

Health & fitness.

DIETING

NO QUICK SOLUTIONS DON'T SKIP ON ANY FOOD GROUPS

Loretta Mostofi, Australian and World Figure Champion

I HAVE mixed feelings about the whole diet world out there.

Should I be doing low-carb, no-carb, Atkins diet, cabbage diet, detox diet – the list goes on and on.

We are increasingly under pressure to be on a diet.

If you are not, you feel that you will be left behind in the weight loss world.

I find myself in a very conflicting situation.

As a personal trainer I do believe in a nutrient-rich diet, yet I do not advocate dieting.

From my own experiences and that of my clients it is clearly evident that diets generally do not work.

They may deliver quick-fix results, but they will never provide a long-term solution people need.

Based on what I have witnessed in the fitness industry, as soon as you start to eliminate food groups from your diet by, for example, avoiding carbs or labelling food as good and bad, you will inevitably fall off the nutrition wagon.

As a figure competitor, it is no secret that I was on a very strict eating plan over the past two years in order

to compete. Food is always measured; carbohydrates, fats and proteins are calculated per meal.

Dairy, fruit, bread and pasta are generally avoided during the final weeks of preparations for a competition. You generally do not eat outside your scheduled times and you do not eat out.

Although this type of diet appears very extreme, it needs to be understood that the sport of bodybuilding itself is very extreme.

There's more to think about in Loretta Mostofi's full column at northshoretimes.com.au

ALLERGIES

THE SEASON OF SNIFFLES

HALT SYMPTOMS

Avoid allergy triggers

- Avoid feather and down pillows
 - Wash your pet weekly
 - Avoid plants with strong fragrances or odours
- Details: Asthma Foundation
info line 1800 645 130

FOR people with allergies and asthma, spring and summer are often times for itchy noses and sneezing.

Allergies occur when the body is exposed to a harmless substance such as pollen and reacts as if that substance is harmful.

Asthmatics should consult their doctor.



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