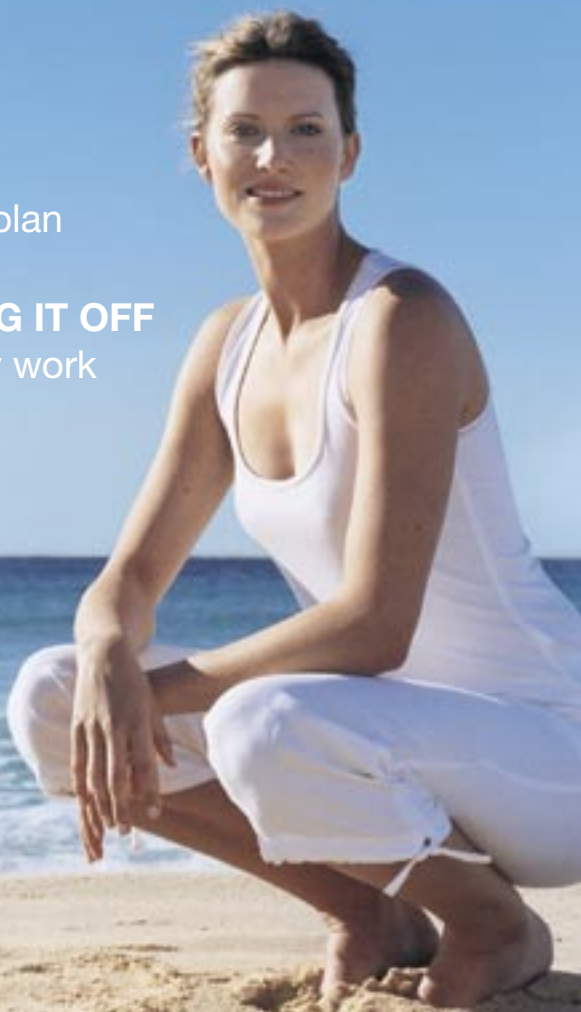
## EAT AND ENJOY

Our delicious weekly meal plan

## GETTING IT OFF, KEEPING IT OFF

Maintenance tips that really work

**PLUS** fabulous meal ideas



# Power up with protein

## – the REAL new diet revolution

Exciting research from the CSIRO provides the facts about a new, scientifically proven weight-loss program that challenges old conventions and theories, and offers promise to the weight-loss weary with an eating plan that actually works.



An exciting new study by the CSIRO has revealed that the way women diet can have a significant impact on how they lose weight and on their overall health.

### PROOF POSITIVE

The research highlights the role protein can play in weight loss and health. The CSIRO approached Meat and Livestock Australia to fund a study on women that would extend initial research which showed that weight-loss diets higher in protein were at least as good, if not better, than high-carbohydrate diets, when it came to fat loss and muscle preservation.

In the subsequent controlled trials by the CSIRO, women with signs of Syndrome X (a condition that increases their risk of developing heart disease and Type II diabetes) lost more weight and twice the amount of body fat on a higher-protein, low-fat plan than women on a high-carbohydrate, low-fat plan. These women also showed health benefits because of reduced risk factors relating to heart disease and Type II diabetes.

These findings are especially significant because at least one in four women has Syndrome X, which is generally indicated by excess fat around the tummy, high blood pressure, high glucose levels and high blood fats called triglycerides.

### DIET WITH A DIFFERENCE

These findings led the CSIRO to devise its Protein-Plus, Low-Fat Eating Plan. Unlike fad high-protein diets, the CSIRO plan is nutritionally balanced and contains a moderate amount of slow-release carbohydrates essential for energy and for keeping blood sugars even. You can follow the plan safely and adapt it as a way of eating for life.

For further information on the CSIRO research, visit their website at [www.hsn.csiro.au](http://www.hsn.csiro.au)

# Why protein?

We are learning more all the time about the positive health benefits of including more protein-rich foods in our daily diets.

### MAKES NUTRITIONAL GOOD SENSE

Protein-rich foods from animal sources (lean beef, lamb, fish and poultry) are excellent sources of a wide range of nutrients essential for health and vitality.

Lean red meat (beef, lamb, veal) is the richest source of well-absorbed iron, which helps move oxygen around our bodies and is essential for normal brain development and function. Red meats are also rich in zinc, which helps boost immunity, and our bodies are better able to absorb both zinc and iron from meat than from plant foods.

All meats, poultry, fish and eggs are excellent sources of vitamin B12, a nutrient not found in plant foods. Vitamin B12 has a special role in protecting our DNA and nervous system. Fish and seafood are the richest sources of omega-3s, with the second largest source being beef and lamb. Fish and seafood are the richest source of omega-3s, with the second largest source being beef and lamb. These omega 3 fats help protect the health of the heart.

### HELPS YOU FEEL SATISFIED

Protein-rich foods such as red meat keep your hunger at bay for much longer than many other foods. This fact alone may make it easier to stick to a high-protein eating plan for longer than one that leaves you itching to break into the biscuit barrel.

### LOWERS BAD CHOLESTEROL

The CSIRO study showed a significant reduction in triglycerides (harmful fats in the bloodstream) in those who took part in the higher-protein, low-fat vs high-carbohydrate, low-fat diet trial. This eating plan also resulted in lowering LDL (bad) cholesterol. Just remember to choose lean cuts of red meat, remove skin from chicken and opt for low-fat dairy products.



## Do you have Syndrome X?

At least one in four women has Syndrome X, many without even realising it. If you have the condition, also known as metabolic syndrome, you are at greater risk of developing heart disease and Type II diabetes. By losing even as little as three to four kilos, you have the opportunity to turn your health prospects around.

For a clinical diagnosis of Syndrome X to be confirmed, you are likely to have three or more of these conditions:

- Waist circumference greater than 88cm for women, and 102cm for men
- Triglycerides greater than 1.7mmol/L
- Blood pressure greater than 130/85
- HDL cholesterol less than 1.3mmol/L for women
- HDL cholesterol less than 1.0mmol/L for men
- Fasting glucose greater than 6.1mmol/L

# Following the diet

## – your at-a-glance guide

Here's a quick look at the foods you'll be eating while following the protein-plus, low-fat eating plan. Stick closely to the plan for the first four weeks and, as you lose weight and move into the maintenance plan, you can begin to experiment!

### ■ LEAN BEEF, LAMB OR VEAL

– for dinner at least 4 times a week

Eat at least 4 serves (approx. 200g raw weight) for dinner of lean red meat (beef, lamb or veal). Fish (200g raw weight) is recommended twice a week, and fat-trimmed chicken or other lean meat may be included 1 night a week.

### ■ LEAN PROTEIN (MEAT, POULTRY OR FISH)

– for lunch daily

Eat a 100g serve of any lean-protein source (fish, chicken, pork, ham, beef, lamb or turkey).

- 2 eggs can be substituted twice a week for the lean-protein serve.

**You must eat the red meat quota and lunch meat/chicken/fish quota each day.**

### ■ WHOLEGRAIN BREAD, 2 slices per day

You can exchange 1 slice of bread for:

- 2 crispbread, such as Ryvita™.
- 1 med. potato or 1/3 cup of cooked rice/pasta or 1/2 cup baked beans

### ■ HIGH-FIBRE CEREAL, 1 serve per day

1 serve is equivalent to:

- 1 Weet-Bix™ plus 1/2 cup of All-Bran™.
- 40g any high-fibre breakfast cereal.
- 1 slice of wholegrain toast.

### ■ FRESH FRUIT, 2 serves per day

2 serves of fresh or tinned, unsweetened fruit every day. 1 serve is equal to 150g or 150ml of unsweetened juice.

### ■ DAIRY FOODS, 2 serves per day

1 serve is equivalent to:

- Low-fat or diet yogurt, or dairy dessert, 200g.
- 25g cheddar cheese or other full-fat cheese,

or 50g reduced-fat cheese (10% fat).

