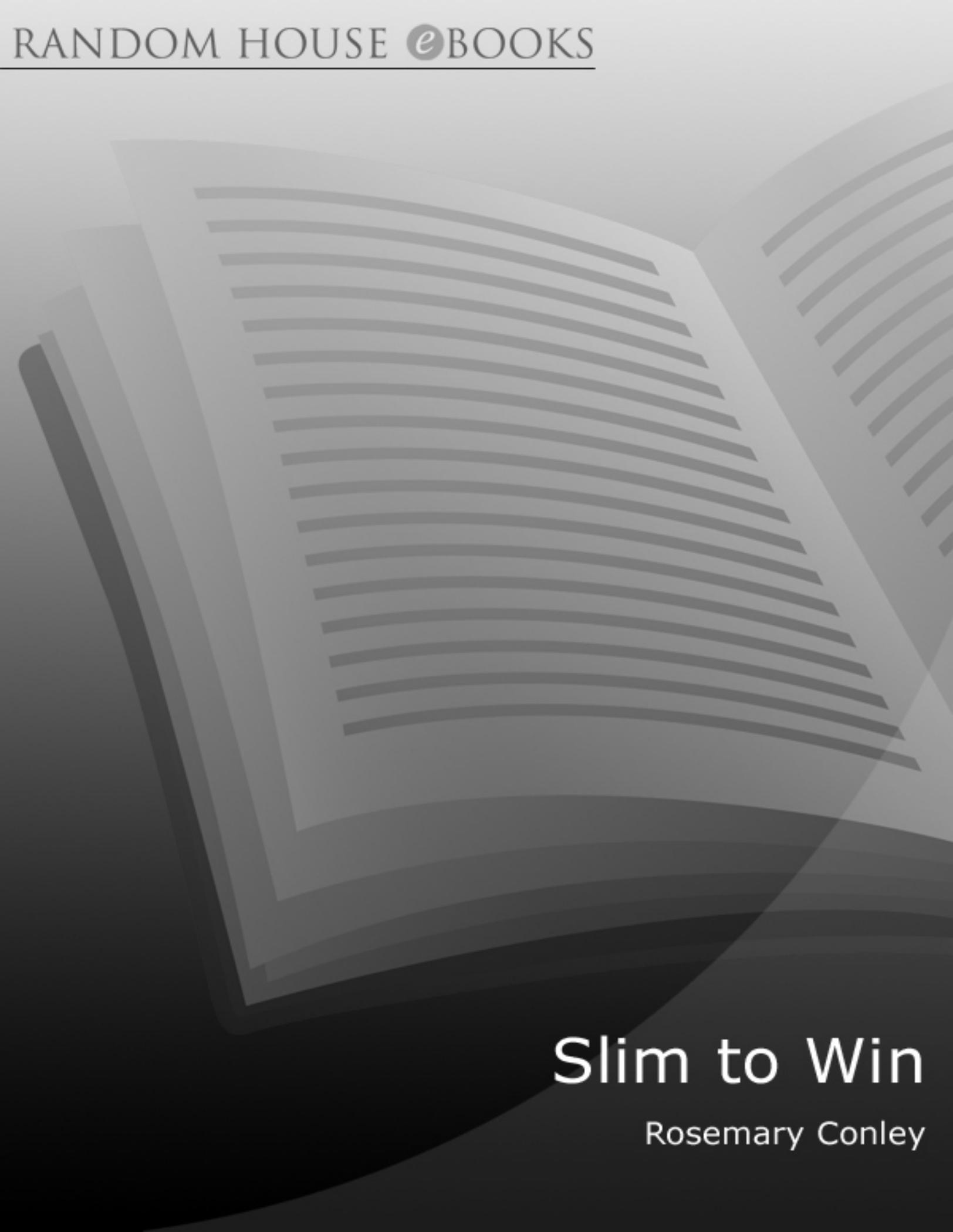


RANDOM HOUSE  BOOKS

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# Slim to Win

Rosemary Conley

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# About the Book

## BE A WEIGHT LOSS WINNER

Love your food but want to lose your excess weight? With the help of this combined diet and cookbook it's easy.

