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Calorie, Carb and Fat Bible 2011

Losing weight the easy way by Juliette Kellow BSc RD

Chinese takeaways, curries, chocolate, chips and a glass of wine- imagine being told the best diet to help you lose weight includes all these foods and more. It sounds too good to be true, doesn't it? But the truth is, these are exactly the types of foods you can still enjoy if you opt to lose weight by counting calories.

But you'd be forgiven for not knowing you can still eat all your favourite foods and lose weight. In recent years, endless trendy diets that cut carbs, boost protein intake or skip entire groups of foods, have helped to make dieting a complicated business. Added to this, an increasing number of celebrities and so-called nutrition experts have helped mislead us into thinking that dieting is all about restriction and denial. Is it any wonder then that most of us have been left feeling downright confused and miserable about what we should and shouldn't be eating to shift those pounds?

When it comes to losing weight, there's no getting away from the fact that it's calories that count - you need to create a calorie deficit or shortfall. In other words, you need to take in fewer calories than you use up so that your body has to draw on its fat stores to provide it with the energy it needs to function properly. The result: you start losing fat and the pounds start to drop off!

Fortunately, it couldn't be easier to create this calorie deficit. It really is just LITTLE differences between the amount of calories we take in and the amount we use up that make BIG differences to our waistline over time. For example, you only need to consume one can of cola more than you need each day to gain a stone in a year. It's no wonder then that people say excess weight tends to 'creep up on them'. The good news is the reverse is also true. You only need to swap that daily can of cola for the

diet version or a glass of sparkling water and you'll lose a stone in a year – it really is as easy as that!

To lose 11lb of fat each week you need to create a calorie deficit of just 500 calories a day. That might sound like a lot, but you can achieve this by simply swapping a croissant for a wholemeal fruit scone, a regular sandwich for a low-fat variety, a glass of dry white wine for a gin and slimline tonic and using low-fat spread on two slices of toast instead of butter. It is also important to become more active and increase your level of exercise. Losing 1lb a week, amounts to a stone in 14 weeks, or just under 4 stone in a year!

And that's where this book can really help.

Gone are the days when it was virtually impossible to obtain information about the calorie contents of foods. This book provides calorie information for more than 22,000 different branded and unbranded foods so that counting calories has never been easier.

- It's guaranteed to help you lose weight providing you stick to your daily calorie allowance
- You can include favourite foods
- No foods are banned
- It's a great way to lose weight slowly and steadily
- Nutrition experts agree that it's a proven way to lose weight