



The COMFORT FOOD DIET

Lose a stone **fast!**

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GIVE AWAY
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The comfort food diet

Lose 1 stone fast



Follow nutritionist Susie Perry's winter plan

Winter's on its way, so you're bound to have noticed that as the days get colder your cravings for carbohydrates have gone through the roof. This is because your body perceives carbohydrates to be the ultimate comfort food. Being high in sugar and starch, these foods help to give you an energy boost and lift your mood, peppering you up as the outside temperature drops. So it's easy to fall into the common trap of finding comfort from the chill by tucking into platefuls of high-calorie starchy foods. Large jacket potatoes dripping with butter, cheese on toast, mashed potatoes, sticky toffee pudding, apple pie and custard or hot rice pudding are all going to blow your daily calorie count and you could easily gain 2lb per week in the colder months. But the great news is that you can enjoy eating your way through winter simply by choosing the right types of comfort foods. And it's not just the type of carbs that's important, the temperature of the meals you eat can also help you have a successful diet. Read on to find out how.

If you're looking for inspiration, and for more great low-calorie recipes, go to...

goodtoknow.co.uk/diet

SIX TIPS FOR SUCCESS

Iron strength

Make sure you have plenty of iron in your diet. Being just slightly anaemic can have the effect of making you more susceptible to cravings for high-sugar or starchy foods. Eat more iron-rich spinach, chicken legs, brown rice, lentils, apricots and cashews to increase your calorie-burning power.



Go hot

Trying to maintain your weight with cold salads and raw foods is an absolute winter no-no. This literally chills your body to the bone, making it almost impossible to resist cravings for those sugary and starchy foods. At this time of the year, added spices, stews, hot soups and porridge are the secret to winter diet success.

Comfort carbs

Eat complex carbs to give your body all the comfort it needs, with fewer calories. They're high in fibre, protein and starch, so they release sugar into the blood in a controlled way. Get lots of low-GI chickpeas, kidney/butter beans, pumpkin, sweet potato and pearl barley.



Stay full

Eating meals high in liquids, like soups and stews, can have a positive effect on maintaining your weight because the liquid content helps keep your stomach full for longer. This sends a message to your brain, letting you know you're full, which will help curb your appetite and reduce hunger pangs.

Steer clear

Ditch those high-starch high-sugar carbs, like white bread and rice, pasta, cakes, biscuits, puddings, potatoes and pastry. Treats are fine, but regular servings of high-cal carbs can ruin your chances of reaching your target weight.



Boost your thyroid

Your thyroid gland has to work hard over winter to keep you warm. So it's important to include foods that help your thyroid by delivering iodine and selenium via foods such as tuna, halibut, sea bass and cod, turkey, brazil nuts, walnuts and oats.



YOUR COMFORT DIET PLAN

Over the next seven days you'll be making porridge for breakfast, soups for lunch and stews for your evening meals. This way you will be warming your body, curbing your appetite and boosting your metabolism. You can bulk-cook the basic stew and soup recipes to save time each day.

ALL YOU NEED TO DO IS:

- 1 BREAKFAST** add one different ingredient to your porridge each day.
- 2 LUNCH** make your basic soup recipe, adding your daily comfort veg.
- 3 EVENING MEAL** make your basic stew recipe adding your daily comfort protein and comfort carb.

Basic soup recipe (1 SERVING)

- 1 dessertspoon olive oil
- ½ onion, finely chopped
- 1 clove garlic, finely chopped
- 1 carrot, peeled and chopped
- 400ml vegetable stock
- 1 tbsp brown rice
- 1 tbsp fresh chopped parsley
- Plus one comfort veg from: 3 large handfuls of curly kale, spinach or watercress, 200g sweet potato or pumpkin or butternut squash or sweetcorn

METHOD: Heat the olive oil in a pan, add the onion and garlic and cook on medium heat for 2-3 mins. Add the carrot, veg stock, rice, comfort veg, and simmer for 20-30 mins. Remove from heat, add parsley and serve as a chunky soup or blend for a smooth soup.

Basic stew recipe (1 SERVING)

- 1 dessertspoon olive oil
- ½ onion, chopped
- ½ large carrot, chopped
- ½ large parsnip, chopped
- 200ml vegetable stock
- 1 stick celery chopped
- Plus: 100g comfort protein
- 3 tbsp comfort carb

METHOD: Preheat oven to 180°C. Heat the olive oil in a pan, add the onion and cook on medium heat for 2-3 mins, add the carrot, parsnip, celery, vegetable stock, comfort carb and comfort protein and simmer for 5 mins. Transfer into a casserole dish, cover and place in preheated oven for 45mins.

NOTE Use tinned lentils and pulses – just rinse and add straight to soup or stew.



DAY 1

BREAKFAST
Porridge plus:
1 tbsp berries

LUNCH Basic soup recipe.
Comfort veg: butternut squash

EVENING MEAL
Basic stew recipe.
Comfort protein: chicken. Comfort carb: pinto beans

SNACK Apple

DAY 2

BREAKFAST
Porridge plus:
6 walnuts

LUNCH Basic soup recipe.
Comfort veg: curly kale

EVENING MEAL
Basic stew recipe.
Comfort protein: halibut. Comfort carb: kidney beans

SNACK Pear

DAY 3

BREAKFAST
Porridge plus:
3 dried apricots

LUNCH Basic soup recipe.
Comfort veg: watercress

EVENING MEAL
Basic stew recipe.
Comfort protein: chicken. Comfort carb: pearl barley

SNACK Banana

DAY 4

BREAKFAST
Porridge plus:
6 cashew nuts

LUNCH Basic soup recipe.
Comfort veg: sweet potato

EVENING MEAL
Basic stew recipe.
Comfort protein: cod. Comfort carb: brown rice

SNACK Orange

DAY 5

BREAKFAST
Porridge plus:
3 dried figs

LUNCH Basic soup recipe.
Comfort veg: spinach

EVENING MEAL
Basic stew recipe.
Comfort protein: turkey. Comfort carb: chickpeas

SNACK Kiwi

DAY 6

BREAKFAST
Porridge plus:
6 hazelnuts

LUNCH Basic soup recipe.
Comfort veg: sweetcorn

EVENING MEAL
Basic stew recipe.
Comfort protein: tuna. Comfort carb: butter beans

SNACK Grapes

DAY 7

BREAKFAST
Porridge plus:
3 slices pineapple

LUNCH Basic stew recipe.
Comfort veg: pumpkin

EVENING MEAL
Basic stew recipe.
Comfort protein: sea bass. Comfort carb: lentils

SNACK Apple