



# Nutrition CLINIC

PRACTICAL EXPERT ADVICE FOR  
YOUR HEALTH AND DIET DILEMMAS

## Q Is eating little and often better than eating three meals a day?

**Karolina says:** "Some advice recommends eating little and often, as this is understood to help balance blood sugar and reduce cravings. On the other hand, less frequent eating has been shown to improve satiety and reduce hunger in healthy people. Why the conflict? It's because responses to foods, awareness of satiety and metabolic flexibility is unique to every individual, which is why it is best to take a personalised approach to nutrition.

"The naturopathic approach is to listen to your body - eat when you're hungry and stop when you're full. Being overweight, consuming processed foods such as artificially sweetened fizzy drinks, or endocrine (hormonal) and emotional issues can interfere with our chemical messengers that tell us when our body has reached satiety. That's why eating naturally is so important."

## Q How healthy is the 5:2 intermittent fasting diet - is it recommended for all adults?

**Ricks says:** "The 5:2 diet or intermittent fasting style of eating is one of my favourites - it has good research behind it and can achieve sustainable healthy weight loss results. The body seems to like change when it comes to weight loss, and calorie restriction on two days of the week is a good way to deliver this change in calorie intake.

"It is important to eat healthily on those two days. Fast when your work or social load is not too heavy, or you may feel a little lethargic. You only need to restrict calories on two days, as a longer period of time could put the body into a state where weight loss will be more difficult - you want it to be sustainable.

"This style of eating is not great for athletes long term if they are in training, or for those that are exercising heavily. If you have blood sugar problems then you need to exercise caution and make sure that you are snacking well on your low calorie days. I wouldn't recommend this diet for children under 12 or for women during pregnancy or those who are breastfeeding."

## Q What are trans fats and what types of foods contain them?

**Ian says:** "Trans fats, or hydrogenated fats, are made artificially to increase the shelf-life of bakery products like biscuits and cakes. They are also found in snack foods, fried foods and some dairy products. The process of hydrogenation (or hardening) became common practice within the food industry, but it was found that trans fats cause a rise in 'bad' LDL cholesterol and a reduction in 'good' HDL cholesterol. As a result, many food manufacturers have decreased the amount of trans fats

they use, in turn reducing our intake.

"Trans fats can also be found naturally, in small amounts, in animal fats, meat and dairy products. Too much trans fat in the diet can increase your risk of heart disease and stroke, so it's a good idea to avoid them when it is possible to.

"To reduce your personal risk, avoid processed foods like cakes and biscuits, check food labels, and avoid products that use even partial hydrogenated or trans fats.

You could also consider increasing the amount of fruit and veg in your diet, using vegetable oil for frying at home, and avoiding fried foods when eating out."



# 30-second summary: