



Fitness Frontline

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Diet

If you **Eat from the Top of the Hourglass** there is a good chance that you'll be able to

- nourish the cells of your body and
- maintain an ideal weight.

Jean Nidecht, founder of Weight Watchers said, 'Most people don't eat enough - of the right food at the right time.'

The Hourglass Diet book will provide you with a good idea of which foods to eat more of and which to eat less of.

It's not padded out with recipes designed for the matrons of Double Bay. You don't have to eat like a sparrow; just lay off the carbohydrates yep, that's a 'g' not a 'c'.

And whatever you do,

- eat real food – food that come from out of the ground, the sea, an animal or from a tree
- stop eating and drinking sugar
- stop eating flour
- (stop eating manufactured food containing flour, sugar, chemical additives, artificial flavouring.

Eat from the Top of the Hourglass

© John Miller, BA, Dip PhysEd, Dip Teaching, RFP

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1. HOURGLASS DIET SCIENCE

There is still great confusion and contention about how to eat wisely in a sedentary society.

I'll give you a case in point. Before it scrapped its Tick Program, the National Heart Foundation gave 90% of its ticks to manufactured food. Pay an indulgence, get the tick!

Sections of the diet industry are still telling people to stuff themselves full of manufactured, flour-based foods masquerading as cereals. I don't think this is good advice.

The Australian National Health and Medical Research Council (NH&MRC) recommends that men eat between 12 and 24 slices of bread a day; definitely poor advice.

Firstly, eating that much bread packs an enormous energy punch. 24 slices of bread, plus 100gms of butter or margarine account for over 10,000 kilojoules of energy, far more than you need for a day's energy expenditure.

Secondly it upsets the blood glucose metabolism system. It stimulates insulin production which in turn affects all manner of metabolic systems. One of the first symptoms of the glucose metabolism system becoming dysfunctional is you become fatter. An advanced symptom is type 2 diabetes.

The adult onset diabetes industry has still got its mind focused on glucose when the problem is insulin. Glucose becomes a problem long after the insulin dragon has bolted.

Diabetes is not a disease, it's a symptom of a dysfunctional (over-worked and worn out) pancreas. It's an insulin system dysfunction and is usually accompanied by a number of symptoms of metabolic dysfunction, like low levels of aerobic fitness, low muscle mass, high body fat, high blood pressure, high LDL, Low HDL, high homocysteine, high C-Reactive protein, high insulin, high blood glucose, excess triglycerides, low nitric oxide



Insulin dragon

The answer to metabolic dysfunction is to start doing the things that reduce the production of insulin and burn up sugar. Do that and you're on the road back to restoring poor pancreatic function to good. The first three signs that that is happening are

1. getting back closer to your ideal weight
2. improving aerobic fitness
3. Increasing muscle mass.

The fat police are out there in droves telling you to drink low fat milk, but you can't remain healthy while you strive to cut every last gram of fat out of your diet. Telling people to purchase and eat foods that are 97% fat free starves them of the fat they need to enhance normal body system function and, in particular, stave off hunger, depression and arthritis.

Anyway, anything that comes in a packet with 97% fat written all over it is probably a junk food and most likely has a high flour and/or sugar content.

The **Hourglass Diet** has as its foundation, low and very low density carbohydrate (vegetables and fruit), mixed with adequate protein and adequate fat. Along with a judicious amount of unrefined cereal, plus fibre and the essential micro nutrients it makes for a healthy diet.

The rest is junk.

Junk, junk, all is junk, saith the preacher!

2. ENERGY MEASURES

Before we get started, you need to know that for some strange reason, when Australia changed from the Imperial to the metric measuring system, kilojoules were favored over calories. It's puzzling really because the rest of the world uses calories and calories are a metric measure. Anyway, all the energy measurements in this ebook are in kilojoules.

There are 4.2 kilojoules in every calorie. Rounding it off to 4 means you can divide the kilojoule figures by 4 to get calories.

DAILY ENERGY INTAKE

It's hard to know how many kilojoules you need to eat each day. It depends on your age, gender, size and activity level. Normally it varies between about 5000 - 8000 Kj (1300 calories to 2000 calories), though if you were riding in the Tour de France you might need around 40,000 Kj a day (10,000 calories).

Calories	Kilojoules
1300	5440
2000	8370

I'm going to presume that the average sedentary person needs around 7,000Kj a day.

You'll see in this book just how easy it is to get that amount of energy into your body. In fact you can get half that amount in the tea you have before tea! You'll see just how easy it is to fatten yourself up if you persistently eat high energy density food, particularly the **garbohydrates**.

The other food fact you may need to grapple with is that a kilogram weights the same as 2.2 pounds.

Let them eat cake.
Maria Antoinette

3. EAT FROM THE TOP OF THE HOURGLASS

THE MODEL

In a nutshell, it's good food at the top and junk down the bottom.

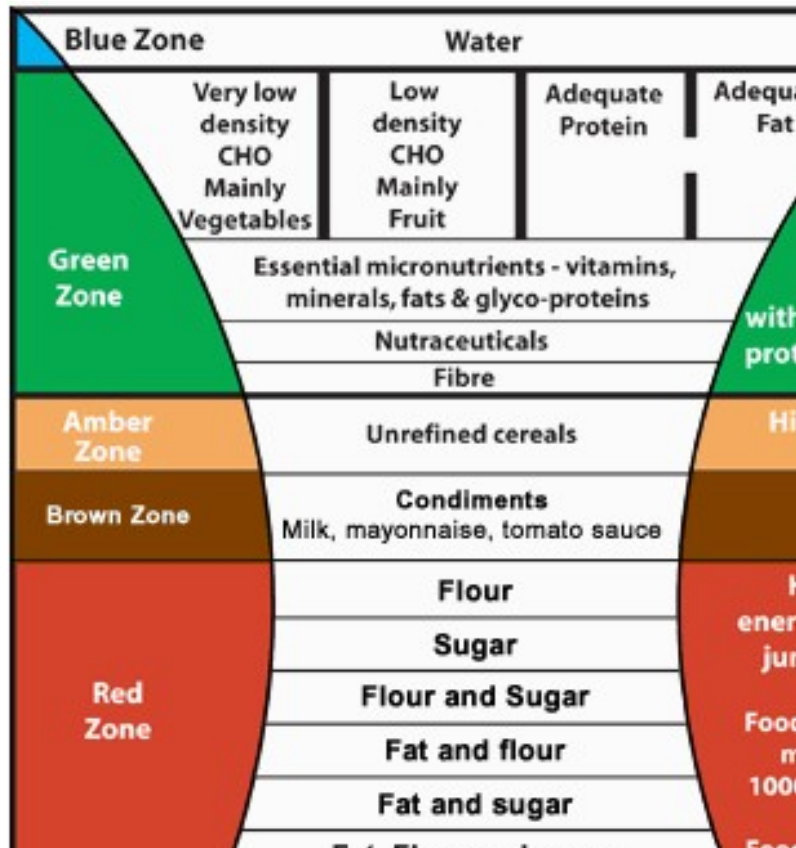
The essential aspect of good nutritional guidelines is that they encourage you to

- eat to nourish the cells of your body
- satisfy your hunger and
- maintain an ideal weight
- support good metabolic, musculo-skeletal and psychological health.

Couple the Hourglass Diet with regular vigorous exercise and you'll certainly be rewarded with good health.

If you're not in good health and you find it easy to put on weight, change your eating habits and eat from the top of the Hourglass.

1. Eat adequate amounts of vegetables and fruit.
2. Eat adequate protein and fat.
3. Eat less of the high density refined carbohydrates, the cereal-based foods like bread, pasta, breakfast biscuits, biscuits and cake..., along with eating less sugar.



Once you've tried out the Hourglass way of eating you will be in a good position to decide exactly how to eat wisely for the rest of your life. For most people this means becoming very circumspect about the amount of flour and sugar in their diet, and getting the right amount of fat, protein, micronutrients and fibre.