- Low-fat milk, 250ml (select only low-fat brands such as Light Start™, Shape™, Tone™, etc).

### ■ VEGETABLES, plentiful amounts per day

Up to 2 1/2 cups of vegetables (see free list, below)

### ■ FAT AND OIL, 3 teaspoons per day

This includes any liquid oils such as:

- Canola, olive or sunflower.
- Soft margarine (2 teaspoons lite margarine = 1 teaspoon oil).
- 3 teaspoons oil = 60g avocado or 20g nuts.

### ■ LOW KJ SOUP 1 cup per day (optional).

### ■ WINE 2 glasses (300ml) per week (optional).



## On the free list

These foods have minimal kilojoules so use them freely to spice up your meals.

**Vegetables:** All green, red, orange, yellow and most white vegies. No potato or sweet potato unless indicated on menu plan.

**Drinks:** Diet soft drinks, unflavoured mineral water, teas, coffee, cocoa.

**Condiments:** Stock cubes, clear soups, diet jelly, oil-free salad dressing, sauces (eg, tomato, chilli, soy), Vegemite™, curry paste, garlic, lemon, herbs, spices.

# One week

THE CSIRO PROTEIN-PLUS,  
LOW-FAT EATING PLAN

	BREAKFAST	LUNCH	DINNER
DAY 1	Emergency breakfast choice: 1 low-fat diet yogurt or 1 mug low-fat cappuccino or cafe latte (250ml) 1 piece of fresh fruit	2 slices of wholegrain bread, 2 tsp lite canola margarine with 100g lean leg ham with 1 slice of low-fat cheese and salad 1 piece of fresh fruit	Beef Stir-Fry (see Quick Recipe Ideas on page 8) Serve with 1/3 cup cooked rice
DAY 2	3/4 cup of high-fibre breakfast cereal (eg, Fibre-Plus™) with 250ml low-fat milk topped with 1 sliced banana	2 slices of wholegrain bread with 100g turkey, cranberry sauce and lettuce with 1 slice of low-fat cheese 1 piece of fresh fruit	Coat 200g chicken breast fillet in Moroccan spices, fry in 2 tsp of canola oil. Serve with 1 1/2 cups steamed sweetcorn, broccoli, and pumpkin*
DAY 3	1 slice wholegrain toast, 1 tsp of lite canola margarine with Vegemite™ and 1 slice of low-fat cheese 1 piece of fresh fruit	Egg and salad sandwich (2 slices of wholegrain bread with 2 boiled eggs, lettuce and spring onions) 1 banana	Light vegetable soup (up to 160kJ); Chilli Perch Fillets with Capsicum and Tomato Salsa (see recipe page 7) 1 low-fat yogurt
DAY 4	1 Weet-Bix™ and 1/2 cup of All-Bran™ with 250ml low-fat milk topped with 1 sliced banana	2 slices of wholegrain bread with a 100g can of tuna (in oil or brine, drained), tossed with onion, olives, capers and salad (1/2 cup)	Lamb Cutlets with Pears and Balsamic (see recipe page 6) 1 low-fat dairy dessert
DAY 5	3/4 cup high-fibre cereal (eg, Fibre-Plus™) with 250ml low-fat milk 1 slice raisin toast plus 1 tsp lite margarine 1 piece of fresh fruit	Thai Beef Salad (100g lean beef serve, see recipe page 8) 1 slice of wholegrain bread 1 piece of fresh fruit	200g piece of fish fried in 2 tsp olive oil with garlic and ginger, plus 2 cups peas, carrots and cauliflower* Low-fat custard with stewed rhubarb sweetened with Equal™
DAY 6	3/4 cup high-fibre cereal (eg, Sultana Bran™) with 125ml low-fat milk 1 low-fat yogurt (200g)	2 slices of wholegrain bread 1 large mug pumpkin soup with 50g chopped lean ham 1 piece of fresh fruit	Sang Choy Bow (see Quick Recipe Ideas on page 8) 150g of fruit salad (unsweetened)
DAY 7	2 eggs (poached, boiled or scrambled) with 1/2 tomato and 2 rashers lean bacon 1 slice of wholegrain toast 1 tsp lite canola margarine	Cheese and salad sandwich (2 slices of wholegrain bread, 1 slice of low-fat cheese, mustard and salad) 1 piece of fresh fruit	Peppered steak (200g lean rump or sirloin). Serve with stir-fried vegetables or salad. 1 low-fat yogurt (200g) 1 piece of fresh fruit

