



'It's people not realising what they should be eating and not realising what's in their food'

TV DIETICIAN'S FAST-FOOD

MaryRose Spence has the right diet for your body type

Diet. It's an ugly word for most women. It's a word that means no mayonnaise on your sandwich, no sugar in your coffee and no ToffeePops after dinner.

But Auckland dietician MaryRose Spence is out to change common diet misconceptions and has written a "revolutionary" diet book based on body composition, rather than kilojoule intake. And with her method, you even get to scoff the odd ToffeePop.

In *Size Does Matter*, MaryRose says losing weight comes down to "matching what you eat to what you are", and sets out

guidelines for all body types.

"Consider a group of people, all with the same age, height and weight. If they were to eat the same amount, some would lose weight, some would maintain weight and others would put on weight," she says.

"Also, some would feel hungry within a couple of hours and need to snack, while others wouldn't eat until the next meal was on the table.

"It's a combination of people not realising what they should be eating and not realising what's actually in their food."

MaryRose identifies four body types – high fat and high muscle mass, high fat and low muscle

mass, low fat and low muscle mass, and low fat and high muscle mass.

Even though two people can look identical, their body compositions could be extremely different, leading to different dietary requirements.

"I had two men come into the clinic the other day. Both weighed 120kg and were about the same height, but one had high levels of muscle mass and the other's was low. If you give them both the same diet, one will lose weight and one will gain weight," she says.

MaryRose, who has been a dietician for more than 20 years and regularly features on TV3's *What's Really In Our Food?*, says people are shockingly misled about what they should be eating and the hidden fats and

sugars lurking in common "healthy" food.

"There are so many myths surrounding food and we really have to dispel all of them," she says. "A lot of it is marketing. Companies don't care about your waistline.

"Nuts, seeds, avocados – a lot of people eat these when they're trying to lose weight and yes, they're 'good' fats, but they're not going to help with weight-loss. A Brazil nut is 50% fat."

Surprisingly, sushi – often considered a great food to eat on a diet – isn't that great for certain body types.

"Think about the people who traditionally ate sushi – they're a lot smaller, with lower muscle mass. It was also normally eaten with greens on the side and there was a lot

PHOTOS: MARTIN STYKES



SNACK ATTACK



MaryRose says although sushi is widely considered a healthy food, it isn't good for all body types. "Sushi isn't going to work for everyone. Realistically, some people would be better off and feel a lot fuller with a cheeseburger," she says.

FACTS

more protein involved. Sushi isn't going to work for everyone. Realistically, some people would be better off and feel a lot fuller with a cheeseburger.

"On the other hand, Pacific Islanders normally have some protein in the morning, so give an Islander cereal for breakfast and they might be hungry by 10.30am," she says.

"It's all about portion control. We need to move away from these traditional 'can't have' diets and figure out just how much of something we can have."

In her book, portions are explained with visual images, showing exactly how different foods compare.

For example, half of one sausage has the same kilojoule value to half a cup of lentils, and

six marshmallows equal a slice of bread.

"It's easier for people to see exactly how things measure up," says MaryRose.

Dispelling the hundreds of diet myths out there hasn't been easy for MaryRose, but she hopes the book will go a long way in helping people realise they can have their biscuits and eat them too.

"Someone has to say something about it, because if the diets that everyone does worked, we wouldn't have 65% of the population overweight or obese. The statistics confirm that."

Kelly Bertrand

Size Does Matter
(WeightWise, \$39.99)
Available in book stores



MARYROSE'S BODY-TYPE TIPS

Helpful tips for matching what you eat to what body type you are

IF YOUR BODY MAKEUP IS HIGH MUSCLE AND HIGH FAT

You may have had many attempts at weight-loss, but were unsuccessful. This could be because you became too hungry and carbohydrate and protein intakes may have been inaccurate.

- ✦ Eat meals evenly distributed throughout the day. You'll get too hungry with missed meals or long gaps between meals.
- ✦ Carbohydrates and protein are important in each meal, with an emphasis on adequate protein at breakfast and lunch.
- ✦ Snack around 4pm – ideally carbohydrates and protein – this gives improved appetite control for the evening meal.
- ✦ Take care with the evening meal – it's easy for protein to be too high.
- ✦ Too much exercise will make you hungry.

IF YOUR BODY MAKEUP IS LOW MUSCLE AND HIGH FAT

If you're in this group, you may feel you only need to smell food to gain weight.

- ✦ Carbohydrates and proteins need to be included in each meal.
- ✦ You need to be aware of portion sizes.
- ✦ There also needs to be a big emphasis on lots of greens at lunch and dinner to help with portion sizes.
- ✦ Daily exercise will help.

PORTION CONTROL This = that