Let them eat hamburgers - with fries
Ray Kroc

4. BENEFITS OF EATING FROM THE TOP OF THE HOURGLASS

- You'll be eating to nourish the cells of your body and not just fill up your stomach.
- You'll feel better, have more energy and vitality
- You'll have less headaches.
- You'll have less body fat. That means you'll get closer to your ideal weight.
- There's a fair chance your blood pressure will decrease.
- You'll have a more efficient elimination system.
- You'll have better control of your blood sugar and cholesterol levels.
- You'll have lower incidence of bowel disease, constipation and piles. You'll be getting rid of the waste products of your own metabolism and the waste products of a toxic environment with ease.
- You'll have better mental acuity and concentration - and less likelihood of becoming depressed. Few people realize that aspects of depression are physiologically generated.
- You'll have a musculo-skeletal system that functions better. If you get enough of the omega 3 fats you're less at risk of becoming arthritic. If you've got arthritis you'd be a mug not to load up on omega 3 fats.
- You'll have a stronger immune system

Let them drink Coke
Asa Candler

5. THE TWO GREAT FOOD GENERATED EPIDEMICS

There are two great food-related problems in our society

1. OBESITY

Obesity is a symptom of metabolic dysfunction

- a symptom of you're not eating enough of the foods that are good for you
- a symptom that you're eating too much of the foods that are bad for you.
- a symptom of an endocrine system that's dysfunctional
- a symptom of a dysfunctional elimination symptom.
- a symptom of a body that's not operating at the peak performance level.

Once you've worked out what to eat less of and what to eat more of you're home and hosed.

Obesity can be defined as an inability to maintain an ideal lean body weight - for men less than 20% body fat and for women less than 30% body fat.

If your diet is high in the carbohydrates there is a good chance you'll upset the hormonal balance within your body, particularly within the pancreas and you'll become fatter and fatter. The accumulation of fat is the body's way of telling you to adjust your diet and exercise habits. Most people ignore the signals and buy a bigger pair of trousers.

The carbohydrate diet coupled with inactivity will clog up your elimination system. Your body becomes its own toxic waste dump. Unless you can get rid of the toxic waste (including that which it produces itself and that which come into the body from a toxic environment) you have to store it around your body. The safest place to store it is in fat, giving you yet another reason to remain fat.

2. PERSONALLY-GENERATED BODY SYSTEM DYSFUNCTIONS

Becoming fatter is usually accompanied by a range of body system dysfunctions, metabolic

- metabolic
- musculo-skeletal and
- psychological

... the symptoms of which are legion - headaches, joint and muscle pain, tiredness, depression, crook guts, getting fatter, - all symptoms of an inadequate diet.

The Hourglass Diet is designed to help you cope with these two epidemics.

Being fat and being dysfunctional go hand in hand because they have the same parents, a poor diet. No amount of pharmaceuticals can do for your body what the right food can. Feel crook? Putting on weight? Modify your diet. Eat from the top of the Hourglass.

FIX SMALL PROBLEMS

Lao Tzu said that a big problem could have been solved easily when it was a small problem. Most of the people I see have small dysfunctions which could be fixed easily with diet and exercise. In fact I hold to the belief that for 80% of people there's an 80% chance that they can fix themselves up to at least 80% of good function providing they are diligent. I also hold to the belief that 80% of the things we need to do to keep ourselves fit and healthy we can do for ourselves.

6. AN ADEQUATE DIET

The Hourglass Diet is an adequate diet: -

- adequate in water
- adequate in the macro-nutrients
 - fat
 - protein
 - carbohydrate
- adequate in micro-nutrients
 - vitamins
 - minerals
 - essential fats and
 - glycoproteins
- adequate in 'octane' boosting nutraceuticals
- adequate in fibre
- adequate unrefined cereals.

It is not a no-carbohydrate diet. In fact it contains plenty of carbohydrate in the form of

- fruit and vegetables, all low energy density, high water content, high vitamin and mineral rich food and
- unrefined cereals, high in fibre and energy.

It makes the distinction between low density and high density carbohydrates.

GARBOHYDRATES

It introduces a new concept, the 'garbohydrate' which is food made from flour and/or sugar and/or mixed with fat.

It doesn't make a pariah out of fat but instead recognises that the body needs 20% or so of its daily energy intake in the form of fat if it is to function optimally. Eat from the top of the Hourglass and you'll be nourishing the cells of your body and not just filling up your stomach. You'll feel better.

EAT AND GROW HEALTHY

Apart from a lack of discipline, the current epidemic of obesity is caused by too much high density food and too little high density exercise. On the one hand many people are not aware of is just how energy dense some of the food they eat is and how many calories/kilojoules they need each day to satisfy their energy requirements. On the other hand they are not aware of how little energy they burn up.

THE HOURGLASS DIET GUARANTEE

If you're the average person who spends one half of the waking day chained to a desk (or a steering wheel) and the other half to a couch, the further down the Hourglass you eat the fatter you'll get. Guaranteed.

EAT AND GROW THIN

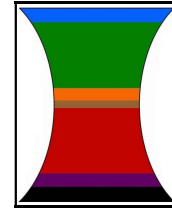
By using the Hourglass Diet you can adjust your eating habits so you can be healthy, more easily maintain an ideal weight and have high levels of energy and vitality. Just as important though is that the more you eat from the top of the Hourglass the better you'll feel and look.

7. THE DISTINCTION BETWEEN GOOD FOOD AND JUNK FOOD

Based on my observation, we need to focus on 22 food groups spread over 7 food zones and not the usual half a dozen if we are to attain and then maintain an ideal weight and cope with the epidemic of metabolic, musculo-skeletal and psychological dysfunctions.

We need to be able to clearly identify the difference between good food and junk food.

The Hourglass model identifies the food that's junk, along with food that causes food allergies and is toxic.



TRADITIONAL FOOD CLASSIFICATION

In traditional nutrition science there are three major food groups

1. Fat
2. Protein
3. Carbohydrate.

It's not sufficient to describe the food choices that are widely available today.

In particular we need to add the

- the carbohydrates
- the foods to which you are intolerant or allergic and
- the poisons

Let them eat donuts.
William Rosenberg

8. FOOD CHOICES

When making food choices, remember that fresh vegetables (with the exception of peas, pumpkin, potatoes and corn) have less than 30 calories (120Kj)/100gms.

Fruit, (with the addition of peas, pumpkin, potato and corn) contain between 150/100gms and 500kj/100gms.

Meat, fish and chicken have around (1000kj/100gms.

Bread has about 1000Kj/100gms, breakfast biscuits, rice and pasta from 1500/100gms to 1600Kj/100gms.

Sugar kicks in at 1700Kj/100gms.

The good old fashioned, common or garden, everyday digestive biscuit weights in at 1930Kj/100gms, the scotch finger at 2100Kj/100gms, the Tim Tam at 2160Kj/100gms and the Ritz cracker at 2,370Kj/100gms. That is a huge calorie dosage. It's not what you'd prescribe to your average over weight, unfit person.



9. MAKING A PURCHASING DECISION

If you conduct an examination of the food products in your supermarket, you'll find that about 80% of the shelf space is devoted to cans, packets, bottles, plastic bags and cardboard boxes containing principally foods from the junk food category and poisons which you either shovel down your throat, smear over your body, wipe on your floors and benches, pour down your toilet or spray into the air. Most of the food in the central aisles of supermarkets could be also classified as foods high in

- starch and sugar
- starch and salt
- starch and fat
- starch and fat, flour, sugar and salt
- preservatives, flavourings, colourings ...
- artificial sweeteners

If you stick with the 20% of foods in the outside aisles - the meat, fish and chicken together with the fruit and vegetables - you'll be making healthy purchasing decisions and saving yourself money.

Let them eat chocolate.
John Cadbury

10. FAT - THE GOOD, THE BAD AND THE DOWNRIGHT UGLY

There are different types of fat, the good, the bad and the downright ugly and any treatise on diet is right to warn you off the bad fats and onto the good fats. They are right to warn you against eating too much fat because of its energy content. Fat contains around 3,400 KJ/100gms. It has the highest energy density of any food group.

There's evidence to suggest the saturated and hydrogenated fats need to be avoided or eaten in moderation. Most of the people reading this book probably don't eat much of this fat. My research suggests you'd be better off eating butter than margarine.

We need adequate amounts of fat in our diets and until recent times it hasn't much mattered what sort of fat it was; Eskimos thrived on blubber, North American Indians thrived on buffalo fat. It appears that it's only when a society and its animals become sedentary and when added fat becomes part of the manufactured food industry that there's a problem.

For instance most of the fat in our culture is now eaten with starch (chips) and sugar (biscuits, cake, chocolate and ice-cream), it's hidden from view. So the fat people trim off their meat ends up in their snacks and deserts.

Our attitude to fat has changed dramatically in the last 50 years. There are a lot of kids brought up in the 50's who can still remember the can of dripping or lard in the fridge, the fried eggs simmering in a pan of dripping half an inch deep. Those days are long gone.

Fat takes longer to digest than other food types so a bit of fat in your diet stops you from feeling hungry half an hour after you've eaten.

That's why (until the 1970's) a lot of kids were given bread and dripping when they got home from school, the bread to fire them up for football training and the dripping to stop them from feeling hungry.



ENERGY DENSITY

One of the flaws in the low fat argument expounded by the fat police is the blanket condemnation of fat because of its high energy density. (Fat contains 3,400KJ per 10 grams.)

The pyramid concept discounts the fact that we need at least 20% of our daily food intake from fat in order to stay healthy.

It also discounts the Atkins paradox that if you eat just protein and the fat that comes with it (and nothing else) you get thinner.



GOOD FATS

The good fats are the omega 3 and 6 fats that come from both plant and animal sources. All good diets recommend fish several times a week. It's just back luck the oceans are running out of fish! Flax seeds and flax seed oil is another good source.

In the age of inflammation and depression, never has there been a more compelling argument to ensure you get enough of the omega 3 fats. Depression may indeed be a symptom that you're lacking in omega 3 fat.

Omega 3 fat is one of nature's anti-inflammatories and you'd be wise to take it if you had arthritis or depression.



CRACKING THE FAT CODE

The fat police have identified fat as the key villain in the obesity epidemic. However if they're talking about the fat that comes with meat, fish and chicken they may well have fingered the wrong culprit. Most people these days are cutting the fat off the meat. Much of the meat is lean to start with. They're not cooking their food swimming in dripping or lard.



It's my contention that when it comes to obesity it's the hidden fats that are the problem. It's when fat is mixed with flour, sugar and potato that it becomes an accessory after the fact. Combined, they are the thieves that come in the night to rob you of your metabolic health.

Atkins (and William Banting a 100 years before him) was right in alerting us to the fat paradox; regardless of the energy involved if you just eat protein and the fat that comes with it, the weight will drip off you. It hinges on two things,

1. the specific dynamic action of protein, where more energy is required to digest the protein than is in the protein itself and
2. the fact that when we eat meat there isn't a lot of fat in it anyway.

The fat police have commandeered the nutritional panels of packaged food stuffs where the claims of '97% fat free' scream out for your attention. The fact that the food contains 40% sugar, or 90% carbohydrate derived from flour and sugar is glossed over.

People are led up the garden path, thinking that because they're eating 97% fat free they're going to get thinner. The truth of the matter is that it's

- flour
- sugar
- flour and sugar
- fat and flour
- fat and potato
- fat, flour, potato and sugar

... that's fattening us up.

You can purchase whole meals of this mixture at any McFatter shop!

MILK

Nowhere is the low fat mantra louder than in the milk business. The milk industry has regained new vigor by lowering the fat content of milk. It just so happens that cow's milk is already low in fat. Anything containing less than 10% fat is already low fat.

Constituents	Units	Percent
Water	gms	87.8
Protein	gms	3.2
Fat	gms	3.9
Carbohydrate	gms	4.8
Energy	Cal	66
Energy	kJ	275
Sugars (lactose)	gms	4.8
Cholesterol	mg	14
Calcium	IU	120

Question

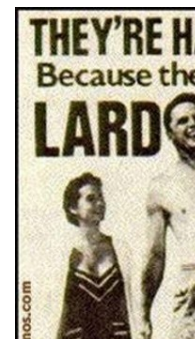
In an age where we're cutting the fat off meat where are we getting our fat from?

Answer

The hidden fats in junk food; fat mixed with flour, potato and sugar.



William Banting



11. PROTEIN

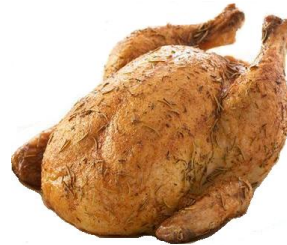
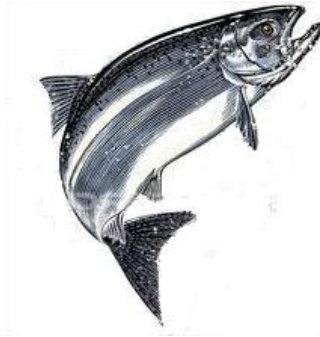
In its raw form protein contains 1700Kj/100gms. However, it's mostly eaten as meat, fish and chicken which, because of the water content only contains around 1000Kj/100gms.

Nuts are a different kettle of fish. Whilst they are a good source of protein they have a high fat content. The energy density varies between 2500Kj and 3,100Kj/100gms. They're good for you, but they pack a hefty energy punch. A handful of nuts contains around a third of your daily energy intake.

The interesting thing with protein is that it takes more energy to digest than is in the protein itself. This is known as a specific dynamic action. So it would be advisable to include more than normal amounts of protein, (particularly at the expense of flour, sugar and fat) in any weight loss diet.

Many people do this using powdered protein. However unless the powder is at least 80% protein and contains less than 5% sugar, it is not a wise purchase. Many of the diet drink supplements on supermarket shelves have up to 40% sugar in them. You may as well drink Milo.

Just eat the foods illustrated below (plus the very low density vegetables) and the fat will drip off you.



Most people don't eat enough; of the right food at the right time.
Jean Nidecht

12. CARBOHYDRATES

The carbohydrates are spread out over a continuum from about 20Kj/100gms for lettuce at one end of the scale and sugar, which is 1700kj/100gms at the other.

Lettuce
20Kj/100gms



Sugar
1700Kj/100gms

The carbohydrate bearing foods can be grouped in the following way -

- **very low density carbohydrates** - less than 150Kj/100gms - mainly vegetables



- **low density carbohydrates** - between 150 and 500Kj/100gms - fruit, plus peas, potato, pumpkin and corn



- **high density carbohydrates**, bread, with around 1000kj/100gms. This appears again in the carbohydrates for reasons that will become apparent later. We don't eat much bread without smothering it in fat.



- **very high density carbohydrates**, with more than 1400Kj/100gms, including pasta and the unrefined cereals; rolled oats, cracked wheat and brown rice - high in fibre and micro nutrients, good for you but energy dense.



- **extremely high density carbohydrate**
Sugar, carbohydrate in its most concentrated form is, at 1700Kj/100gms, exactly half as energy dense as fat. It is the most popular mood pathway to obesity as well as being the most popular enhancing drug in our culture.



Because of its energy density, sugar is also going to get a run in the carbohydrate list.

13. GARBOHYDRATES

If you want to know why you're getting fatter look no further than the garbohydrates.

The prime position on the junk food scale is held by the garbohydrates, the principle ingredients of which are flour, sugar and potato, on their own or mixed with fat.

If you lay off the garbohydrates there is a good chance you'll lose fat from your body. In fact, the basis of all successful diets is laying off garbohydrates.

At a time when flour is increasingly being implicated as a cause of the epidemic of bowel dysfunction, obesity and other metabolic dysfunctions, the proponents of the Junk Pyramid continue to promote refined cereal-based starches as an essential part of a model diet. The Department of Health recommends you eat between 8 and 24 slices of bread a day. Hello!

The mantra to eat more bread and pasta is fueling the epidemic of obesity, Candida fungus and a range of body system dysfunctions, from headaches to lethargy, elevated blood pressure, irritable bowel, cardiac dysfunction and diabetes.

- **Flour**

Every time you see flour, think sugar. It's having the same effect, massive glucose dumps that upset your metabolic system. We don't eat much flour on its own; the bread and pasta illustrated would normally be accompanied with fat and sugar.



- **Sugar**

Pure, white and deadly. The love of sugar is the root of all kinds of body system dysfunction. In our culture you could classify it as a poison it's taken in such large amounts.



- **Flour and fat**

When you add fat in with the flour you've got a very high density product. A Jatz dry biscuit has 1960Kj/100 gms, and the Ritz dry biscuit 2370Kj/100gms, and that's without the dip, cheese, salami and gherkin!



- **Flour and sugar**

When you mix flour and sugar you usually get a small biscuit, usually masquerading as a cereal. Be not deceived.



- **Fat and sugar**

The day that fat tooth met sweet tooth was a joyous occasion. Spirits were raised, belts were loosened

Chocolate is 35% fat and 55% sugar. You love the taste and the texture.



- **Fat, flour and sugar**

Ranging in energy density from 1900KJ/100gms through to 2,300Kj/100gms.

Or try this for size: how 'bout a slice of bread with butter, peanut butter and honey? I can tell you it's very appetizing and does wonders for your figure, particularly if you take the NH&MRC recommendation to have between 12 and 24 slices a day



- **Fat and potato**

A variation on the flour and fat classification, this time substituting one starch for another. The final form of this particular carbohydrate occurs when the humble potato is cut up into small pieces and bathed in fat. Here's what happens.

Potato	Calories	Kj
Raw	70	294
Boiled	80	336
Roasted	150	630
Chips	270	1134
Crisps	500	2100
Crinkle cut crisps	535	2250



- **The all American diet**

The carbohydrate piece de resistance is the meal containing a mix of flour, sugar, potato and fat.



For 1940 —
Be Fit &

Every woman wants to look better, to feel better in the year ahead. Slenderness is the way to health, beauty and fitness. A couple of Bile Beans taken nightly enables you to 'slim while you sleep'—surely and safely.

These fine vegetable pills do more than disperse unwanted fat—they purify and enrich the blood, tone up the entire system and make you feel better in health in every way.

So start with Bile Beans to-night

TEXT

Every woman wants to look better, to feel better in the year ahead.

Slenderness is the way to health, beauty and fitness. A couple of Bile Beans taken nightly enables you to 'slim while you sleep' - surely and safely.

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So start with Bile Beans tonight and make sure of looking and feeling your best in 1940.

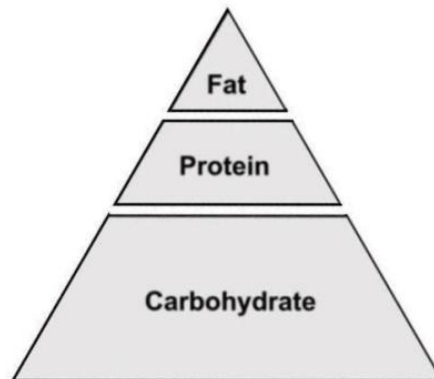
14. JUNK FOOD

The essence of junk food is that it's food that's been through a manufacturing process.

1. It's been through the mill the oven or, in the case of the rissole, the piece of fish and the potato, the fat bath.
2. It's refined flour that contains over 1000Kj/100gms. Immediately that captures the carbohydrates; - bread, pasta, breakfast biscuits, sweet biscuits, dry biscuits, cake, ice cream and chips.
3. It's food that has been denatured and lacks living enzymes. That's why rats will eat the box first!
4. It's food containing empty calories, calories that fill up the stomach but fail to nourish the cells of the body.
5. It's food loaded to the gills with food additives – preservatives, flavourings, colourings, emulsifiers, surfactants, thickeners ... At last count there were over 4000 additives in our food.
6. It's food loaded with extra fat - to appeal to the fat tooth. That's one of the reasons you like chocolate, ice-cream, biscuits and cake. It gives food a soft texture - the difference between a Jatz cracker biscuit and a Ritz cracker biscuit.
7. It's food loaded with extra flour which acts as a filler.
8. It's food with added sugar, designed to increase consumption through an appeal to the sweet tooth. That's why we're getting fatter. Love the taste, eat more.
9. It's food that contains artificial sweeteners.
10. It's food that comes in gaudy packets and wrappers, in bottles, tins, cardboard boxes, cellophane and plastic bags. Yellow and red seem to be all the go.
11. It's food that comes with the endorsements of world famous sports nutritionists like Pat Rafter, Lisbeth Tricket, Delta Goodrem, David Beckham, Ian Thorpe and a host of sports stars as long as your arm.
12. It's food which through the strategic use of imagery and colour is marketed to fools and children as being nutritious and wholesome.
13. It's food that is promoted by association with children's comic figures; including such luminaries of the nutrition world as Bart Simpson, Coco the Monkey, Toucan Sam, Garfield the cat and Snap, Crackle and Pop.
14. It's food which is less important in the eyes of the manufacturer than the brand.
15. It's food of doubtful quality that's marketed in association with wholesome activities, particularly physical activity and other healthful pastimes.
16. It's food that's euphemistically labeled "convenience food". Convenience food, fast food, junk food - all pretty much the same. Strange that you never hear a piece of fresh fruit referred to as a convenience food! It's in the manufacturing process that the distinction is created.
17. It's carbonated soft drink, containing bubbles, caffeine sugar and aspartame, the most popular of which is the cold brown syrup containing 11% sugar.
18. It's the hot brown syrup; coffee, with milk, caffeine and sugar.
19. It's the booze, beloved of sporting associations and sports stars.



15. JUNK FOOD PYRAMID



ENERGY DENSITY

I no longer believe that the Diet Pyramid in its myriad formats provides a good model for eating wisely in a sedentary society.

When it comes to enhancing body system function and maintaining an ideal weight it appears to be a limp and useless tool. When it comes to fostering good health it's become part of the problem not the solution.

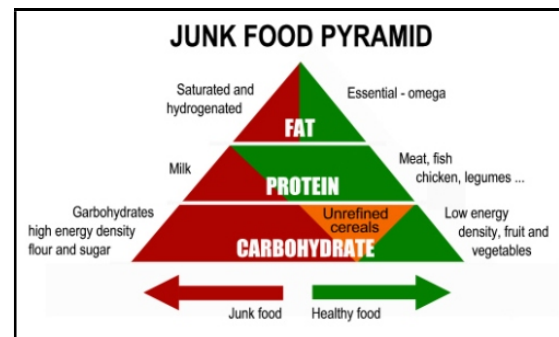
The first of the flaws in the Junk Pyramid is that it does not distinguish accurately between the energy density of various foods. The commonly held belief is that protein and carbohydrate contain half the energy density of fat (which contains 3400Kj/100gms).

However the reality is that the foods that contain carbohydrate and protein vary dramatically in their energy level, depending on the water content of the particular food.

The problem with the refined cereal-based carbohydrates is that it's too easy to eat too much of them and that they are rarely eaten in isolation from fat and sugar, which is either in them or smeared on top of them.

It is my belief that the various diet pyramids, with their focus on manufactured products, particularly refined cereals - bread and pasta - and milk from the bovine species - no longer provide a useful model for healthy eating in a sedentary society. Add fat and sugar to taste and you've got yourself a deadly cocktail.

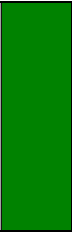
I've renamed it the **Junk Food Pyramid** because it's been designed, commandeered and promoted by the manufacturers and distributors of junk food, particularly the bread, pasta, breakfast biscuit and dairy industries, with encouragement from their barking dogs in the nutrition profession, many of whom are in the employ or under the sway of the junk food industry.



The great food tragedy of diets in the western world is that people are starving on full stomachs and poisoning themselves. As a result they're wracked with the pain of all manner of body system dysfunction.

16. ZONES IN THE HOURGLASS DIET

I've identified 7 major zones in the Hourglass Diet.

1.  The **blue zone** at the top of the Hourglass contains water. The children of our affluent culture has just about lost the art of drinking out of a tap, instead, substituting water with junk drinks, and mimicking their parents who only drink junk drinks; tea, coffee, cola, fruit juice, flavoured milk and alcoholic beverages.
2.  If you eat from the **green zone** at the top of the Hourglass there is a good chance you will start to lose fat from your body, particularly if you have a high density exercise program. You won't have to count calories or points, you won't have to prepare exotic meals, you won't have to wade through stacks of recipe books.

Stick with meals that consistently have plenty of vegetables and fruit mixed with protein. The fat will look after itself.

No-one ever said you had to eat breakfast out of a cardboard box. No-one ever said you had to have a sandwich for lunch and pasta for dinner.
3.  The foods in the **amber zone** are the unrefined cereals. They're good for you, they contain plenty of fibre, they're cheap, but need to be eaten circumspectly because they contain around 1,500 Kj per 100 gms. They are high density foods.
4.  The **brown zone** contains foods that you have a bit of every now and then - the condiments. Life would be dull without a bit of gravy, tomato sauce, milk or mayonnaise. Just don't overdo it.
5.  The foods in the **red zone** are the convenience and junk foods, the carbohydrates, comprised largely of flour mixed with sugar and fat. I bet you never thought you'd see bread and butter (fat and starch) listed as a junk food, along with some of the breakfast biscuits which are just flour baked up, on its own or with up to 40% added sugar.
6.  The foods in the **purple zone** are the foods to which large numbers of people are intolerant or allergic. These are the foods that make you feel horrible, bring out rashes, cause headaches and extreme lack of energy, bloating, abdominal pain ...
7.  The substances (you can hardly call them foods) in the **black zone** are the poisons that reduce the efficiency of a host of body system functions, drain vitality from your immune system and which you have to fight on a daily basis to remove from your body.

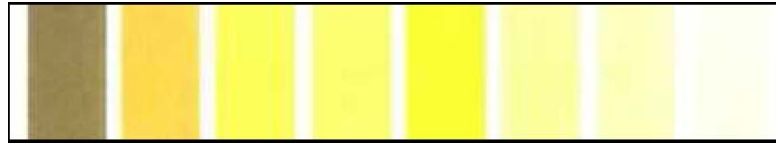
Within each of those zones are sub-sections.

Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie.
Jim Davis

BLUE ZONE

1. WATER

They say that drinking 8 - 10 glasses of water a day is highly supportive of body system function. I'm not sure whether that is true or not. The best measure of how hydrated you are is to check the colour of your urine. If it's a dark colour you need more water.



Dehydrated

Hydrated

Sufficient water is necessary for both the healthy function of the cells of the body and the elimination from the body of the waste products of metabolism and the waste products of a toxic environment.

Water has just about been eliminated from our diets, such is the power of advertising. It's all part of the Cocacolonization and coffeefication of the world. We seem compelled to drink anything that is flavoured and coloured, rather than just plain, ordinary, common or garden, every day water out of a tap.

It seems crazy to me that people pay \$2 for a bottle of water when they can get it for nothing out of a tap. Schools even sell the stuff, that's how affluent our children are. Just about every drink advertised in the market has 10% sugar in it, whether it be flavoured milk, carbonated drinks or fruit juice.

The four deadliest sins of the junk drink manufacturers are to

1. put caffeine in the drinks. This is a dreadful practice, considering the size of some of the children who drink the stuff and the effect it must have on their small bodies.
2. load the drinks up with sugar - 16 tea spoons in a can of Coke, so I'm told.
3. if they don't load it up with sugar they stick aspartame in it.
4. sanitize their unhealthy product by attaching it to the healthy image of sport;

All four of them are shining examples of dreadful nutrition practice. It makes you wonder how the nutrition technologists employed by the junk drink companies can lie straight in bed at night.

If you want to learn more about the illhealth effects of sugar and aspartame, use the search mechanism on the Joseph Mercola website, www.mercola.com.

A final word on artificial sweeteners; have you noticed that only fat people drink Diet Coke?

Drink water; 'cool, clear, water'.

Ever wonder about those people who spend \$2 apiece on those little bottles of Evian water? Try spelling Evian backward.

George Carlin

GREEN ZONE - nourishing, ideal weight food

MACRO NUTRIENTS - CARBOHYDRATE, PROTEIN AND FAT

The great debates about diet revolve around the proportion of fat, protein and carbohydrate you need in your diet.

Barry Sears in The Zone Diet suggests, 30% fat, 30% protein and 40% carbohydrate. It sounds a bit high in fat, but who am I to argue with Barry Sears? 20% sounds about right to me.

However, whatever the right balance is, you need adequate protein, fat and carbohydrate for normal, healthy body system function. You're probably going to have to work out for yourself what best suits you and enables to you to nourish the cells of your body without fattening yourself up.

On top of that your body needs micro-nutrients and fibre.

CARBOHYDRATES

The Hourglass Diet breaks the carbohydrates up into several classes

- a. Very low density CHO - mainly vegetables
- b. Low density CHO - mainly fruit but also including a few of the vegetables, like pumpkin, potatoes, peas and corn.
- c. High density carbohydrates derived from cereals
 - those that are unrefined - and, because of their energy density are included in the amber zone
 - those that are refined - the carbohydrates - and fit within the junk food classification.

2. VERY LOW DENSITY CARBOHYDRATES

Vegetables, (with the exception of peas, potato, pumpkin and corn which contain higher levels of starch and which are known as storage vegetables). The very low density carbohydrates contain less than 150Kj/100gms. They're colourful, have a high water content and contain micronutrients.

3. LOW DENSITY CARBOHYDRATES

Vegetables, particularly peas, potato, pumpkin and corn, and fruit, containing between 150Kj/100gms and 500Kj/100gms; colourful, high water content, containing micronutrients.

4. PROTEIN

Meat, fish, chicken, tofu, legumes, eggs ... Protein is the building block of muscle development. Also, including a protein anchor in your meals may help smooth out the peaks and troughs of blood sugar levels. Protein in the form of meat, fish and chicken contains around 1000Kj/100gms.

They say that protein contains half the energy of fat, but in reality it doesn't quite work that way because many of the foods that are good sources of protein (meat, fish and chicken) contain water which dilutes the energy density of the protein meal.

Nuts, whilst a good source of protein but they also contain a lot of fat, making them energy dense foods.

Incidentally we're eating more protein in the form of protein powder, particularly in protein shakes.

Protein also takes more energy to be digested than is actually in the protein itself, so by increasing your protein intake you can, theoretically burn up more energy.

GREEN ZONE - nourishing, ideal weight food

5. FAT

The fat in the green zone is that fat that comes wrapped around meat, fish and chicken. People have been eating fat in this way for tens of thousands of years. These days we tend to cut a lot of the fat off our meat and prefer to purchase meat that is lean. We also obtain fat from nuts and cheese.

The body needs at least 20% of daily food intake in the form of fat. Include fat in your meals to smooth out the peaks and troughs of blood sugar levels. There are good fats and not so good fats.

In latter years, smart Alecs have upset the long established practice of eating the fat that accompanies meat, fish and chicken, by introducing trans fats and hydrogenated fats into our diets. The smart thing to do is avoid them.

You don't have to be a rocket scientist to know that the body is capable of producing its own fat from both the fat and the carbohydrate that it absorbs from food. However, there are some fats, the essential fats, that the body is unable to produce and which have to be taken in from food. Because of their importance I've included them in the essential micro-nutrient category. Such is their absence from the average diet, that many diets will need to be supplemented by the essential fats. The epidemic of depression, arthritis and body inflammation suggests that this is the case.

6. ESSENTIAL MICRONUTRIENTS

- vitamins
- minerals
- mega 3, 6 and 9 fats
- glycoproteins

As a rule, farmers don't give two hoots about the nutritional content of the food they produce. All they tend to do is spread a bit of super phosphate around so the crops grow quickly and look like they're healthy. But looks can be deceptive.

Similarly with the people who sell food, particularly the junk food people. To my knowledge there don't appear to be clearly stated national or international standards which define what the micro nutrient content of fresh and manufactured food.

I think the farming community is either ignorant or slack in this regard. The fact that a carrot looks like carrot doesn't mean to say that it has the nutritional content that a carrot grown in your back yard might have had 50 years ago. As a result the public wouldn't have a clue whether they are being sold food which nourishes the cells of their body.

Representatives of the medical industry rarely whip out the prescription pad to write out a script for micro nutrients, probably because the micro nutrient manufacturers don't put on free silver service dinners in flash pubs, or hand out pens, note pads, calendars, computers and trips to the Gold Coast!

The dieticians think along similar lines, believing that you can get all the vitamins and minerals you need by either eating the perfect diet or stuffing yourself with bread and pasta. The problem is I don't think a lot of people out there are eating the perfect diet!

