

**DAVID RUSSELL
CONTINUES TO
DEMYSTIFY THE
FOOD BUSINESS.**

Russell's Resolutions



Have you managed to keep your New Year's resolutions? If not, you are not alone, and doubtless your customers will have been similarly unsuccessful. A year long study conducted by Professor Richard Wiseman from the University of Hertfordshire found that just 12% of us had managed to stick to our goals by the end of the year. The majority of resolutions are based on a healthier diet and lifestyle, and you can do your bit to help students and staff to stick to a healthy diet to lose weight and gain energy by providing them with nutritious and delicious options. Success or failure can rest on something as simple as breakfast choices:

Breakfast is the most important meal of the day and not only because it re-boots the brain and body after a night of fasting. Research has shown that by choosing a breakfast with a low GL or Glycaemic Load (that is, one which releases its energy slowly into the bloodstream to provide a steady stream of energy throughout the morning), you set your body to respond in similar manner to meals later in the day – in effect, you programme yourself to release energy slowly and steadily from food. Benefits include avoiding weight gain and increasing alertness and energy levels. A high GL breakfast on the other hand does just the opposite, causing a rapid rise in blood sugar quickly followed by a dip in energy, leaving you lethargic and reaching for the biscuits mid-morning. Plus, you are more likely to respond in a similar way to food eaten later on in the day. A recipe for failure if you're trying to improve their eating habits.

The key to keeping the GL of a meal low is to choose whole grain, unrefined carbohydrates like wholemeal bread or oats which naturally provide long term energy by keeping blood sugar levels even. Combine with some form of protein (such as meat, fish, eggs, nuts and seeds or beans and pulses) as protein is digested more slowly than carbohydrate, serving to slow down the sugar release from carbs.

LOW GL BREAKFAST CHOICES:

- Wholemeal toast with baked beans/ poached, boiled or scrambled eggs/ peanut butter (pictured)
- Wholegrain cereal such as porridge or a sugar-free, oat-based muesli containing nuts and/or seeds served with fruit and milk or yoghurt
- Fresh fruit salad with unsweetened yoghurt

HIGH GL BREAKFAST CHOICES:

- White toast with jam
- Sugary muffins and breakfast bars