Diet and fitness expert Rosemary Conley CBE shows you how to shed your unwanted pounds quickly but safely. You could lose half a stone in just 2 weeks by following the **Fat Attack Fornight Diet** featured in this book, and the tasty and filling meal suggestions will help keep you on track until you reach your goal.

Or maybe you just want to find tasty new ways of sticking to a healthy eating plan? Well, with recipes created by expert chef **Dean Simpole-Clarke** you won't be stuck for ideas, you'll be spoilt for choice!

Learn how to prepare your favourite foods the low-fat, low-Gi way and discover delicious new recipes that all the family can enjoy. Whether you fancy pasta or paella, a stir-fry or sweet and sour dish, or are looking for a decadent-sounding dessert to round off a meal, you'll find a great-tasting solution to suit.

Packed with Rosemary's down-to-earth advice and motivational tips, *Slim to Win* proves you can eat well *and* stay fit and trim.

## About the Author

Rosemary Conley is the UK's most successful diet and fitness expert. Her diet and fitness books, videos and DVDs have consistently topped the bestseller lists with combined sales in excess of nine million copies.

Rosemary has also presented more than 400 cookery programmes on television and has hosted several of her own TV series including *Slim to Win with Rosemary Conley*, which was first broadcast in ITV Central and Thames Valley regions in 2007, with a new series in 2008.

In 1999 Rosemary was made a Deputy Lieutenant of Leicestershire. In 2001 she was given the Freedom of the City of Leicester, and in 2004 she was awarded a CBE in the Queen's New Year Honours List for 'services to the fitness and diet industries'.

Together with her husband, Mike Rimmington, Rosemary runs four companies: Rosemary Conley Diet and Fitness Clubs, which operates an award-winning national network of almost 200 franchises running more than 2000 classes weekly; Quorn House Publishing Ltd, which publishes *Rosemary Conley Diet and Fitness* magazine; Rosemary Conley Licences Ltd; and Rosemary Conley Enterprises.

Rosemary has a daughter, Dawn, from her first marriage. Rosemary, Mike and Dawn are all committed Christians.

## Also by Rosemary Conley

*Rosemary Conley's Hip and Thigh Diet*

*Rosemary Conley's Complete Hip and Thigh Diet*

*Rosemary Conley's Inch Loss Plan*

*Rosemary Conley's Hip and Thigh Diet Cookbook (with Patricia Bourne)*

*Rosemary Conley's Metabolism Booster Diet*

*Rosemary Conley's Whole Body Programme*

*Rosemary Conley's New Hip and Thigh Diet Cookbook (with Patricia Bourne)*

*Shape Up for Summer*

*Rosemary Conley's Beach Body Plan*

*Rosemary Conley's Flat Stomach Plan*

*Be Slim! Be Fit!*

*Rosemary Conley's Complete Flat Stomach Plan*

*Rosemary Conley's New Body Plan*

*Rosemary Conley's New Inch Loss Plan*

*Rosemary Conley's Low Fat Cookbook*

*Rosemary Conley's Red Wine Diet*

*Rosemary Conley's Low Fat Cookbook Two*

*Rosemary Conley's Eat Yourself Slim*

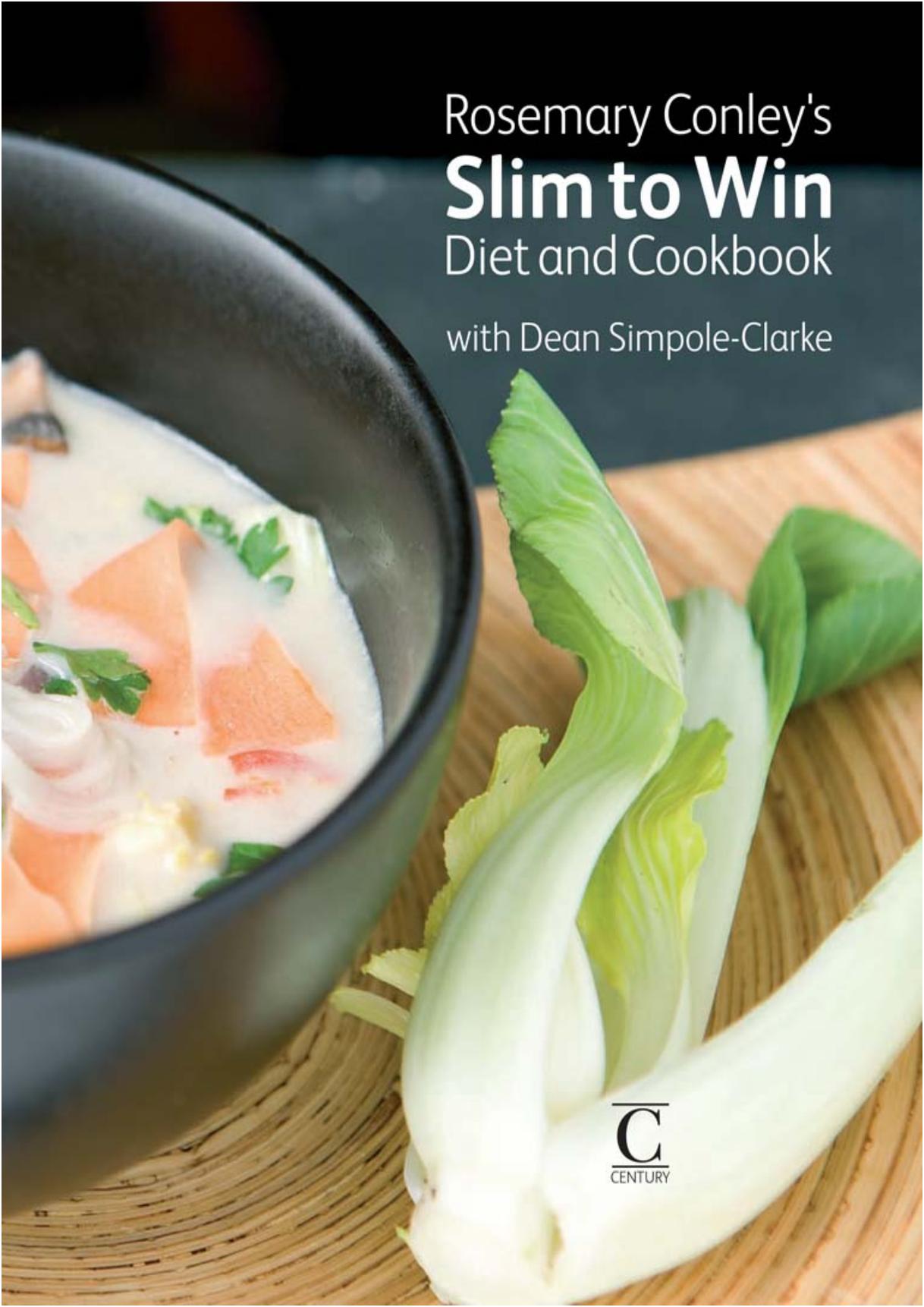
*Rosemary Conley's Step by Step Low Fat Cookbook*

*Rosemary Conley's Gi Jeans Diet*

*Rosemary Conley's Ultimate Gi Jeans Diet*

*Rosemary Conley's Gi Hip and Thigh Diet*

*Rosemary Conley's Amazing Inch Loss Plan*



Rosemary Conley's  
**Slim to Win**  
Diet and Cookbook  
with Dean Simpole-Clarke

**C**  
CENTURY

# Acknowledgements

This book would not have been possible without the help of my wonderful support team.

Chef Dean Simpole-Clarke has created a fabulous array of recipes, including some favourites from my *Diet & Fitness* magazine, for you to enjoy as you slim to win your figure back. Dean works closely with me in many aspects of my work - my books, my magazine and on television, including my *Slim to Win* series. Thank you, Dean.

Special thanks must go to my editor, Jan Bowmer, without whom my books would not make it to the general public! Jan has worked with me for almost 20 years, and her understanding of my philosophy, and how I aim for it to be conveyed to the reader, is remarkable. Her amazing, computer-like memory ensures fastidious attention to detail. Jan has worked incredibly hard to ensure that this book will be easy for you to use and practical for you to follow. I am so grateful to you, Jan, for all your talent and immense hard work, as always. Thank you. You are a star!

