

DAVID
RUSSELL ON ...

The Science Behind Diet Secrets



Did you enjoy yourself a little too much on holiday? If you have a couple of extra pounds to lose, *The New England Journal of Medicine* recently published the results of one of the largest studies to compare weight-loss techniques. Scientists reviewed a low-carbohydrate diet, a Mediterranean-style diet and a traditional low-fat diet, as outlined below:

- Low-fat: grains, veg and fruits; restricted calories and cholesterol
- Mediterranean – poultry, fish, olive oil and nuts
- Low-carb – limited carbohydrates, urged dieters to choose good fats (nuts, seeds and oily fish) rather than animal fats

Although all three regimes saw participants lose weight and lower their cholesterol, the low-fat diet was the least successful. The low-carb diet came out on top and also improved cholesterol more than the other two, even though the low-fat diet was the only one to focus on avoiding cholesterol.

These findings bear out the view of nutritionists like Patrick Holford, whose focus rests on eating the right amounts of slow-releasing carbohydrates, rather than focusing solely on the fat content of food.

The reason for this is that, contrary to the advice peddled for years, it is sugar – not fat – that is the chief culprit in the obesity epidemic. Hold your breath for the science bit:

- Sugar is released into the bloodstream to rapidly raise blood-sugar levels.
- High blood sugar levels are dangerous, so insulin is released to remove the excess sugar.
- The excess sugar is stored as fat. With blood-sugar levels now low, you feel tired and hungry – and reach for another sugary food or drink...

So, the scientific secret behind diet success is to focus on slow-releasing carbohydrates like whole grains (wholemeal bread, brown rice and oats), avoiding sugary and refined foods, and paying the same attention to your carbohydrate intake as you used to on your fat intake.

If you have questions on diet, ask Fiona on The Russell Partnership blog at www.russellpartnership.com

READING REFIT

Following a six-week consultation last autumn, the University of Reading has now finalised its Whiteknights Development Plan 2008–2018. Last autumn, the university consulted on 14 key themes of its £250 million Whiteknights Campus Development Plan 2008–2018, ranging from the location of proposed new buildings to vehicle access around the campus.

One of the key areas affected by the plans is the catering department. The university is to implement a campus-wide, customer-led catering strategy during the early years of the Development Plan. Catering facilities are currently described as falling within three headings: fuelling, snacking and impulse.

At present, the Cedars Refectory provides the only traditional restaurant within the campus. Traditional kitchens and dining halls are provided within the majority of the halls of residence. In order to provide a network of facilities to serve the disparate needs of university users, it is considered necessary to consolidate food preparation within a single Central Production Unit with forward kitchens and continental cafés at the replacement halls of residence (Theme 11) and selected academic and welfare buildings around the campus.

Food Service Areas will be used to purchase and consume goods on-site. These will be provided in a variety of destinations and will incorporate a food court, cafés and vending machines.

VISTA ESPRESSO – ORGANIC AND FAIRTRADE CERTIFIED

Introducing a Fairtrade product to the market was an important and necessary step in Tchibo's product evolution. Vista has proven to be an extremely popular product and continues to grow in sales and volumes.

The market continues to evolve with more customers looking for a higher ethical standard for the products they consume.

Tchibo is therefore pleased to announce that under the Vista range of products we have now upgraded the Vista Espresso bean to a Fairtrade/Organic product.

While it retains a dark roasted, intense flavour, this product is now certified by the widely recognised Soil Association as being Organic.

www.tchibo.co.uk