

LOSE IT!

VOLUME ONE

BRAND
NEW
MAGAZINE
ONLY
R49

*The Tim Noakes
(Banting) way*



**'I LOST
70KG!'**

PG 10

**PALEO
PRIMAL
BANTING/LCHF
ATKINS**

*what's the
difference?*

PG 9

**WHAT YOU
CAN AND
CAN'T EAT**

*nutritionist
Sally-Ann
Creed*

PG 26

APRIL 2014
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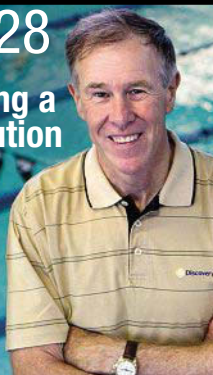
**PROF TIM
NOAKES**

CROSSFIT DELICIOUS

**67
new**

PG 28

*starting a
revolution*



PG 34

*the exercise
game changer*



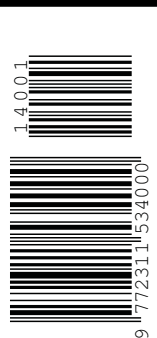
PG 45

*sweet and
satisfying*



**LOW CARB
HIGH FAT
(LCHF) RECIPES**

21 breakfasts
22 lunches
24 dinners





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welcome



How many times have you eaten with friends during the past month where someone has spoken about the 'Tim Noakes Diet', or referred to the Paleo, Primal, or LCHF (Low Carb, High Fat) way of eating? Or even used our favourite word for it – Banting?

In November last year, I was invited to a delicious lunch – an event to celebrate the launch of the phenomenally successful book, *The Real Meal Revolution* by Professor Tim Noakes, Sally-Ann Creed, Jonno Proudfoot and David Grier.

And that was where the idea for this magazine finally became a reality.

I'd been interested in Banting mainly because of the excellent reports about its effect on Type 2 diabetes (my Dad had suffered from it, and I am

trying my best to avoid the same fate). I'd heard Prof Noakes speak about it many times, and had always been impressed by the science – and the clear results – behind his position.

The authors of the book were all at the lunch, and

they were all excellent advertisements for that way of eating: fit, healthy and brimming with energy.

But what appealed to me most of all was that they looked like they were having fun; eating well, relaxed and happy. No counting anything. No feeling of denial. It seemed to me that Banting added to the quality of their lives rather than detracted from it.

After picking Prof Noakes's brain throughout lunch (I was sitting next to him), I finally mentioned the idea of a Banting magazine. 'Great,' he said instantly. 'Anything that helps get the information out there.'

So we did it, with both his and nutritional therapist Sally-Ann Creed's invaluable input.

And this is the result. *LOSE IT!* tells you everything you need to know. It contains 67 delicious new tried and tested recipes; it includes excellent tips, guidelines and advice from Sally-Ann Creed and Prof Noakes, an introduction to the CrossFit philosophy, and it's got success stories so inspiring they'll make you want to drop carbs like ... well, like a hot potato.

Banting is often referred to as a revolutionary way of eating because it is a revolution: it will turn everything you thought you knew about nutrition and health on its head. But it's also revolutionary in the sense of a movement that is rapidly gaining momentum.

It's an idea whose time has come.

Let it change your mind – and your life.

Here's to your great health!

Suzy

**SUZY BROKENSHA
EDITOR**

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Please share your success stories with us on Facebook and Twitter – we can't wait to compare our experiences and insights with yours.

To pre-order the next three issues of *LOSE IT! The Banting (LCHF) Way*, contact Julian Padua on (021) 408 1291. If you'd like to download a digital version of *LOSE IT!* to your tablet or smartphone, go to mysubs.co.za or Zinio.com.

GET READY

to change your life!

