

Fat to make you fuller

Scientists have designed a fatty formulation that can make you feel fuller for longer.

When the fat remains stable in the acid environment of the stomach, it empties into the small intestine more slowly and increases satiety.

This formulation could be used as an ingredient in new foods to make them more filling, which in turn could help reduce overconsumption of calories, said Dr Martin Wickham from the Institute of Food Research.

The findings mean it is possible to produce two meals with the same fat content but different satiety effects. So if you're going to eat fat, it is possible for that fat to be present in a way that makes you feel fuller. The satiating effect lasts for 12 hours after the initial meal.

The most common form of fat in processed foods is an emulsion of finely dispersed oil droplets. If these oil droplets are engineered to remain stable during digestion, this alters the gut hormones that are produced in response to food. These hormones are the signal produced by the gut to the brain to reduce the desire to eat.

Volunteers were fed a fatty test meal comparable in volume to a large conventional meal. The volunteers' stomachs were imaged in real time until they looked empty. Scientists from the University of Nottingham used an ultra-fast type of MRI scanning called echo-planar imaging.

The unstable emulsion quickly separated into water and fat and the droplets coalesced. The volume of the meal in the stomach emptied rapidly. The watery part of the meal emptied into the small intestine first, followed by the floating fatty layer. After one hour the volume was nearly half that of the stable meal.

The volunteers' sense of fullness, appetite and hunger was monitored at hourly intervals for twelve hours. The stable emulsion meal made subjects feel fuller, less hungry and have less appetite compared to the unstable meal.

Blood samples were also taken and showed a higher concentration of fatty particles following the stable meal.

Our research proves it is possible to design oil-in-water emulsions with different behaviours in the gut to influence gastrointestinal physiology and, ultimately, satiety, said Dr Luca Mariani from the University of Nottingham.

The study was funded by the Biotechnology and Biological Sciences Research Council and published in the British Journal of Nutrition. The Institute of Food Research is an institute of the BBSRC.

Sun helps elderly beat heart disease and diabetes

Spending more time in the sun could help older people to reduce their risk of developing heart disease and diabetes, according to a UK study.

The researchers, led by Dr Oscar Franco from Warwick Medical School, investigated the association between vitamin D levels in the blood and the prevalence of metabolic syndrome in 3,262 people aged 50-70 years old in China. They found a high correlation between low vitamin D levels and the prevalence of metabolic syndrome. Dr Franco said: 'We found that low vitamin D levels were associated with an increased risk of having metabolic syndrome, and was also significantly associated with increased insulin resistance. 'Our results are consistent with those found in British and American populations.'

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4 easy ways to cut down on caffeine

- without going into withdrawal

By Catherine Saxelby

Overdoing the caffeine? Living from coffee to coffee? Can't get going in the morning without your java fix? Sipping a cappuccino or short black is a common way for busy people to recharge your batteries or even wake up. But what do you do when it gets to be too much?

Like you, I too enjoy a coffee out – that aroma and adrenalin hit is just wonderful. Plus it's a great way to catch up with friends or colleagues. Especially when you're pressed for time.

But the caffeine trap is a slow insidious one. You start out sipping a short black in the morning. Then one day, you realise you need four of them just to get through your day (or 10 instant coffees), as one of my friends discovered. May as well put in a coffee drip!

How much is too much?

The side effects? Well, some people never notice any – that is, until they have to go without. Say if you go camping or have to fast for a blood test. Then you hit caffeine withdrawal. Been there, ain't pleasant.

You get the massive never-goes-away headache and the incredible tiredness. Lasts for a couple of days but it's bad enough to send you screaming back for a coffee fix remedy (which works quickly and effectively).

Other people get warning signs from caffeine habituation, which is what the experts call that addictive quality of caffeine – they pull up short from using the actual word 'addiction'.

