



Dr Michael Mosley

Scientist, author and creator of the 5:2 Diet
CUT YOUR CALORIE

INTAKE TWO DAYS A WEEK

The key to successful weight-loss is to keep blood sugar levels balanced. Insulin is a hormone that's produced by your pancreas in response to raised blood sugar levels. Too much insulin switches off fat-burning and your body goes into a fat storage mode.

Two of the best ways to maintain healthy insulin levels are by following a 5:2 diet, where you cut calories two days a week – to 800 calories a day – and exercise. But only eat nutrient-dense food, ideally a Mediterranean-style diet high in fresh vegetables, good quality protein (lean meats, fish, eggs, natural yogurt, chickpeas etc) and healthy fats, and low in carbs.

Intermittent fasting is effective at reducing belly fat. It also increases akkermansia muciniphila, a healthy gut bacteria associated with enhanced weight-loss and blood sugar control.

* For info visit bloodsugardiet.com



Rick Hay

Nutritional therapist who lectures in sustainable weight management.

EAT MORE PLANT-BASED PROTEINS

If you want to lose weight, you need to get enough protein. It keeps you fuller longer, regulates blood sugar levels, increases metabolism and helps maintain healthy muscle mass. But it doesn't have to be meat. A recent study by JAMA Internal Medicine found that there was a reduced risk of early death amongst people who ate more plant-based protein and a higher risk in those who ate more animal-based protein. So there are huge health benefits.

Plant foods that are high in protein include quinoa, lentils, tempeh, tofu,



Marisa Peer

Celebrity therapist and weight loss expert who has appeared on

shows such as *Supersize Vs Superskinny* and *Celebrity Fit Club*. Marisa is also author of *You Can Be Thin*, £8.99, Sphere
KEEP PORTABLE FOODS HANDY

One of the number one reasons diets fail is if you're rushing around and end up skipping meals. You then get so hungry you end up grabbing a calorie-laden roll, bar of chocolate or a croissant. I recommend keeping some portable healthy foods handy – especially if you're travelling – such as almonds, nuts, seeds, an apple or even a small can of tuna. That way if you end up missing a meal and feeling ravenous, you're never caught short, so you don't end up breaking your diet and filling up on empty calories. A good tactic is to keep small sachets of plant-based protein powder in your handbag. That way you can just mix it with water to keep hunger pangs at bay.

* Try **Organic Pea Protein Powder** by Rise Organics, £9.99 for 300g. marisapeer.com

DIET GURUS

We asked leading weight-loss experts to reveal their ultimate diet tips. Try these tactics and lose 7lbs in 7 days...



Sophie Michell

Chef and television presenter, and author of *Chef on a Diet*, £14.99, Kyle Books.

RETHINK WHAT YOU DRINK

Avoid caffeine, alcohol and fizzy, sugary drinks. These all play havoc with blood sugar levels. Drink herbal teas, mineral water or chicory coffee instead. Ideally,

it's best to completely avoid sugar as much as possible. Eating it only leads to more cravings. Sugar also makes you retain more water, which leads to bloating. You may also find it beneficial to cut out wheat and gluten from your diet, as these may cause bloating, too. If you are tempted to have an alcoholic drink, the best low cal options include gin, pink grapefruit and soda, or vodka, fresh ginger, mint, lime and soda.

* Try **Prewett's Organic Instant Chicory Drink**, £2.99 for 100g.



Louise Parker

Celebrity dietitian whose client list includes A-Listers

including Emma Thompson. The Duchess of Cambridge is also said to be a fan of her method.

THINK IN INK

Telling yourself that you want to lose weight is not enough. Think in ink and write it down. Know exactly what you want. It has to be so clear that you can visualize and actually feel it. Play it over and over in your mind and, when you reach your goal, it should feel like déjà vu. If you can't articulate it and define it with absolute clarity, it's a just wish and not a true goal. So, if you want to lose weight, before you start, take some time to define your goals and even take photos of yourself. This really is the best way to see the amazing results you will achieve!

* **The Louise Parker Method: Lean For Life The Cookbook**, £20, Mitchell Beazley



Dalton Wong

Celebrity trainer and author of *The Feelgood Plan*, £14.99, Ebury.

Dalton has trained Jennifer Lawrence, Amanda Seyfried, Gwendoline Christie and Kit Harington.

BE MINDFUL ABOUT WHAT YOU EAT AND WHEN YOU EAT

Take time to plan and eat satisfying, nutritional meals. Your key ingredients are protein (lean meats, fish, seafood, eggs, plant proteins etc), vegetables and complex carbohydrates (brown or wild rice, buckwheat, rye). If you've made a plan, it's easier to eat healthily.

Only eat when you're hungry. If that means having a late breakfast, or an early lunch or dinner, do what works best for you. If you feel like eating more when you're stressed, tired or dehydrated, find ways to help you relax, get more sleep, or drink more fluids.

Remember, a diet is a short-term answer to a long-term problem. If you want to lose weight and keep it off, you need to make certain lifestyle changes. Think what healthy habits you can create to maintain a healthy weight in the long term. It may be small things like having one slice of rye toast for breakfast instead of two slices of white bread, or doing some form of consistent movement every day, such as going for a walk, a bike ride or doing some stretches.

about creating a healthy relationship with food. There's a difference between eating to feel good and eating to look good. There's no point hitting your weight-loss target if you're eating too few calories and not getting the right nutrients. It's important to get the right balance.

Always choose nutritionally dense foods that nourish you. Anything of the earth is good for you – vegetables, fresh fruit, nuts, seeds, whole grains, fish and lean meats. It's also crucial to have variety. That way you get a good balance of different nutrients.

And don't forget to exercise and live through your body, because that will really boost your weight-loss goals.



WORDS: EVA GIZOWSKA. PHOTOS: GETTY