



Monica's CARBOGRAM DIET

The Ultimate Lifestyle Diet



*“The Carbogram diet ...
is what I call a
Lifestyle diet.”*

There are two types of diet; Lifestyle Diets and Results diets. Results diets tend to be the quirky, quick-fix diets which get us back on track when those rogue pounds have crept on. They deal with your problem, sort it out and send you back to a normal life. *The Carbogram diet*, on the other hand, is what I call a Lifestyle diet.



A lifestyle diet is what you call the ‘naturally slim person’s’ diet. A slim person is doing something right. While this comes naturally to a few people, it does not happen so magically for the rest of us! To save you from the endless on/off diet syndrome you need to adopt a realistic plan which not only takes off the weight, but prevents weight ever going on again. In other words, you will never need a Results diet again. Carbograms will help you lose 8–14 lbs in the first month, with steady weight loss for as long as you need to stay on the programme.

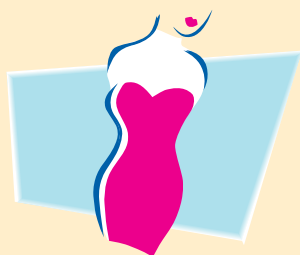
Carbograms are easy to follow. I am known for no-nonsense advice and you can trust me. As a nutritionist with over 25 years experience, I have a solid background in writing about weight loss and managing personal clients. I do not devise diets that promise amazing results for no effort. There is nothing magical about the food you will eat on this diet and no secret ingredients. The main ingredient is your own commitment, and no diet in the world will stop you eating if you get it into your head that you are going to. What I hope I can persuade you to do is to stick with this diet and concentrate on the positive side. You are going to lose weight and get your confidence back.

This diet is low-cost, it allows most day-to-day meals and you can follow it while feeding the rest of your family. In other words, it is suitable for anybody.

I hope you enjoy it and I wish you the very best of luck for a healthy future.

Monica Grenfell

www.monicagrenfell.co.uk



The Carbogram Diet

What are carbohydrates?

Carbohydrates are your energy. Without them, you would be like a car with no petrol or an exhausted runner after a marathon. You would feel washed-out, tired, drained – call it what you like. In fact, we all feel like that from time to time when we have had a rushed day and not eaten enough. It's times like that when you probably feel you need that 'sugar-fix'.

However, carbohydrates are not foods in themselves. They are nutrients. Very few pure carbohydrates exist, but some foods, like bread, are what we call 'carbohydrate rich'. That means they have more carbohydrate than protein or fat, just as nuts are 'protein rich'. If you had a mainly carbohydrate diet with very little protein or fat, you will fail to thrive. Your growth nutrient is protein, which helps repair, maintain and grow new tissue: muscles, skin, hair and so on. Without carbohydrates you would feel weak; without protein you would fail to renew tissue and grow. Fat is important too, to help some vitamins to be absorbed and to guard against illnesses like depression. So it is the amalgamation of the right amounts of carbohydrates, fats and proteins which makes us operate properly, rather than single foods or limited combinations. In other words, a balanced diet with a bit of everything.

Managing sugar

Sweet things may be nice, but they are the rogues of the piece. I firmly believe that if you can control sweet cravings, (and you will) your weight problem will be solved for ever.

The only way to manage sugar is to get rid of it, NO daily treats, NO list of sins or little 'rewards' for being good. If you were an alcoholic you wouldn't allow one drink a day. If you had given up cigarettes, you would be crazy to have just one puff every day. It would remind your body of what it was trying to give up. So when you try to give up drink and cigarettes, you don't have them, and it works. You don't crave them so much after a month and after a year you probably don't miss them at all. The same goes for sugar.

Daily chocolate bars or tiny bags of toffees aren't a treat for your body. They are a load of junk with no nutritional value whatever. If you can stay away from them completely for eight weeks you will be well on your way to not caring about them at all. Trust me.

I haven't eaten cake or biscuits or sweets for at least ten years. It is no hardship and they simply don't feature in my diet. If someone offers me a slice of cake it has the same effect on me as if they had offered me a slice of corned beef. Or a slice of pork pie. I don't care for either so would have no trouble in saying no. Get used to this. Train yourself. I promise it works.



Carbograms – the easy way to control your eating.

Portions of carbohydrate-rich foods have a certain number of grams of carbohydrate. An apple, for example, has 11g. A banana has 23g. To save time when talking about grams of carbohydrate, I have called them carbograms. You will be keeping your daily intake between 120–150 carbograms per day (cbg).



COUNTING CARBOGRAMS

Carbohydrates are divided into two types:

COMPLEX

These raise blood sugars slowly and keep them steady for several hours. They are ideal if you have a long day ahead or are likely to miss a meal.

- Bread, wholemeal flour, wholegrains
- Pasta
- Rice
- vegetables
- pulses – beans, lentils, peas

SIMPLE

Simple carbohydrates raise the blood sugar levels quite quickly and are useful for a burst of energy when you are flagging. However, levels can fall quickly, so always follow these carbohydrates with a complex carbohydrate food, or add some protein. For example, instead of fruit on its own, follow with a slice of wholemeal toast.