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LOSE IT! DISCLAIMER 1. You mustn't use the content in Lose It! as a substitute for medical advice from a healthcare professional. You should seek medical advice from a qualified professional before starting any weight loss programme. **2.** Both the Lose It! website (loseit.dailyfix.co.za) and the magazine (which we sometimes refer to as Lose It!) provide educational information on weight loss management and are intended to assist users in weight loss. Lose It! is not a medical organisation and cannot give medical advice or a diagnosis. **3.** The information and material on the Lose It! website and in this magazine are intended as a general guide to assist weight loss and do not take into account individual circumstances. Lose It! will not provide any form of assistance or support on individual cases nor feedback on any information you submit or post to the website and magazine. **4.** You use the Lose It! website and magazine and the information contained in both entirely at your own risk and you assume full responsibility and risk of loss resulting from such use. **5.** Lose It! and its affiliates, their shareholders, office bearers, employees, agents and consultants will not be liable for any damages that arise in any way from the content of Lose It!. This limitation of liability includes but is not limited to any direct or indirect loss, damages and/or consequential damages. **6.** We've taken all reasonable steps to ensure the correctness of the information provided on the Lose It! website and in this magazine.

THE **10** RULES of Banting

These are the rules – cut them out and stick them to your fridge. For the science behind them, turn to the Q&A with Prof Noakes on page 36 and Sally-Ann Creed on page 26.

1 REMEMBER: this is not a high protein diet. It's a high fat, medium protein, low carb way of eating.

2 CHOOSE real foods that look like what they are, and cook them from scratch.

3 FAT is not the enemy. Enjoy it!

4 EAT only when you're hungry; eat until you're satisfied – then stop.

5 DON'T eat when you're not hungry. You won't die if you occasionally skip a meal you don't feel like eating.

6 STOP snacking. You won't need to – it's just a habit.

7 NO SUGAR. It's an addiction, and it's probably best to go cold turkey. But if you need to make it a transition, substitute with Stevia, Xylitol or Erythritol – NOT artificial sweeteners.

8 NO GRAINS of any kind.

9 NO (or very, very little) FRUIT. Think of it as a sweet rather than a healthy snack.

10 EMBRACE EGGS. They're healthy, satisfying and very good for you. ■



WHAT CAN I EAT?

YES

MEAT

As far as possible, choose grass-fed or organic meats. Enjoy the fat and the skin!

- Bacon Try to find charcuterie bacon, if possible without nitrates and nitrites, and with the lowest carb content (which means the least sugar)
- Biltong
- Beef
- Chicken
- Duck
- Game
- Lamb
- Offal
- Pork
- Turkey
- All cured meats cured with the least amount of sugar and without strange chemicals you don't recognise
- All sausages containing only meat and spices – avoid sausages with fillers like gluten, rusk, soya, sugar and so on

EGGS

Any which way you like, for breakfast, lunch and dinner. Real organic eggs are definitely best, if you can find them.

FRUIT*

- Berries
- Coconut

FISH/SEAFOOD

(on the SASSI green list, of course!)

The oilier the better:

- Anchovies
- Angel fish
- Calamari
- Dorado
- Haddock
- Hake
- Kob
- Mackerel
- Mussels
- Prawns
- Salmon
- Sardines
- Scallops
- Snoek
- Squid
- Trout
- Tuna
- Yellowtail

DRINKS

- All teas (not with milk)
- Coffee (with cream or butter, not milk)
- Sparkling water
- Water

VEGGIES

Rule of thumb here is, if it grows above ground, it's OK.

