



## Ready to eat...3-2-1 Go!

It is allegedly summer so you've probably tried dusting the barbecue off. I thought this was the perfect chance to demonstrate how Ted Rogers and Dusty Bin, plus charcoaled food can show us how to eat properly!

Before you go calling the men in white coats, let me explain.

I have written in previous articles that the key to weight loss is in what we eat more than what we do. Exercise is extremely valuable for weight loss and brings loads of other benefits, but it will not help you lose weight if you eat incorrectly.

Those of you old enough will remember Saturday nights with Ted Rogers & Dusty Bin on 3-2-1. For those too young, I'm not sure I can actually explain why a show of cryptic clues, a robotic dustbin and backwards counting was so popular, but it ran for ten years! However the secret to losing weight could be in the 3-2-1 principle.

Many people when they cook will load their plate up with carbs, a big lump of protein and add a few vegetables as concession to health. How many of you have a big plate of rice with loads of chilli or Bolognese on top and a side portion of vegetables. Maybe you prefer a nice big steak, loads of chips and a small salad. Even lunch might be a sandwich that is mainly bread with a little chicken and a limp bit of lettuce.

Instead think of Ted Rogers and aim for a ratio of 3:2:1, with three representing vegetable portions, two portions of carbs and one portion of protein. Let us return to the much anticipated barbecue as an example. If you have one sausage or burger, between two halves of a bread roll and then pile your plate high with salad you'll achieve a 3-2-1 ratio. You might be a bit healthier still and have a piece of chicken, with some rice salad (carbs + vegetables) and a vegetable kebab.

The principle can easily apply to a regular evening meal where half your plate should be vegetables. The other half should be split two to one between protein and carbs. It is also important that you don't load the carbs and protein until you can't see over them! A portion size is roughly the size of your palm and depth of your thumb.

Just to remind you, protein is meat, poultry, eggs, dairy and vegetarian equivalents such as Quorn or tofu. Carbs are things like potatoes, rice, pasta and bread.

If you want to simply lose a little weight, learn to eat with the 3-2-1 principle. You should soon start to look more like Ted Rogers and less like Dusty Bin!