In any cookbook, photographs are crucial. Food photographer Clive Doyle has done a superb job in capturing the colour and textures of the food to tempt your taste buds. Clive is a joy to work with, and he and Dean make a great team. Thank you, Clive.

My super secretary, Anja Zeman, did a sterling job in calculating the fat and calorie content of each recipe throughout this book. Thank you for being such a willing and able calculator and right-hand-woman! Also, many thanks to my daughter, Dawn, who helped and supported me in the creation of the diet and meal selections for this book as well as for my Gi Hip and Thigh Diet, on which this Slim to Win diet is based. You are a real inspiration and I value you so much. Thanks are also due to the rest of the team at Quorn House, our head office, for the various tasks

you were asked to complete to help this book meet its deadline.

Designer Roger Walker has done a brilliant job in making this book look attractive and easy to use. Thank you for all your hard work, Roger.

Thanks also to Hannah Black, and the rest of the team at Century, for commissioning this book in the first place.

Last, but by no means least, I want to thank ITV Central, for commissioning the *Slim to Win with Rosemary Conley* series, and my television dieters who have been a total delight to work with. I hope you enjoy lifetime success in your fitter and slimmer bodies! Thank you all so much.

A handwritten signature in black ink that reads "Rosemary". The signature is written in a cursive, flowing style with a large, decorative flourish at the end of the word.

## Useful information

### **Body weight conversions**

Pound (lb)	Stone (st)	Kilogram (kg)
1		0.5
2		1
3		1.4
4		1.8
5		2.3
6		2.7
7	$\frac{1}{2}$	3.2
8		3.6
9		4.1
10		4.5
11		5
12		5.4
13		5.9
14	1	6.3
28	2	12.7

### **Spoon measures**

1 teaspoon = 5ml

1 tablespoon = 15ml

## Abbreviations and symbols used

lb	pound
g	gram
kg	kilogram
st	stone
ml	millilitre
in	inch
foot	ft
mm	millimetre
cm	centimetre
kcal	calorie
	suitable for vegetarians
	suitable for home freezing

Visit [www.rosemaryconley.com](http://www.rosemaryconley.com) for more diet and fitness advice.



## Your life-changing journey starts here

Anyone who slims down and regains their youthful figure is a winner. There is no price you can place on looking – and feeling – ten years younger, easing your aching joints and having energy to spare at the end of the day.

Based on the principles of my best-selling *Gi Hip and Thigh Diet* (Arrow), this book accompanies my second television series of *Slim to Win with Rosemary Conley* on ITV Central. The series follows seven overweight men and women on a life-changing journey to re-educate their eating habits and adopt a more active lifestyle. If it's not aired in your area, you can log on to [www.itvlocal.com](http://www.itvlocal.com) or our own website [www.rosemaryconley.com](http://www.rosemaryconley.com) and watch each episode as it unfolds.

However, this book is about helping YOU. I have included the same diet principles, activity advice and motivational tips that my television slimmers followed and, although I didn't have their final results before this book went to print, after just two months on the diet, this is the progress they had made:

Alan Graves lost 1st 9lb

Lauren Hewitt lost 8lb

Debra Gaskin lost 1st 6lb

Vicky Argyle lost 1st 8lb

Roweena Kaur lost 1st 8lb

Allyson Wicklen lost 1st 7lb

Neil Wicklen (Allyson's father) lost 2st 9lb

It worked for them and it can work for you. I will show you how to make some common-sense choices about the food you eat – what to buy and how to cook it – and what activity to do.

For more than 35 years I've been helping people to get slim, and during that exciting and enjoyable career I've had

the privilege of working with some of the UK's top experts in the fields of nutrition (Professor Andrew Prentice and Dr Susan Jebb), exercise physiology (Professor Kevin Sykes), psychology (Professor Raj Persaud), general medicine (Dr Hilary Jones), as well as exercise and weight management (Mary Morris Msc) and cookery (chef Dean Simpole-Clarke).