- sucrose – fruit and vegetables
- Lactose – milk and yoghurt
- Fructose – fruit, honey
- Maltose – barley, grains
- Glucose – vegetables, fruit, honey

What goes wrong – how have I gained weight?

Our bodies are like engines. At our 'ticking-over' level when maybe we are sitting or sleeping, our engine generates heat at about 1–2 calories a minute. The more we move, the more energy is generated which is why we get hot and eventually, break into a sweat to cool down. This stage is like a car driving at top speed in top gear and it uses the most fuel. In order to fuel movement, we eat, and when we need a lot of fuel, we can eat a big meal!

People gain weight when they eat more than their bodies need. You sit for three hours at a desk, burn about 300 calories then eat a 500 calorie lunch. You sit all afternoon, burn another 500 calories then eat a 900 calorie dinner. People say they don't overeat and I believe them: a 900 calorie, healthy dinner of fish, vegetables, maybe a fruit crumble and a little custard – it's hardly gluttonous! You are mystified as to why your weight is going up and up, but the sad fact is that this healthy meal provides more calories than you need. The excess calories are slowly and surely being sent to the store cupboard – those fat deposits on your hips, stomach and thighs!

So what have carbograms got to do with it? Carbohydrate foods are not in themselves fattening. Nothing is. But carbs (as I shall call them, for short) slip down easily. High protein diets are said to 'work' but that is because we don't crave protein-rich foods. I have never known anybody who was desperate to nibble chicken or gorge on cod. I love to pick at cold poached salmon, but I still couldn't eat piece after piece with nothing on it. Then there's the preparation: a chicken breast has to be cooked but a packet of biscuits goes down easily. If you're dying to eat something, would you be bothered to wait until you had cooked it? The longer the time span between thinking of something and being able to have it, the less likely you are to eat it.



It's true that some people can overeat anything. But the fact remains that carbohydrate rich foods, like cakes, biscuits, puddings and sweets, not to mention chips and crisps, are easy to overeat. Limit them, and you will limit your entire food intake.

*“People say they
don't overeat and
I believe them”*



Counting Carbograms

WHICH FOODS HAVE CARBOGRAMS IN THEM?

All carbohydrates are rated with a certain number of carbograms, but the sweeter the food, the higher the carb level.

HOW MUCH CARBOHYDRATE CAN I EAT?

The average person needs between 150g and 180g carbohydrate a day. The average person EATS around 300g–400g a day. As modern life gets easier, with more labour-saving devices, we all eat MORE carbohydrates. This has resulted in the massive rise in obesity.

“It is no harder than remembering someone’s telephone number”

Food labelling has been a great help, too. Look at the nutrition information panel on packaged goods – it should tell you all you need to know and will probably come up with a few surprises too. You won’t be the first person to realise that your favourite breakfast cereal was loaded with carbograms!

Counting Carbohydrates

Counting carbograms is easy. At first you have to be vigilant, but once you get the hang of it you’ll know the values of everything without thinking.

Many so-called slimming and diet foods are loaded with carbs. For example, a Slimfast cereal bar has 18g carbohydrate. A Weight Watchers tuna snackpot is low calorie but has 28g carbohydrate. As you will see, once you have an allowance of 150g a day or so, 28g is a lot to waste.

Sugars will automatically be cut down on this diet, because they use up a lot of your allowance.

Try to eat everything you want in your main meal. You can have a scoop of ice cream here, or an after-dinner chocolate mint, but you can’t have them between meals. It seems pedantic I know, but it works. *Keep your food for your three mealtimes.* Then brush your teeth, rinse your mouth and tell yourself the meal is over.

If you like, you can save up your remaining carbograms for one large evening meal. Cereal for breakfast, then fruit throughout the day, are perfectly acceptable if you need to save your carbograms for the evening. Alcohol is quite low-carb, meat and fish are no-carb, so your only consideration is whether you use your other carbs for a jacket potato or a pudding – you won’t be able to afford both!

You must also eat your meal in one go. Sorry! There can be no ‘saving’ food for later, or spreading it out into several small snacks. The only exception to this rule is when you are being entertained or are eating at a restaurant, when it is impossible to determine how long the meal will take. You should eat the meal within 45 minutes, clean your teeth and not eat again until the next meal.

Carbogram Values

I could not give carbogram values for every food item you are likely to eat, but most people get used to the meals that crop up time and again, and know their values automatically. Nobody eats all the food in the world, so you’ll soon get used to the meals you tend to eat most frequently, and automatically know their carbogram values. It is really no harder than remembering someone’s telephone number – the numbers you ring all the time tend to get lodged in your brain and you don’t have to look them up: you don’t look up your friend’s address any more – a great fuss is made about having to weigh things or count things, but to be honest this is just an excuse for failing. In a few weeks, knowing your carbograms and controlling your diet will be no harder than remembering that phone number. (See page nine)

