

TONIC

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DON'T WISH FOR A HEALTHIER BODY. OWN ONE.

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A NEW START

FEBRUARY IS THE NEW JANUARY

January is almost at an end and New Year's resolutions probably long forgotten. However, there are good reasons why resolutions fail. Some may have been too ambitious or not feasible within the logistics of your life. Perhaps you made too many or just made them because everyone else was making them. But don't be too hard on yourself as you're not alone in falling off the wagon! The problem with New Year's resolutions is that January 1st is actually a terrible time to kick off a new habit. You've just come out of the festive season, attending parties, eating copious amounts of mince pies and knocking back eggnog. So by the time January rolls around you've probably not had a minute to catch your breath, you then take on new habits and attempt to abolish bad ones, without properly recharging your batteries. Rather than take on a series of resolutions in January, make February the month to start again. And, by this time, your friends will have given up on their New Year's resolutions, so you can sit back and think to yourself that you've got the real strategy up your sleeve to making it work.

A cup of black beans packs a huge 15 grams of protein and doesn't contain any of the saturated fat found in other protein sources, like red meat.

Lentils are a great source of protein and fibre. A half-cup serving delivers 3.4 grams of resistant starch which boosts metabolism.

Kidney beans offer protein and fibre and are also rich in resistant starch; a 1/2-cup serving packs nearly 2 grams of this slimming carb.



Blueberries are best known for their anti-aging effects.

Blueberries, whilst tiny, are a powerful figure-friendly eat: A 1-cup serving sets you back only 80 calories, and helps you feel full with 4 grams of fibre.



Broccoli, cooked or raw, is well-known for its cancer-preventing powers. Coupled with a punch of filling fibre and less than 30 calories a serving, it can help with weight loss

If you want to eat healthier this February eating superfoods could really help to make your resolution a reality. There's even evidence to suggest these foods can also help you get slim, and stay slim!

Oats are rich in fibre, so a serving can help you feel full throughout the day. Just a half cup packs 4.6 grams of resistant starch, a healthy carb that boosts metabolism and burns fat.

Avocados There's no reason to be afraid of eating fats as long as they're the right fats. Oleic acid, a compound in avocados' healthy monounsaturated fats (MUFAs), may trigger your body to actually quiet hunger. It's also packed with fibre and protein.

Salmon. Lean sources of protein help you feel full without adding fat. Salmon, a leaner choice than red meat, is chock-full of MUFAs. A 2001 study found that dieters eating a MUFA-rich diet lost an average of 9 pounds, while their low-fat diet counterparts gained, on average, 6.

Brown rice is a heartier, fibre-packed alternative to less-than-super white rice. It's a low-energy-density food, meaning it's heavy and filling but low in calories.

Almonds are rich in healthy fats that help you slim down. In one study, the addition of a daily helping of almonds to a low-cal diet increased weight loss in comparison to people who followed the same diet but swapped almonds for a carb-heavy snack like crackers.

Green tea hydrates like water, which can help fill you up and shed pounds. Plus, the antioxidants in green tea will up your fat burn and calorie burn. One study found that five cups a day could help you lose twice as much weight, most of it around your middle.

Bananas are a slimming superfood. A slightly green, medium-size banana will fill you up and boost your metabolism with its 12.5 grams of resistant starch. Even a ripe banana still ranks high on the list of foods containing RS, with almost 5 grams.

Chocolate lovers, rejoice! A nibble of dark chocolate here and there can slow down digestion so you feel full for longer and eat less at your next meal. Dark chocolate is full of MUFAs; studies show eating a diet high in these healthy fats can rev your metabolism to burn fat and calories. It may also help by curbing cravings for salt, sweet, or fatty diet-wreckers.

Chickpeas pack more than 2 grams of resistant starch per half-cup serving. They're also a great source of fibre, protein, and healthy fats.

Eggs are loaded with protein which will curb your appetite. One study found that overweight women who ate egg breakfasts lost twice as much weight as women who started their days with bagels. And don't worry about cholesterol: The study found that egg eaters don't have higher bad cholesterol or lower good cholesterol than bagel eaters.