I have learned so much from these people and incorporated their very best advice into many of my diet and fitness programmes - in my books, videos and DVDs, my *Diet & Fitness* magazine, Rosemary Conley Diet and Fitness Clubs and our online slimming club, [www.rosemaryconleyonline.com](http://www.rosemaryconleyonline.com), and now in my *Slim to Win* series for ITV. Indeed, most of these experts have appeared in the programme.

This diet and cookbook gives you the tools you need to change your lifestyle for the better by losing your unwanted weight and getting fitter, just as my Slim to Win dieters did. It is easier than you think, but only *you* can decide that you want to be a winner. No one can do it for you, but once you start to see results you'll be so encouraged that you will transform your body faster than you ever thought possible.

Chef Dean Simpole-Clarke has provided a wonderful array of dishes suitable for all the family, including some special recipes he created for my Slim to Win dieters, who featured in the series. Those recipes are prefixed with the dieter's name. The calorie and fat content is clearly shown with every recipe throughout the book.

I've included a strict Fat Attack Fortnight Diet to get you started on your weight-loss journey. The initial short, sharp, concerted effort will pay dividends by enabling you to lose around 7lb in the first two weeks! Then, from week three you can enjoy alcohol, puddings and treats, depending on your personal calorie allowance, which you can calculate by referring to the tables [here](#). I've given some additional

menus so you can continue your weight-loss programme as well as advice on how to become more active, how to cook the low fat way, plus some motivational tips. In addition, there are lots of extra recipes to stimulate your taste buds, whether you are dieting or entertaining friends. As all the calories are stated per serving throughout, it's easy to incorporate these into your daily calorie allowance.

Use the charts at the back of the book to monitor your weight and inch loss progress and be aware that you'll not only be transforming the outside appearance of your body but the inside, too!

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## Perfect portion control

Overestimating portion sizes is the biggest single reason why dieters don't lose weight as fast as they think they deserve to.

Rosemary Conley Portion Pots, which come in four different sizes and colour, offer a simple solution for measuring your servings of staple foods such as rice, pasta, cereals, baked beans, chopped foods - and even wine. Once you get into the habit of using them, you'll speed up your weight loss like a dream. To order a set, visit [www.rosemaryconley.com](http://www.rosemaryconley.com) or call 0870 050 7727. They cost just £4.99 plus p&p or get a set free when you join your local Rosemary Conley Diet and Fitness Club.

I have included the appropriate portion pot colour in the diet and menu plans [here](#) to help you measure your servings with greater accuracy and ease, but in case you do not yet own a set I have also given the equivalent metric weight equivalents.



# How to be a weight-loss winner

The key to losing weight successfully is to eat fewer calories than your body uses up in energy, so that it calls on its fat stores to make up the difference. At the same time, if you burn extra calories by being more active you will dramatically speed up your weight-loss progress.

The good news is that, by making informed choices about the type of foods you eat, you can eat well and still lose weight safely and effectively without necessarily reducing the quantity of food you actually consume. The best way to do this is to follow a healthy, low-fat diet. If, at the same time, you increase your activity levels you will lose weight even faster. It's a win-win situation.

## **Cut back on calories and fat**

Fat (oil, butter, margarine, etc) provides twice as many calories, gram for gram, as found in carbohydrate (rice, pasta, potatoes, bread and cereal) or protein (meat, fish, eggs, cheese and milk), so the obvious first step is to cut down on fat. By selecting foods with a maximum of 5% fat (5 grams of fat per 100 grams of food), you will reduce your calorie intake quite significantly without having to eat less food.

## **Fill up on healthy, low-Gi foods**

Gi stands for glycaemic index, which rates foods on the speed at which they are digested and absorbed into the bloodstream. Foods with a low Gi are slowly digested, which helps us to feel fuller for longer. And this, of course, is a great aid when we are trying to lose weight. Studies show that a low-Gi eating plan can also help to reduce our risk of developing diabetes or heart disease.

Eating low-Gi foods prevents those sudden food cravings that are the main reason dieters fail to lose weight. In a

moment of hunger they reach for that sugary or high-fat snack which can ruin the most effective of diets.