Vitamins are catalysts for chemical reactions that take place in the body. The vitamin supply is being compromised by the picking of fruit and vegetables before they have ripened, by the time taken to get from farm to plate and by cooking, refining and manufacturing processes. The current medical wisdom is that most people get adequate vitamins. I think this is doubtful.

If you go through the vitamin tables you'll see just how the vitamins affect different body systems and the function.

You don't have to count far past four to hazard a guess that some, (probably a lot) of body system dysfunction is caused by vitamin deficiency. Just because people aren't keeling over with scurvy, pellagra and beri beri, doesn't mean to say that they're not vitamin deficient and that the function of some body systems is not being compromised.

GREEN ZONE - nourishing, ideal weight food

For instance there is the suggestion that high levels of cholesterol go with a lack of vitamin C and Niacin and the suggestion that lack of vitamin B1 contributes to depression. I reckon if I had the time to 'search the literature' I could write books on what's missing from our diets and how it's affecting us. I believe there is a good case for supplementing your diet with vitamins and recommend you buy a good vitamin bible so you're better acquainted with what your body needs.

Minerals are essential for cellular function. The minerals of the earth are not spread uniformly around its crust. Some foods are grown on depleted soils, soils that have been farmed for donkey's years without the addition of the minerals that cropping has removed. Few farmers think of putting anything else but calcium phosphate on their land.

Because our food standards are inadequate we have no idea whether we are getting sufficient minerals in our diet. Rarely, if ever will a doctor send someone off to a pathologist to see whether they are deficient in a particular mineral.

We can learn a lot from the veterinary profession in respect to what mineral deficiencies can do to animals. The vets are trained to pick out such deficiencies in a flash. For instance in parts of South Australia a cobalt bullet and grinder pumped down the throat of a sheep turns a scrawny animal into one any grazier could be proud of. With the exception of calcium (flavour of the epoch) the literature on all manner of body system dysfunctions rarely targets lack of minerals as being the cause.

Essential fats - those fats the body cannot make itself - particularly the omega 3, 6, and 9 fats.

A few years ago the ratio of omega 3 to omega 6 fats in our diet was about 1:1. I understand it's now 6:1 in favour of omega 6. The omega 3 fats are natural anti-inflammatories.

Some people with arthritis respond very positively to increased doses of omega 3 fats. It can almost work miracles. To boost your omega 3 fat intake, eat more fish and add flaxseed to your breakfast mix. You can also supplement your diet with omega 3 fat capsules and flaxseed oil.

An increased omega 3 fat intake is an essential part of an anti-depression strategy.

Glyconutrients - essential for cellular communication and immune system modulation. Glyconutrients are comprised of 8 essential plant sugars. In the usual course of events we are likely to receive a satisfactory intake of only 2 of them, glucose and galactose. Until the mid 1990's carbohydrates were believed to only provide energy. It's since been found that they have a major role to play in intercellular communication. If the communication is compromised, the chance of dysfunction of some kind is enhanced.

If the immune system becomes over-stimulated (as in lupus) the glycoproteins have a modulating influence and assist in 'calming down' the immune system. If the immune system becomes under stimulate - colds, flu, cancer, then the process works in reverse. The list of effects that glycoproteins have on the body includes:

- fighting auto-immune diseases
- fighting auto-immune diseases
- strengthening the immune system
- lowering cholesterol
- normalizing blood sugar
- providing more energy
- burning excess fat
- relieving allergies
- strengthening bones
- accelerating wound healing
- improving athletic performance.

There are a range of conditions as long as your arm which have been found to improve when people include glycoproteins in their diet: - arthritis, psoriasis, diabetes, chronic fatigue, colds and flu ...

GREEN ZONE - nourishing, ideal weight food

7. NUTRACEUTICALS

The nutraceuticals are 'octane' boosting foods, like aloe vera, ginko biloba, echinacea, glucosamine ... There are a host of nutraceuticals which enhance body system function and cellular performance. People have been taking them for thousands of years. Keep in mind that they are foods, not *pharmaceuticals*.

Whilst the selective evidence and pharmaceutical-based medical profession believes it's all a lot on nonsense and the fact you could spend a fortune on them if you took every recommendation from every advert you saw in health food magazines, just remember that cultures, ancient and young have been taking them for a long time.

I'd certainly trust the wisdom of a Chinese medical view that's 3,000 years old, before I replaced it with the opinion of someone who's been sitting in a dark room for 20 years writing prescriptions for junk pharmaceuticals. I believe the nutraceuticals have merit, particularly if you're suffering from body system dysfunction or want to enhance your physical performance in some way.

8. FIBRE

Fibre in the diet is essential for good bowel health. If you're not getting enough fibre from your diet, then you're going to have to use a high fibre supplement - like psyllium husk or raw oat bran to keep the body moving on the inside. The average person living in a western culture doesn't eat enough fibre.

As a result the food stays in the bowel too long; they get constipated. When that happens they get piles, diverticulitis, polyps, irritable bowel and bowel cancer. The essential nutrients from the food can't be absorbed. They're starving on full stomachs.

Your bowel is an important interface between your body and the outside world.

There is a natural reflex which works such that a short time after a meal that contains a reasonable amount of fibre and only moderate amounts of fat and flour, you should be hovering over the big white telephone. They say that a 'No. 2' should be happening about 3 times a day. Well, for the average punter it only happens once a day, and even then all they can do is choke off a few rabbit pellets after breakfast.

This is not healthy bowel function and it suggests that too much food is being stored in the bowel for too long - days and days, instead of less than 24 hours. It's the cause of constipation and piles - as people push so hard they rip the lining of their exhaust pipe. In traditional Chinese medicine a clogged bowel is the root of all manner of body system dysfunctions.

If the elimination mechanisms of the gut don't work properly you can end up with a leaky gut and the waste products of your own metabolism and a toxic environment can leak back into the body instead of passing out of it. You poison yourself.

So, keep your eye on the back end of the system and it will tell you if you're putting enough fibre in the front end.

AMBER ZONE - good, high fibre food, but if you're over-weight you can't eat too much of it.

9. UNREFINED CEREAL CARBOHYDRATES

This group of carbohydrates is good food, but if you're overweight you can't eat too much of it.

The most popular of the unrefined cereals are rolled oats, brown rice and cracked wheat. The kilojoule content has risen to 1470Kj/100 gms. There's no doubt about it, it's good food in that it contains B group vitamins and other goodies. If you're going to have a cereal-based breakfast use one of the unrefined cereals.

Rolled oats is the most traditional in Western diets and brown rice in Asian and Middle-Eastern diets. Muesli, made from a base of oats, mixed with nuts, seeds and dried fruit is a good alternative. If it's cooked muesli it will probably have a bit of fat in it; that's good, you need some fat in every meal.

Chew on the unrefined cereals. Eschew junk breakfast biscuits made from flour baked with sugar. They're definitely not cereals. Once you've made that distinction and refused to be sucked in by advertising and supermarket shelf placement, you'll start to eat a healthier breakfast.

Later in the book, I outline the anatomy of a decent, cereal-based breakfast. Just keep in mind that it's high density food. It's the food they use to fatten up cattle and it can do the same for you if you're not careful.

Let them drink coffee.
Henri Nestlé

BROWN ZONE - Condiments

10. CONDIMENTS

For years I struggled with where to put milk in the Hourglass Diet. People kept asking me at seminars, 'Where does milk fit in the Hourglass Diet?' I kept responding by asking them 'Why are you still drinking milk if you've been weaned?' Then they'd respond by saying they needed the calcium, to which my response was that cows didn't drink milk so why don't we get our calcium from the same source as cows get it - green-leaf vegetables?

Let's face it, milk is just another manufactured commodity. It's not even fresh, - it's been heated. You can't buy fresh milk in urbanized cultures. It's definitely doesn't deserve a prime spot in a list of essential foods. As I've already said, it's not one of the major food groups for adult members of the bovine species so why should it be one of the major food groups for adult members of the human species? A large proportion of people are intolerant of it. It's been implicated in ADHD, in digestive complaints, in sinus discomfort ... We just don't need it.

Whilst there's no doubt that mother's milk is the best food for infants of the human species, cows milk, on the other hand, is a different story - for infants or adults.