- Asparagus
- Artichokes
- Aubergine (brinjal, eggplant)
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Cucumber
- Green beans
- Kale

- Lettuce
- Marrows
- Mushrooms
- Olives
- Onions
- Peppers
- Pumpkin
- Radishes
- Spinach
- Sugar snaps/snow peas
- Tomatoes

SWEET THINGS

- Erythritol
- Xylitol
- Stevia

FATS

- Animal fats
- Avocado Oil
- Beef tallow
- Butter
- Coconut cream
- Coconut milk
- Coconut oil
- Dripping
- Duck fat
- Extra virgin olive oil
- Ghee
- Heavy cream
- Lard
- Macadamia nut oil
- Mayonnaise (home-made; make sure you use the right oils)

SEEDS

- Chia Seeds
- Flax Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

FLOUR

- Almond flour
- Coconut flour
- Hazelnut flour
- Other nut flours

NUTS*

- Almonds
- Brazils
- Hazelnuts
- Macadamias
- Pecans
- Pinenuts
- Walnuts

DAIRY*

(all full fat).

While you are trying to lose weight, it may be better to cut out all dairy other than unsalted butter – which, by the way, is delicious in coffee!

- Blue cheeses
- Butter
- Cream
- Cream cheese
- Feta cheese
- Ghee
- Greek yoghurt
- Parmesan cheese
- all other high fat cheeses

if you're eating all the right things and still not losing weight, you may be eating too many nuts, too many berries or too much dairy or protein. Try cutting back on those and see how it goes.



These lists are always a work in progress – please feel free to share with us any new discoveries you make on your Banting/LCHF journey!

SOMETIMES

ALCOHOL

- Brandy
- Champagne
- Dry red wine
- Dry white wine
- Rum
- Sparkling wine
- Tequila
- Vodka
- Whisky

SWEET THINGS

- Black chocolate *70% and above cocoa content - and only very occasionally*
- Honey *(no more than 1 tsp per day, very occasionally). Use honey strictly for cooking, otherwise it will seduce you back into sugar cravings in no time!*

NUTS

- Cashews

FRUIT

- All fruit other than berries

VEGGIES

- Butternut
- Carrots
- Sweet potato

SOYA

- Organic soy sauce *(only occasionally and only a tiny bit when cooking)*

NEVER

ALCOHOL

- Anything labelled 'lite'
- Beer
- Cider
- Cocktails
- Sugary liqueurs

STARCHES

- Beetroot
- Bread
- Crackers
- Chickpeas
- Dried Beans
- Lentils
- Peas
- Parsnip
- Pasta
- Popcorn
- Porridge
- Potatoes
- Rice

NUTS

- Peanuts *(they're not really a nut)*

SWEET THINGS

- Agave
- Any artificial sweeteners
- Biscuits
- Cakes
- Chocolate
- Energy drinks
- Fizzy drinks
- Fructose
- Fruit juices
- HFCS
- Ice cream
- Malt
- Pastries
- Sugar
- Sweets
- Syrup
- Veggie juices

MEATS

- Lunch meats
- Processed meats
- Vienna sausages

GRAINS

- All whole grains
- Amaranth
- Barley
- Breakfast cereals
- Bulgar wheat
- Corn
- Couscous
- Millet
- Muesli
- Oats
- Quinoa
- Rye
- Rice
- Spelt
- Wheat

DRIED FRUIT

- All of it

SOYA

- Edamame beans
- Tofu
- Any soya fake foods – sausages etc

FATS

- Canola oil
- Cottonseed oil
- Flaxseed oil
- Grapeseed oil
- Hemp oil
- Margarine
- Sesame oil
- Rapeseed oil
- Safflower oil
- Soybean oil
- Sunflower oil

Ready? LET'S GO SHOPPING!

first ...

Clear all these items from your pantry before you do anything else:

- Bread
- Breakfast cereals
- Cakes and Biscuits
- Chocolates and sweets
- Couscous
- Dried fruit
- Fruit juices
- Lentils
- Legumes
- Margarine
- Rice
- Pasta
- Pastry
- Peanuts
- Potatoes
- Sugar
- Sunflower oil

then ...