\* Lunch and dinner suggestions developed by the CSIRO – these suggestions serve one person.



### LAMB CUTLETS WITH PEARS AND BALSAMIC

Serves 4

Preparation 15 minutes

Cooking 20 minutes

We used Corella pears for this recipe.

- 1kg large parsnips, peeled, chopped coarsely
- 1/3 cup (80ml) buttermilk
- 12 lamb cutlets (800g)
- 2 medium pears (460g), sliced thickly
- 1 clove garlic, crushed
- 1/3 cup (80ml) balsamic vinegar
- 1/3 cup (80ml) chicken stock
- 400g baby green beans, trimmed

■ Boil, steam or microwave parsnips until tender; drain. Mash parsnip in bowl with buttermilk until smooth; season to taste.

■ Meanwhile, heat large, lightly oiled, non-stick frying pan; cook cutlets, in batches, until browned both sides. Cover to keep warm.

■ Add pears and garlic to same pan; cook, until pears are browned and just tender. Add vinegar and stock; bring to a boil. Reduce heat; simmer, uncovered, until sauce reduces by half.

■ Boil, steam or microwave beans until tender, drain. Serve lamb with parsnip mash, beans and pears; drizzle with vinegar mixture.



### CHILLI PERCH FILLETS WITH CAPSICUM AND TOMATO SALSA

Serves 4

Preparation 10 minutes

Cooking 10 minutes

- 1/3 cup (80ml) mild chilli sauce
- 2 tablespoons lemon juice
- 4 x 200g perch fillets
- 1 small red capsicum (150g), chopped coarsely
- 1 lebanese cucumber (130g), seeded, chopped coarsely
- 1 medium tomato (150g), chopped coarsely
- 1 celery stick (150g), trimmed, chopped coarsely

#### LEMON DRESSING

- 1 tablespoon olive oil
- 1 tablespoon mild chilli sauce
- 150g mixed lettuce leaves

■ Combine 1 tablespoon of lemon juice and chilli sauce in a bowl; rub into skin of each fillet. Cook fillets on heated lightly oiled grill plate (or barbecue) until browned lightly. Cover to keep warm. Make lemon dressing by combining oil, remaining lemon juice and chilli sauce in screw-top jar; shake well.

■ Place capsicum, cucumber, tomato, celery and half of dressing in a bowl; toss gently to combine.

■ Divide lettuce leaves and fillets among serving plates; top fillets with salsa, drizzle lettuce with lemon dressing.



### TERIYAKI LAMB STIR-FRY

Serves 4

Preparation 10 minutes

Cooking 15 minutes

- 2 teaspoons sesame oil
- 800g lean lamb strips
- 2 cloves garlic, crushed
- 6 green onions, chopped coarsely
- 1 long fresh red chilli, seeded, halved, sliced thinly
- 500g baby bok choy, quartered
- 200g snow peas, trimmed and tailed
- 1/3 cup (80ml) teriyaki sauce
- 1/4 cup (60ml) sweet chilli sauce

■ Heat half of the oil in wok or large frying pan; stir-fry lamb, in batches, until browned all over.

■ Heat remaining oil in same wok; stir-fry garlic, onion and chilli until fragrant. Add bok choy and snow peas; stir-fry until bok choy just wilts. Return lamb to wok with remaining ingredients; stir-fry until heated through.

## Just 1 day

Here's a snapshot of how 1 day on the CSIRO Protein-Plus, Low-Fat Eating Plan might look.

