

# KICK START YOUR



## *Dietitian and weight loss expert Taryn Swift helps people achieve rapid results with a low kilojoule diet plan*

The first step on the road to a fitter, slimmer body is always the hardest but dietitian Taryn Swift has planned a strict short-term regime that helps people drop kilos quickly. Taryn says a daily intake of 5000 kilojoules (1250 calories) should include a variety of food groups in strictly controlled portions.

"The chart below shows the number of serves from each food group," she says. "This is the minimum number of daily serves required to achieve at least 70 per cent of nutritional requirements. This plan is not nutritionally adequate for children, adolescents, men, pregnant or breastfeeding women. People with health issues including diabetes should consult a medical professional before embarking on a very low kilojoule diet.

"This diet is not a lifetime plan, just a short term boost to give rapid results and help keep up the motivation. Most people can expect to lose about seven kilos in one month. The small portions help rebalance the appetite so it is easier to stick to a healthy eating plan long term," Taryn says.

FOOD GROUP						
	Breads and cereals	Starchy vegetables	Non starchy vegetables	Fruit	Dairy	Meat
Kilojoules	600	500	100	300	500 to 600	600
Serves	3-4	1	4	2	2	1

Follow this sample meal plan and expect to see rapid results. Taryn says there is room for an extra half-cup milk to use in tea or coffee. "There is no room for any added sugar or extra food in this meal plan. There should be no alcohol, no other energy containing fluids including soft drinks, fruit juice, or milk based coffee drinks such as cappuccino. One meal each day may be replaced with a weight loss drink, bar, or soup.

"Vary the contents of each meal but choose items with the same kilojoule (calories or energy), sugar, fat, and salt content as those on the sample plan. A small tin of tuna packed in spring water could replace the lunchtime turkey for example. Dinner could be grilled or poached fish instead of meat," Taryn says.