Go shopping! This is what you'll need to stock up on:

- Avocados
- Blueberries
- Bacon
- Butter
- Biltong
- Broccoli
- Cabbage
- Cauliflower
- Coconut oil
- Cold meats
- Cream
- Erythritol, Stevia or Xylitol
- Extra virgin olive oil
- Fish
- Free-range eggs
- Greek yoghurt
- Meat and chicken
- Nuts – preferably almonds
- Spinach

SAVVY SHOPPING TIPS

from nutritional therapist Sally-Ann Creed

Always buy extra virgin olive oil.

And make sure it's local — South African olive oils are not only world-class, they're also quality-controlled, which means we know exactly what's in them. Some imported olive oils contain soya and corn oils, for example.

Aim for organic eggs if you can.

I advocate buying eggs from anywhere other than a supermarket; they're usually farm eggs, where the chickens are allowed to roam more freely and have a better diet. Real organic eggs are worth their weight in gold — if you can find them, tell us where!

Always buy pasture-fed (grass-fed) meat if you can.

Dairy should be pasture-fed as well.

But this is really difficult to find. First prize is true organic, pasture-fed, pasteurised but not homogenised dairy (there is only a little at deli and health stores at present). Obviously if you can't get that, you should do the best you can, but it's always worth paying extra for organic.

just to clarify

*BANTING, PALEO, PRIMAL, ATKINS

– what's the difference?

***The 'Tim Noakes diet'** is the same as LCHF, or Banting – the terms can be used interchangeably. We love the word 'Banting', so that's what we'll call it!

	BANTING	PALEO	PRIMAL	ATKINS
MOSTLY ABOUT	Excluding carbs and sugar; eating real unprocessed foods	Eating real ancestral foods – i.e no neolithic foods	Eating real ancestral foods - i.e no neolithic foods	Restricting carbs
KETOSIS	YES	NO	NO	NO (except in the first two weeks)
DAIRY	YES	NO	SOME	SOME
SUGAR	NO	NO	NO	NO
SUGAR SUBSTITUTES	Stevia Erythritol Xylitol But sugar should be treated as an addiction	Some allow a little honey	Honey or maple syrup are allowed	Artificial sweeteners are allowed
FRUIT	NO – occasionally a few berries or the odd apple or coconut	YES – 1-3 servings per day	YES – 1-3 servings per day	YES – very limited Bear in mind that there are 4 phases and each is different
GRAINS	NO	NO	NO	Low carb grains and flours (in the later phases)
VEGETABLES	YES – other than those grown below ground (tubers)	YES , including tubers	YES , including tubers	YES , including tubers (depending on the phase)
MEATS	All grass-fed meats – the fattier the better No processed meats (other than bacon)	All grass-fed meats No processed meats (other than bacon)	All grass-fed meats No processed meats (other than bacon)	Lean meats Lean processed meats
FATS	YES – all animal fats and non-seed oils	YES – all animal fats and non-seed oils	YES – all animal fats and non-seed oils	About 30% of daily calorie intake from saturated fats
FISH	All fish – the oilier the better	All fish – the oilier the better	All fish – the oilier the better	Non-oily fish
NUTS	All nuts excluding peanuts and cashews	All nuts excluding peanuts	All nuts excluding peanuts	All nuts
ALCOHOL	NO – but if you're going to drink, dry white or red wine and spirits contain the least carbs. Definitely no beer or sweet liqueurs.	NO	NO	None for the first two weeks, after that, limited wine.

***BANTING:** associated with Gary Taubes, Prof Tim Noakes, nutritional therapist Sally-Ann Creed, Dr Andreas Eenfeldt (the diet doctor)

***PALEO:** associated with Dr Loren Cordain, Robb Wolf ***PRIMAL:** associated with Mark Sissons and Robb Wolf

***ATKINS:** associated with Dr Robert Atkins

..... inspiration

AS TOLD TO SANDRA PARMEE

**Brian before,
weighing 153kg**

*'I've
been
given
a second
chance'*

**I LOST
70KG!**

Former food critic
Brian Berkman tells
us how the LCHF diet
helped him shed 70kg
and gave him a new
lease on life.