Adults across the Western world are drinking more and more of it, as the latte culture continues its exponential growth. It would be something that health data collection agencies around the world should report on - because of its complicity in all manner of body system dysfunctions.

Children and tradesmen are drinking more and more milk of the flavoured form.

Milk is the 3, 4, 5 beverage. It's not a particularly good source of protein (3%), it's already low in fat (4%) compared with other foods, and not high in sugar, (5%). However, to give the fat police their due, because of that small amount of fat it packs a bigger energy wallop than Coca Cola.

'But what about osteoporosis?' they say. In the first instance cow's milk is not as readily absorbable as calcium from vegetable sources. Secondly, in our culture, calcium deficiency is likely to be caused by calcium depletion. It works like this. Our bodies are designed to be slightly alkaline. Due to the nature of the food and drink we consume, there's the chance of the body become slightly more acidic than usual.

When this happens, the body, in its wisdom draws calcium out of the bones to form a carbonate which brings the body back into its slightly more alkaline state. So the calcium story is a bit more complicated than just the calcium 'in' of the equation. You've got to look at the calcium 'out' part of it as well.

Plus when people are not regular vigorous exercisers they tend to deplete calcium from their bodies.

So, having worked all that out, where does milk fit in the Hourglass Diet? It's a condiment, something you have small amount of, a small indulgence, which in small amounts doesn't do you much harm.

It fits in the same category as mayonnaise, tomato sauce, mustard and gravy; stuff that makes food a bit more palatable, dresses it up, has an historical and cultural flavour. It would be a pretty bland and boring diet that didn't have a few condiments in it now and then. Life would be dull without a bit of tomato sauce, rosemary, basil, horse radish and mayonnaise!

As for the energy in the condiments; providing you don't over do it, don't worry about it.

Forget love, I'd rather fall in chocolate.

RED ZONE - Junk

11. FLOUR

High energy, refined, cereal grains, particularly those made from white flour - bread, pasta and breakfast biscuits. Also includes any cereal grains that have had the living enzymes belted and burnt out of them and the husk removed

12. SUGAR

On its own and in junk drinks and sugar-based confectionery like boiled lollies, snakes, jubes, liquorice ...

Junk drinks have become one of the major contributors to obesity, particularly for a species that's become so affluent that it's forgotten how to drink water out of a tap. Junk drink includes any soft drink that contains added sugar or artificial sweetener. They have a high energy density - 1700Kj/100gms.

This category includes the juice in fruit drinks because they come without the fibre and natural goodness of the whole fruit and cause a spike in blood glucose. They include flavoured milk that contains just about as much sugar as Coke which contains 11%.

The real villain of the piece is fructose, particularly corn fructose, which added to soda drinks is a major cause of obesity.

13. FLOUR AND SUGAR

The breakfast cereal hoax, where flour is mixed with sugar, baked into a biscuit, (albeit small and funny shaped) put in a cardboard box (with a plastic toy) and dressed up as a cereal. It's not a cereal, it's a biscuit, and why would anyone encourage people to eat biscuits for breakfast? Some of the breakfast biscuits contain over 30% sugar, before you put the sugar on the top: Nutrigrain - 32% sugar, Coco Pops, 35%, Fruit Loops, 41%, Kellogg's Honey Nut Crunch, 57%. You don't have to look too far to find out what's fattening up the children to whom these biscuits are advertised.

Nestles have a breakfast biscuit on the stands - 'Milo energy food'. Sure is energy food, containing 1675Kj/100gms and 30% sugar. For sedentary kids 'energy' is shorthand for sugar! It makes them fat. The 'energy' genre includes muesli bars with an energy density of 1500 - 1960Kj/100 gms, much beloved of the sports dieticians and the fitness industry. The blurb screaming out from the front of a 'Lite Bar' box, is that it's 97% fat free. If you can read the fine print, you'll notice that it also contains 44% sugar. Does that make it junk, or what?

14. FLOUR AND FAT - the snack foods

Bread and butter, or if you're old enough to remember, bread and dripping: pizza, chips, dry biscuits: energy density soaring into the stratosphere. I've already referred to the energy density of Jatz and Ritz dry biscuits, and that's without the dip and the cheese!

The humble potato which starts off at 275 Kj/100gms ends up as a crinkle cut chip in a packet with Pat Rafter's hairy face on it. At 2100Kj/100gms the chip could be better described as fat, potato flavoured. This genre includes Cheezles, corn chips and the like - all designed to fatten up fools and children.

15. SUGAR AND FAT

Ice cream, fudge, chocolate and chocolate-based confectionery. Chocolate weighs in anywhere from 1900Kj/100gms in chocolate confectionery bars - Mars Bar 1928Kj/100gms, Cherry Ripe 193Kj/100gms, and real chocolate, 2200Kj/100gms. And the reason you love it? - the texture and the fact that it is 55% sugar mixed with 35% fat. It stands up and calls out to you on the counters in news agencies, petrol stations and supermarkets.

It's found lurking around on office front counters under the guise of charity chocolates, staring up at the receptionist all day.

Ice cream is nowhere near as energy dense as chocolate, varying anywhere from 400 - 1000Kj/100gms.

RED ZONE - Junk

16. FAT, FLOUR AND SUGAR

Cake and biscuits. At 1930Kj/100gms, the humble, common or garden arrowroot Yo Yo biscuit contains more calories per 100 gms than a Mars Bar; the scotch finger, 2100Kj/100gms, the Tim Tam, 2160 Kj/100gms. And why did you like to lick the bowl when your mother made biscuits? Because the taste of flour, fat and sugar is irresistible, cooked or uncooked.

17. PROTEIN AND SUGAR - the diet hoax

If you're trying to lose weight, the last thing you want to do is eat a diet bar or mix up a diet slurry containing over 50% sugar. You may as well eat Milo out of the tin! Any diet powder should have less than 5% sugar and at least 80% protein.

18. PROTEIN AND FAT - deep fried chicken

Protein and fat appear at the top of the Hourglass, but there is a caveat. Normally we eat protein with the small amount of fat that comes with it.

In the deep fried cooking process, the balance between protein and fat is been distorted. It dramatically increases the amount of fat in the meal.

The degree to which protein and fat foods become problematic depends on the way it is cooked. If it's a normal bit of steak or a lamb chop the proportion is probably not too high. If it's a deep fried chicken leg or schnitzel then it's a junk food.

19. PROTEIN, FAT AND POTATO - will you supersize those fries?

The current generation is growing up starving on full stomachs. They're living on a diet of deep fried fish and chips, deep fried schnitzel and chips, deep fried chicken and chips or hamburger with bacon, egg and chips. No vegetables, no fruit, just food designed to fill up the stomach without nourishing the cells of the body.

20. PROTEIN, FAT, POTATO, FLOUR AND SUGAR - the all-American diet

The invention and mass marketing of the mince patty, bread bun, chips, thick-shake, Coke and a Hershey bar is America's most endearing contribution to the development of nutritional science. At the same time as it fills up stomachs it fuels a host of industries - advertising, transport, building, medical, pharmaceutical ... It's also fuelling the weight loss industry. Nestles, owners of Weight Watchers are making money coming and going.

The all-American diet is truly one of the great inventions of capitalism, created when Madison Avenue collided with cowboys of the mid west and the potato growers of the Pacific North west.

Want to know more? Read Eric Schlosser's book, 'Fast Food Nation' and watch Morgan Spurlock's Film, 'Supersize Me'.

If we're not willing to settle for junk living, we certainly shouldn't settle for junk food.
Sally Edwards

PURPLE ZONE - intolerant and allergic foods

21. INTOLERANT AND ALLERGIC FOODS

These are the foods to which a significant proportion of people are intolerant or allergic. That is, when they eat them they can end up with a range of reactions, like headaches, rashes, lethargy, high blood pressure, irritable bowel.

The big culprits (particularly for a crook gut) and the first ones to sort out with an elimination diet are bread and milk.

There are a host of other well known offenders

- foods from the deadly nightshade family (potatoes, tomatoes, capsicum, egg plant)
- foods high in sulphides, amines and salicylates
- chocolate, oranges and alcohol - headaches
- peanuts and shellfish - anaphylactic reaction
- the full gambit of food additives - preservatives, flavourings colourings emulsifiers, surfactants.
- alcohol.