### **Follow a balanced, healthy eating plan**

A low-Gi diet is based around fibre-rich foods and includes lots of fresh fruit and vegetables and generous helpings of beans and pulses.

When following my Slim to Win diet plan, be aware that not EVERY food you eat needs to be low Gi. The aim is to eat a balanced, healthy diet that contains a high proportion of low- or medium-Gi foods and to choose healthy, low-fat options. Adding just one low-Gi food to your meal will reduce its Gi rating.

### Ten tips for successful slimming

- 1 Eat three meals a day** and a small Power Snack mid-morning and mid-afternoon.
- 2 Watch your portion sizes** Use my Portion Pots opposite for measuring out basic foods to make sure you are eating the correct amount.
- 3 Cook without fat** With non-stick pans it is really simple to prepare foods without adding fat or oil. It doesn't take long to change your taste buds, and switching to low-fat eating is the quickest way to cut down on hundreds of calories and loads of fat grams.
- 4 Plan ahead** Make a list of foods you need to buy each week and stick to it. Don't be seduced by special offers at the supermarket, because you might be tempted to eat up extra foods to avoid throwing them away once their best-before date has expired.
- 5 Eat the low-Gi way** Eating low-Gi foods will help you feel fuller for longer and so avoid temptation.

- 6 Get moving!** Being more active in your everyday life will speed up your weight-loss progress, and doing any form of exercise that makes you breathe more deeply, such as brisk walking, jogging or an aerobics class, will burn fat!
- 7 Wear a pedometer** It's a great motivational tool and will make you more aware of your activity levels. Aim to do 10,000 steps a day and, if you can't avoid having a sedentary day occasionally, do extra steps the next day!
- 8 Mix with positive people** At a Rosemary Conley Diet and Fitness Club you'll be made to feel welcome and get support and encouragement from qualified instructors as well as mix with like-minded folk who want to lose weight, just like you. Visit our website: [www.rosemaryconley.com](http://www.rosemaryconley.com) to find details of classes near you. Or, join our internet-based diet and fitness club: [rosemaryconleyonline](http://rosemaryconleyonline).
- 9 Avoid snacking between meals** Eating high-fat, sugary snacks between meals is one of the main reasons why people gain weight. Stop the habit and you'll transform your rate of weight loss - and your figure.
- 10 Celebrate your success** by rewarding yourself every time you lose a stone or reach a new, significant milestone, such as fitting into a smaller dress size or having to take in your belt a notch.

## Get the family on side

Only *you* can decide whether you want to lose weight, eat healthily and exercise regularly. But you're much more likely to succeed if other family members join in and make some lifestyle changes too.

## Changing habits

Parents are the best role models for children and should aim to lay down the foundations of healthy eating so that good habits are learnt early on. That doesn't mean you can't ever, as a family, go to McDonald's or KFC, or eat chocolate or popcorn. You can - occasionally.

The key is to instil some structure into the family's eating habits - e.g. three meals a day and no snacking on high-fat foods in between. Making simple changes in the way you shop and cook can have a dramatic effect. I know women who've done this without telling their husbands or partners. The latter have assumed they're eating exactly the same food as before and yet ended up losing a stone or so!

So start slowly, making only a few subtle changes initially.

### ***Shopping***

Swap high-fat, high-calorie dressings and sauces for low-fat ones. Avoid buying biscuits if you can and buy more fruit instead. Most children enjoy eating bananas, and satsumas are delicious and easy to peel. Kiwi fruits are also fun to eat if you remove their tops and eat with a teaspoon. If the family insist on some savoury snacks, look out for the very low-fat varieties.

Choose lean cuts of meat, and aim to buy more chicken and fish and cut down on the amount of red meat. Experiment with different kinds of vegetables.

### ***Preparing food***

Cooking without adding oil, lard or butter will significantly reduce the calories and fat in your meals. Only very young children (under two years) need to have some extra fat in their diet and this can be achieved by giving them cheese and full-fat milk.

I never add oil, fat or butter to food when cooking, even if the instructions on a packet or jar say I should. When I make a cottage pie or spaghetti bolognese, I dry-fry the minced beef and then drain it through a colander before adding other ingredients. This saves lots of unwanted fat without spoiling the flavour or texture.