If you've got any of these symptoms:

- insomnia
- upset stomach
- heartburn
- too-rapid heartbeats (tachycardia)
- mind always in overdrive
- irritability
- over-anxious ('coffee jitters')
- frequent urination

you can be fairly sure it means too much caffeine.

For me, two coffees in a row is enough caffeine to get my heart beating seriously. And my stomach unhappy. I don't go there anymore.

What amount is safe?

Caffeine acts on the central nervous system, speeding up the heartbeat and rate of breathing, dilating blood vessels and relaxing smooth muscles. It boosts alertness and concentration and overcomes the perception of fatigue – key reasons for its enduring popularity in our fast-paced world.

Most of us can handle around 300mg of caffeine a day without problems. This translates to 4 or 5 cups of instant coffee or 3 shots of espresso (one latte, short black or cappuccino all start with a shot).

Kick the habit in four gradual steps

If you figure you're a caffeine junkie or you cut want to cut back, here's how to do it. Don't go cold turkey. The headache is a killer, believe me. Cut back on caffeine gradually – one less cup day by day - to allow your body to adapt. It's the only way to go.

1. Start on a weekend or on holidays when you won't be under pressure. Begin by dropping your afternoon coffee or energy drinks. Have your last one by 4pm so you sleep well. Instead switch to

- decaf coffee
- regular tea, which has one-half to one-third the caffeine
- a herbal infusion, especially after dinner when you're looking for a good night's sleep.

If you think you'll look like a sissy, how about a rooibus (red tea) instead? It tastes almost like tea but has no caffeine.

2. Aim to cut your overall intake by half. You don't have to give up coffee entirely (thank goodness), just enough to reduce the side effects, depending on your sensitivity.

3. Switch to lower caffeine options:

- Soft drink instead of energy drink
- Tea or rooibus instead of coffee (tea, both green and black, has around half to one-third the caffeine of coffee – a good lower caffeine option)
- Try a coffee substitute (made from roasted barley, chicory or dandelion root eg Caro, Ecco, Dandelion tea)

4. Don't overlook guarana. It's just another plant that's a source of caffeine. Yes, it's natural but then so are coffee beans and tea leaves. Yerba mate is another drink high in caffeine.

Catherine Saxelby is an accredited nutritionist and author of 9 books including Nutrition for Life. For more tips and ideas, go to her website at www.foodwatch.com.au

Get label savvy!

Marketing versus science

Do you ever look at the nutrition labels on many processed foods and ingredients and regret that you never did do A level chemistry!

Overwhelming us with excessive nutritional information and spurious health claims is one way in which food manufacturers cleverly try to persuade us to buy their products.

However, armed with a basic understanding of the classic marketing tactics, getting label savvy is easy.

Common labelling tricks

1. Low GI

"Low GI" (low glycaemic index) means that an ingredient or product contains low GI carbohydrates, which are digested slowly, helping to keep you feeling full for longer.

You may assume that all foods bearing the "low GI" symbol are a healthy choice and in the case of for example wholegrain basmati rice and oatcakes, this assumption is correct. However, some foods like ice cream and chocolate are low GI because their high fat content slows down the digestion of sugar.

Savvy tip: remember, although a food may be low GI, it still supplies calories and could be high in fat.

1. Low carb

Foods with this description have had sugar replaced with artificial ingredients such as sorbitol. Because sorbitol does not raise blood sugar as quickly as normal sugar, manufacturers do not count it as a carbohydrate. However, low carb products often contain the same calories as the original, normal carbohydrate, version.

Savvy tip: be aware, low carb does not necessarily equal low calorie.

3. Light or "lite"

These descriptions can refer to the texture of the product, meaning it is light in consistency. Examples of this are a "light" chicken liver pâté or "light" fruit cake. It does not mean that the product has fewer calories than an equivalent, non-light, product.

Savvy tip: ignore the "light" claim and instead check the nutritional breakdown per 100g and per serving.

4. Low fat

The legal definition of "low fat" is that the product in question contains less than 3g of fat per 100g. However, low fat spreads have their own rules and to count as "low fat" the product must contain less than 40g of fat per 100g.