If you want a good book on allergies, I recommend Phillip Alexander's book, 'It Could be Allergy and it Can Be Cured'.

Ask not what you can do for your country. Ask what's for lunch.
Orson Welles

BLACK ZONE - poisons

22. POISONS

We live in a toxic environment. If there is anything fueling the current epidemic of body system dysfunction it would be chemical toxicity

- from the fumes in the air - petrol, industrial smog ...
- from the insecticides, herbicides and fungicides in our food,
- from the food additives; preservatives, flavourings, colourings, emulsifiers, acids, surfactants, thickeners ...

There are over 4,000 chemicals added to manufactured (junk) food. It includes the chemicals we lather on our body (sodium laurel sulphate) and stick under our arms (aluminum chloride). It includes the usual suspects, sugar and aspartame, nicotine, panadeine and dope, washed down with alcohol and caffeine. It also includes prescription drugs, designed to mask symptoms of body system dysfunction, not restore the body to good health.

The latest poison scare has come from the announcement that the Teflon on your non-stick fry pan is doing you harm. The pan heats up and the Teflon fumes get into your system wreaking havoc.

The medical researchers of the world have spent billions of dollars searching for cancer cures. Whilst I'm not a medical researcher and I'm not an expert on cancer, I'd bet London to a brick that a toxic external environment and a toxic internal environment would account for a high proportion of the causes of this insidious metabolic dysfunction. A hundred years ago cancer accounted for about 5% of deaths. It has now reached epidemic proportions.

So what can you do about it?

Well, it's a tough assignment avoiding a toxic environment, so keep your fingers crossed and avoid throwing poisons down your throat, breathing them in through your lungs and lathering them on your body.

Eat from the top of the Hourglass and exercise with vigour. The vigorous aerobic activity stimulates elimination. If you can't get the toxic waste out of your body you're setting yourself up for all manner of body system dysfunctions.

Books like this usually have a statement at the front saying that before you embark on a diet and exercise program you should first see a doctor. You can do that, but if your doctor has already advised you to eat more bread and pasta and doped you up with symptom-masking medicine it's unlikely that they'll be madly enthusiastic about the Hourglass way of eating. You'll know your doctor doesn't have a clue about exercises if they haven't taken you out the back and measured your level of Aerobic fitness. Don't go to doctors for things doctors can't fix.

17. DIET PROFILE

1. **Body composition:** how close are you to being your **ideal weight**? Use your own estimate of Kg over your ideal weight or your **percent body fat**.

Current weight Ideal weight Percent body fat

Kg over ideal wt	>25	<25	<20	<15	<10	<7	<4	<2
% fat men	>35	<35	<30	<28	<26	<24	<22	<20
% fat women	>42	<42	<40	<38	<36	<34	<32	<30
	3	4	5	6	7	8	9	10

☐

2. Do you eat a **decent breakfast** or is it just flour and sugar?

No Yes

0	1	2	3	4	5	6	7	8	9	10	

☐

3. For your weight do you eat a **high fat** diet?

Yes No

0	1	2	3	4	5	6	7	8	9	10	

☐

4. For your weight, do you eat a **high flour and sugar** diet?

Yes No

0	1	2	3	4	5	6	7	8	9	10	

☐

5. Do you eat predominantly from the top of the **Hourglass**

No Yes

0	1	2	3	4	5	6	7	8	9	10	

☐

6. How many glasses of plain, unadulterated **water** do you drink each day?

	1	2		3		4		5		>6
0	1	2	3	4	5	6	7	8	9	10

☐

7. Do you believe you're getting enough of the **essential vitamins, minerals ...**?

No Yes

0	1	2	3	4	5	6	7	8	9	10	

☐

8. Do you **eat too much**?

Yes No

0	1	2	3	4	5	6	7	8	9	10	

☐

9. Are you ruled by your **cravings** for foods with a high sugar content?

Yes No

0	1	2	3	4	5	6	7	8	9	10	

☐

10. Does the **back end** of your system work like a charm?

No Like a charm

0	1	2	3	4	5	6	7	8	9	10	

☐

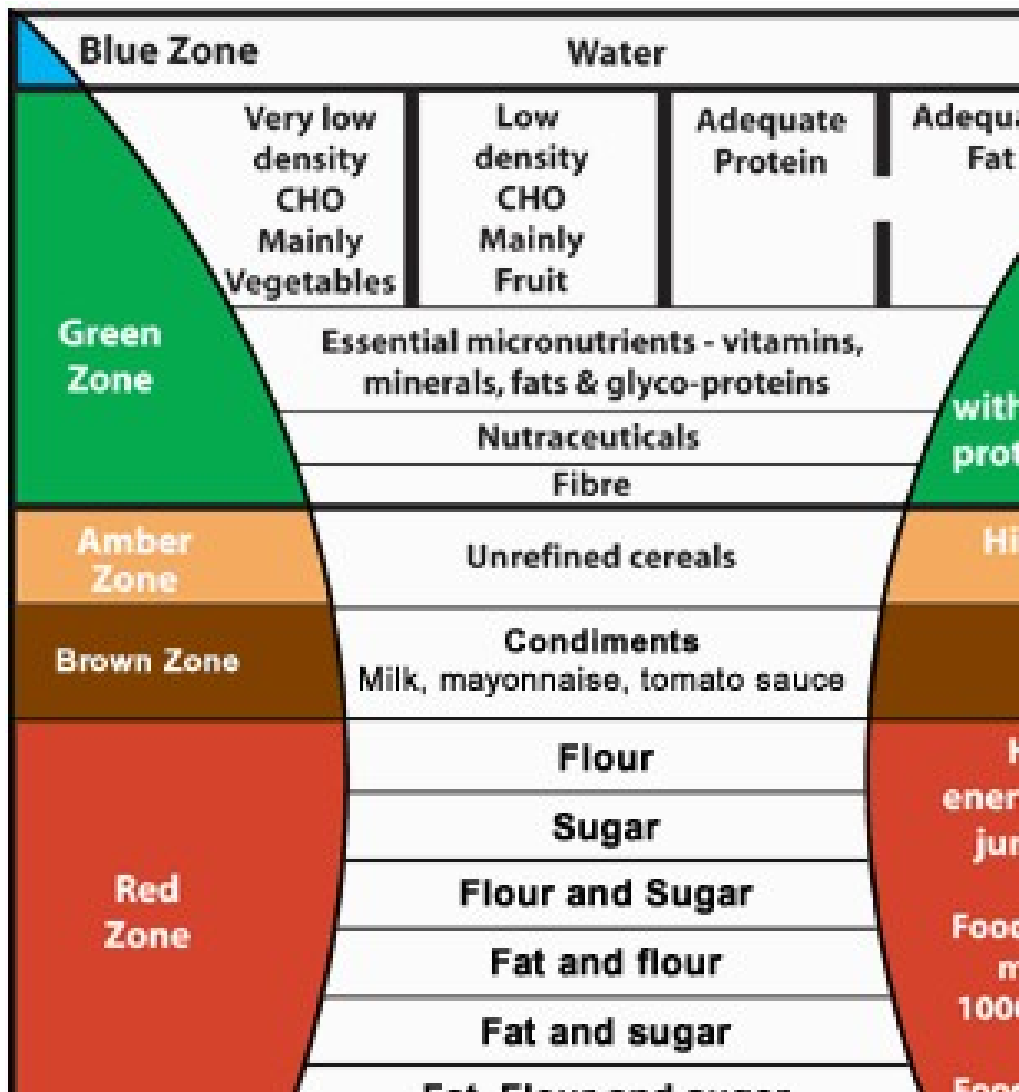
If you want to be fit and healthy, eat the way fit and healthy people eat! **TOTAL**

☐

18. MY DIET PRESCRIPTION

Nothing in this world can take the place of persistence.
Talent will not; nothing is more common than unsuccessful men with talent.
Genius will not; unrewarded genius is almost a proverb.
Education will not; the world is full of educated derelicts.
Persistence and determination alone are omnipotent.
Calvin Coolidge

19. EAT FROM THE TOP OF THE HOURGLASS



Let food be thy medicine and medicine be thy food.
Hippocrates



Fitness Frontline
of health care