Try dry-roasting sweet potatoes and parsnips for a change. Just par-boil them with a vegetable stock cube for five minutes and then place on a baking tray at the top of a hot oven for 40 minutes, or until they go golden brown.

When making sandwiches, rather than using butter or a low-fat spread (most are still very high in fat), use a low-fat sauce or dressing instead. Try Branston pickle, mustard, tomato ketchup or low-fat salad dressings, and spread straight on to bread before adding your choice of filling.

Likewise, don't add fat when serving food and you'll avoid eating loads of unnecessary calories. So mash your potatoes with yogurt or semi-skimmed milk instead of butter or spread. If you've cooked vegetables in water with a vegetable stock cube, you'll find there's no need to add butter and they'll taste just as good.

Use low-fat Greek-style yogurt instead of double cream or crème fraîche in desserts. Crème fraîche is still quite high in fat, whereas Greek-style yogurt can give you the creamy flavour you crave while saving lots of calories.

## ***Treats***

An essential part of family life is spending quality time together, doing things you all enjoy, and having fun. Occasionally this may involve eating some not-quite-so-healthy foods and these will do no harm if eaten in moderation.

One family I know has a 'family night' each Friday. They take turns at choosing a favourite activity (watching TV or a DVD, or playing a game) and what to eat, and everyone

else has to join in without moaning! It works. It gives the children permission to indulge without any feelings of guilt – and that’s healthy! You are much more likely to get the family’s cooperation in creating a healthier lifestyle if there’s a bit of give-and-take.

### ***Activity***

It’s also important to find time for family activities such as swimming, cycling, walking, kicking a ball around, tennis, badminton, horse-riding, ice skating, or roller skating. When was the last time you all took a walk together in the local park? Try it and see how enjoyable it is.

### ***Winning tactics***

Yes, it will take a bit of effort and yes, you may come up against a bit of resistance at first, but if you handle it carefully and thoughtfully, you should be able to win your family over. Try to use gentle persuasion rather than bullying tactics. Or don’t tell them at all. Just make the changes to the way you shop, cook and serve your food and maybe no one will even notice!

### **Alcohol – yes or no?**

Drinking too much alcohol is another reason why many people find it difficult to lose weight. As alcohol doesn’t satisfy our appetite in the same way as food, we like to think that it doesn’t count – but I’m afraid it certainly does!

It’s easy to underestimate how much we are drinking and we often forget to take account of the extra calories. On top of that, alcohol weakens our willpower, makes us feel hungry and increases our desire for fatty food.

However, it’s been proven that a glass of wine a day can actually be good for us. The problem arises when we exceed that quantity.

On my Slim to Win Diet, once you've completed the Fat Attack Fortnight, you are allowed one (125ml) glass of wine every single day. If you want, you can save a few days' worth for a special occasion so you can relax and have a good time without it affecting your weight-loss progress! It's important to understand how the body deals with alcohol, though, because it is processed in a very different way from food.

During normal digestion of food, the body uses protein and carbohydrate as easy-to-burn fuel for energy. It is only when these supplies have run out that it turns to fat for its energy supplies. However, alcohol is a toxin and, as such, the body works hard to eliminate it as soon as possible. Consequently, the calories from alcohol go to the head of the queue and are burned off in preference to those from food. The problems really begin when we drink a lot of alcohol and start fancying something fatty, such as a curry perhaps? The alcohol is burned off quickly, which means the fat from the curry goes straight into storage. In this instance, the so-called 'beer belly' is from the curry, not the beer!

Remember to stay within the recommended limits -14 units of alcohol a week for women and 21 for men. With today's generous wine measures and the varying strengths of beer and lager, it's not surprising that we often drink more than we realise. But to lose weight, it's important to count the calories from alcohol into our daily allowance or we won't see the results we're hoping for on the scales.

To help put alcohol consumption into perspective, remember that if you were to drink a whole bottle of wine you'd have to walk seven miles to burn off the calories!

## Get moving - why exercise is a must

Right from the start of their slimming campaign, my Slim to Win dieters found that the key to their success was to get