#### ■ BREAKFAST

3/4 cup of high-fibre breakfast cereal (eg, Sultana Bran) with 250ml low-fat milk.

1 serve fresh fruit.

#### ■ LUNCH

Salmon and salad sandwich (2 slices of wholegrain bread with 2 tsp lite margarine, 100g of canned salmon and salad).

1 piece of fresh fruit.

#### ■ DINNER

Peppered Steak (200g) with Stir-fried Vegetables (cooked with 2 tsp oil).

1 low-fat yogurt.

All recipes are triple-tested by  
The Australian Women's Weekly  
Test Kitchen



### THAI BEEF SALAD

Serves 4  
Preparation 15 minutes (plus marinating time)  
Cooking 10 minutes

- 800g lean beef rump steak
- 1/4 cup (60ml) fish sauce
- 1/4 cup (60ml) lime juice
- 3 Lebanese cucumbers (390g), sliced thinly
- 6 green onions, sliced thinly
- 150g bean sprouts, tailed
- 1 cup loosely packed fresh mint leaves
- 250g cherry tomatoes, halved
- 1 1/2 cups loosely packed coriander leaves
- 1/4 cup (60ml) sweet chilli sauce
- 1 tablespoon soy sauce

■ Combine the beef with 2 tablespoons of the fish sauce and 1 tablespoon of the lime juice in a large bowl; cover, refrigerate for 30 minutes.

■ Drain beef; discard marinade. Cook beef on heated lightly oiled grill plate until browned both sides and cooked until desired. Cover, and stand for 5 minutes; slice thinly.

■ Meanwhile, combine cucumber, onion, sprouts, mint, tomato and coriander in bowl. Combine remaining fish sauce and juice with chilli sauce and soy sauce in screw-top jar; shake well. Add beef and dressing to salad; toss gently to combine.

■ Toss lean beef strips in mixture of 1/2 teaspoon cayenne pepper, 1 teaspoon cumin; stir-fry in non-stick pan until tender. Serve with salad of avocado, tomato, cucumber, red onion, coriander and lime juice.

■ Char-grill lean sirloin steak, serve with rocket pesto – rocket, parmesan, pistachios and lemon juice processed to a paste.

For more great main meal and recipe ideas, visit [www.themainmeal.com.au](http://www.themainmeal.com.au)

## Quick Recipe Ideas

■ Sang Choy Bow: Stir-fry lean beef mince with garlic, ginger and finely chopped celery, capsicum and green onions. Add soy and oyster sauce; serve in iceberg or butter lettuce leaves.

■ Thread trimmed, diced lamb or beef with various vegetables, such as zucchini, cherry tomatoes and capsicum on to skewers. Marinate for 30 minutes in mixture of balsamic vinegar, crushed garlic and a dash of oil; grill until tender on barbecue.

■ Coat lamb cutlets with curry paste, grill until tender. Serve with watercress, thinly sliced red chilli, thinly sliced green beans and fresh coriander and mint.

■ Sprinkle lean rump steak with paprika, grill until tender. Serve with grilled corn and capsicum salsa.

# Cook it right

## – tips for great results

The key to delicious, tender beef and lamb is buying the right cut and cooking it appropriately. For best results, follow these handy hints.

### TO BARBECUE, PAN-FRY OR GRILL

- 1 Brush both sides of beef or lamb with a little oil. Season with garlic or herbs for extra flavour.
- 2 Barbecue, pan-fry or grill meat at high heat to seal in the juices.
- 3 Cook for about 2-3 minutes on each side until juices appear on the surface. Turn only once, otherwise the meat can become dry.
- 4 Remove meat from heat with tongs and rest for a minute or two before serving.

### TO STIR-FRY

- 1 Cut beef or lamb thinly across the grain into strips.
- 2 Mix with one tablespoon of oil and half a teaspoon of crushed garlic.
- 3 Stir-fry in a hot wok in small batches only, for a minute or two, removing each batch when cooked.
- 4 Stir-fry vegetables separately.
- 5 Return the meat to the pan along with the sauce and vegetables to reheat.

