

HOW TO EAT LIKE A MAN (...and still look like a woman)



Do you have a food question for Kristen? Email her at cleoinsight@acpmagazines.com.au

Ever wondered why some guys can eat three times as much as us and still resemble a broom handle?

CLEO's very own nutritionist, Kristen Beck, says the secret is in their healthy, but "manly", approach to food. Ready for a life change?



DON'T STARVE YOURSELF!

"Most unhealthy and disordered eating habits (both in underweight and overweight people) stem from a feeling of restraint (or 'missing out') that builds up until you finally crack and binge on a whole line of Tim Tams or a family packet of Twisties.

Starving yourself is the worst thing you can do, if you want to manage your weight. Going on any kind of strict diet is doomed failure because you're unlikely to stick to it in the long term so, when you go back to your normal eating habits, you'll actually put on more kilos."



EAT WHEN HUNGRY, NOT STRESSED

"Don't let yourself get hungry! You make far worse food choices when your belly is empty (ever been grocery shopping when you're starving?). The trick is to eat before you actually get too hungry, that way you'll make healthier food selections. Women often use food to help cope with stress. This is problematic because the foods we tend to eat when frazzled are typically sweet, salty and fatty, which can actually worsen your stress levels."



DITCH THE "DIET" AND "LITE" STUFF

"Most 'diet' foods are low in fat, but high in sugar, so they give you a quick burst of energy, but pretty soon leave you feeling hungry again. The other problem with these foods is that we tend to think, because they're 'lite', you can eat a lot more of them, but these foods generally still add large amounts of kilojoules to your diet.

'Lite' and 'diet' options are typically marketed to females and are often perceived by men to be 'girly'. Incorporating a variety of foods into your diet can be

useful, but it's your overall intake that you need to keep in mind. Whether you choose 'diet' or the full-fat version, it's the portion size that really matters in the end."



SWAP SNACKS FOR A REAL MEAL

"Men are far more likely to eat three proper meals a day than women. We tend to think that eating a small snack instead of a meal will help us keep our weight down, but often the opposite is true. A 'proper' meal gives you a range of nutrients, including protein and fibre, which make you feel full for longer. People who eat three times a day, including breakfast, are more likely to reach their nutritional requirements and manage their body weight."



BANISH THE GUILT

"One of the biggest differences between the way men and women view food is guilt. Most guys eat whatever they want and don't feel bad about it afterwards, whereas women feel guilty after finishing a big meal. This is probably one of the most dangerous food habits women can have, as it creates a vicious cycle where you overeat, feel down, get stressed about the fact you're 'failing' at your diet, then give up and binge on even more stuff.

Identifying what your food weaknesses are is an important way of banishing the guilt. For example, if you're a chocoholic, it's pointless to vow never to eat a Dairy Milk again. Eat chocolate if you feel like it, but just make it a small amount. Keep a block of it in the fridge – but only break off a couple of squares, then close the door and walk away (don't take the whole thing with you!).

Remember, creating a positive relationship with food can be one of the most important steps in your long-term health and body-weight management." *The end*

For more great food and nutritional advice, check out Kristen Beck's website, beckhealth.com.au