Savvy tip: there is no such thing as a spread that is truly low in fat. Personally, I much prefer to use a small quantity of real butter which gives you all the delicious taste but none of the chemicals added to margarine.

5. Flavour

Peach "flavour" yoghurt is yoghurt that gets its taste from artificial peach flavours. A peach "flavoured" yoghurt however must have most of its taste coming from the real thing. A cheaper, healthier and often tastier option is to mix some real fresh or dried fruit through some naturally low fat plain yoghurt.

Savvy tip: to cut down on artificial flavourings, avoid products that use the word "flavour".

6. Emotives

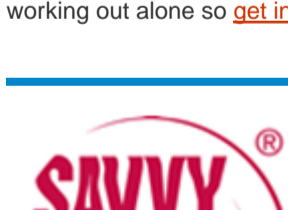
Emotive words are used to persuade us to buy a product but they actually mean very little. Examples of this are "farm fresh", "country style" and "ocean fresh".

Savvy tip: don't be persuaded by the marketing hype and check the nutritional information on the pack.

(C) Monique Borst

Did you know that WeightMatters has a team of Personal Trainers?

Research has shown that we exercise 70% more effectively with a Personal Trainer than working out alone so [get in touch today](http://www.weightmatters.co.uk) to arrange an assessment session.



Looking after your wellbeing and giving your body the fuel it needs is a vital part of being healthy.

Savvy Cook www.savvycook.co.uk is new food service concept for busy people who want convenience without compromising taste and nutrition.

They deliver delicious, healthily balanced, ready-to-eat meals to you. Miss out the menu planning, the shopping and the chopping. Enjoy 15 minutes of cooking and then sit down to a great tasting, freshly prepared meal – every day of the week!

WeightMatters and Savvy Cook have teamed up to offer all registered 10% off when you sign up to the service before the end of June. Simply get in touch at info@savvycook.co.uk and mention "WeightMatters" to qualify.

Who said that there was no such thing as a free lunch (or dinner)?

www.savvycook.co.uk or www.savvycook.wordpress.com

Featured Consultant

Each month we will be featuring one of our consultants and telling you about more about them. This month's featured consultant is:

Helen West

Helen has been with WeightMatters since we began. She is a specialist in Diabetes management and gastrointestinal disorders.

Fully trained to teach carbohydrate counting in type 1 diabetics, Helen is currently doing an MSc in chronic renal disease in diabetes.

Meet the Team - an update

There have been a few new additions to the WeightMatters team since our last newsletter so we thought it would be timely to give you an update:

Welcome to Dr Pat Burton

We would like to introduce Dr Pat Burton who joined the WeightMatters team recently. Pat specialises in Metabolic Syndrome and Insulin Resistance in obesity and is an Eating Disorder Therapist with experience working with children.

Founder & Managing Director: James Lamper

Eating Disorder Therapists: James Lamper, Richard Reid, Dr Pat Burton

Nutritional Therapist: Jessica Andersson

Dietician: Helen West

Personal Trainers: Rochelle Bradley, Russ Wheeler

Client Support: Clare Gillbanks clare@weightmatters.co.uk, Morag Brand morag@weightmatters.co.uk, Tel: 020 7193 7177

THIS MONTH

• Latest Research

• Article: Get Label Savvy - Marketing versus science'

• Article: 4 Easy Ways to Cut Down on Caffeine

• Team Update

• Savvy Cook offer

• We are now on Twitter - Keep up with our latest news follow us!

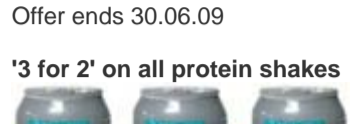


Special offers

Buy a 90 minute initial session for dietician or nutritional therapy and get the follow-up session at **50% off**.

Offer ends 30.06.09

'3 for 2' on all protein shakes



10% Discount



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