### FOR CASSEROLES

- 1 Coat beef or lamb with one tablespoon oil, then brown meat in small batches, removing one before adding the next.
- 2 Return meat to pan, adding onions, vegies, desired flavours, herbs and spices and enough water to cover for one to two hours.

When buying beef, select beef graded by Meat Standards Australia, it's guaranteed to be tender. There is a free cooking guide available from Meat and Livestock Australia. Call 1800 550 018 to order a copy or visit [www.themainmeal.com.au](http://www.themainmeal.com.au).



## Tips for eating out

Just because you're watching your weight, it doesn't mean you need to hide yourself away from the world. In fact, eating out with friends and family is a great way to test what you've learned and to prove to yourself that it is possible to eat healthily and enjoy your life at the same time.

■ If you're going to a barbecue, a friend's house or a party, take a dish along so that you know you will have something healthy to choose from.

■ On restaurant menus, look for the words "grilled", "steamed", "poached" or "stir-fried" – avoid "deep-fried", "pan-fried", "battered" or "crumbed" dishes.

■ Avoid sauces with cheese, oil, butter and cream.

■ Just say no to fries. (Steal one of someone else's if you really can't resist a taste.)

# Keeping it off

## – your maintenance strategy

Once you've reached your goal weight, you can begin adding foods to your daily intake so you're no longer losing weight, but maintaining it, which, after all, is one of the most important things.

**NB: Do not continue to the next week of the Maintenance Plan (see below) if you have gained weight during any given week. If your weight gain is more than 1kg, drop back to the previous week's plan and check again.**

### MAINTENANCE PLAN

Once you've reached your goal, you may add the following foods each week to the base plan (you can follow this in any order):

**Week 1** Add 2 slices of wholegrain bread per day

**Week 2** Add 2/3 cup of cooked rice or pasta

**Week 3** Add extra milk (as low-fat milk, yogurt, ice-cream, etc)

**Week 4** Add an extra potato

**Week 5** Add extra snack food (see below)

**Week 6** Add one extra meal out per week

### IDEAL SNACK CHOICES FOR MAINTENANCE

- 20g nuts (any kind)
- 2 plain sweet biscuits, (such as shredded wheat meal)
- 1-2 wholegrain biscuits or crackers and low-fat cheese
- 65g hot chips cooked in sunola, canola or olive oil
- 1/4 avocado
- 3 Snack Right™ biscuits
- 1 oven-baked fruit bar

### IDEAL EXCHANGES FOR MAINTENANCE

- 250ml wine or 60ml spirits for 1 snack food
- 1 medium potato (with skin) for 1 slice of wholegrain bread or 1 piece of fruit
- 65g Healthy Choice™ Wedges or fries for 1 slice of wholegrain bread or fruit

- 20g pretzels for 1 slice of bread or 1 piece of fruit
- 3/4 cup boiled pasta or rice for 2 slices of bread
- 50g chocolate (10 small squares) for 1 snack food
- 1 wholegrain or soy and linseed muffin for 2 slices of wholegrain bread or 1 mountain bread or 1 small low-fat pizza base
- 1 oven-baked fruit bar for 1 piece of fruit

## 10 smart tactics

- 1** Make the commitment for life. Becoming healthier and fitter is for keeps, not just a week or a month.
- 2** Make sure your eating and exercise plan fits into your personal lifestyle.
- 3** Keep a daily food diary.
- 4** Don't deny yourself your favourite foods – this diet is about balance.
- 5** Don't be hard on yourself. If you don't lose weight one week, it's not a tragedy. Re-focus and begin again.
- 6** Be encouraged by your success. Every little step forward counts.
- 7** Remember your original inspiration. This helps if you find yourself straying!
- 8** Set realistic targets. Concentrate on losing manageable, small amounts.
- 9** Seek help from an Accredited Practising Dietitian. To find one near you, call 1800 812 942 or visit the Dietitians Association of Australia (DAA) website at [www.daa.asn.au](http://www.daa.asn.au).
- 10** Did we mention exercise yet? No? Look opposite for some great ideas!

# Get moving

## – feel the benefits

Exercise should not be painful, time consuming, expensive or just plain boring. Here are some innovative ways to get your body moving.

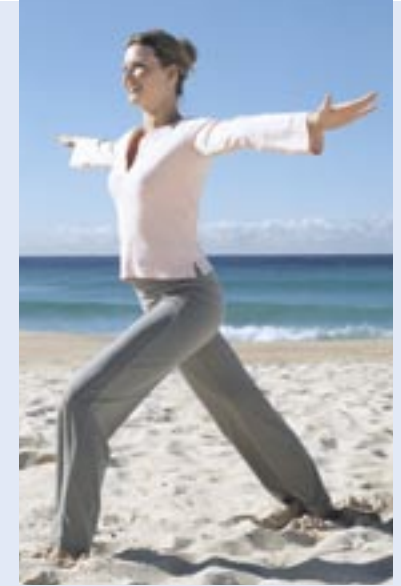
OK, it's time to be honest. Are you as active as you possibly could be? One of the main reasons our obesity rates are so high is because we simply do not move enough any more. It seems, with all of today's technology at our fingertips, we've created a problem – one that our grandparents didn't have. Many of us say we're too busy or tired to exercise, however, if you knew exactly what being more active could do for you, chances are you would change your mind in an instant.

### THE AMAZING BENEFITS

Regular exercise can: increase your metabolism to help you burn fat faster; help you achieve and sustain weight loss; help you sleep more soundly; help improve your sex life; reduce lower back pain; guard against cardiovascular disease (heart attack, stroke, high blood pressure) by helping to lower "bad" (LDL) cholesterol and increasing "good" (HDL) cholesterol; decrease your risk of certain cancers, including breast and bowel, and help fight off depression. All of which is a fairly compelling argument in favour of exercise, right?

### SO HOW MUCH IS ENOUGH?

National health guidelines suggest we should get at least 30 minutes of physical activity on most days of the week. Exercise doesn't have to be strenuous, difficult, or challenging – it just needs to be regular. If you're someone who finds more formal exercise, such as going to the gym, unappealing, then increased incidental activity – the kind you get just going about your daily business – is the perfect way to up your daily quota, and it's a lot easier than you think!



# Try these tips for increasing the amount of activity you do every day.

## ■ WALK IT

All you need is a pair of legs and a pair of good walking shoes, and you're set. Walking is something almost anyone can do whatever their age or fitness level. It's great for your hips and thighs, good for your bones and great for your cardiovascular health, too.

## ■ TAKE 10,000 STEPS EACH DAY

Sound impossible? Surprisingly, a half-hour planned walk combined with your everyday chores soon adds up. A fun way to measure your success and stay motivated is to purchase a pedometer from a sports store, clip it on when you get up and see how far you've walked by the end of the day. Some models also count the amount of kJs they burn, too.

## ■ DISCOVER YOUR HOME TOWN

If you're at home with the kids, make walking a part of what you do together each day. You can discover your neighbourhood and get the whole family in the moving spirit at the same time.

## ■ GYM SLIPS

Enjoying the gym isn't just a privilege of the impossibly fit and beautiful. There are many local, inexpensive gyms that are not intimidating. Look for one that offers classes you'd be interested in trying, such as yoga, Pilates, kickboxing or even dancing.

## ■ WATERWORKS

Swimming is one of the best whole body activities. If you aren't the lapping kind, try water aerobics. It's gentle, because your body weight is wholly supported by water.



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FOR MORE INFORMATION  
visit [www.themainmeal.com.au](http://www.themainmeal.com.au) or  
call 1800 550 018 for additional copies.

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These are guidelines only and are not intended as medical or nutritional advice. If you have specific health or dietary concerns discuss them with your doctor or dietitian.