



eat all you want and still lose weight

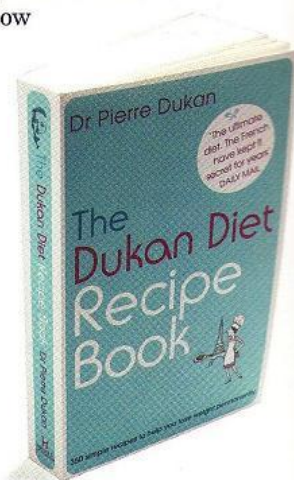
SO THE DUKAN DIET CLAIMS, AND IT WORKED FOR CELEBS LIKE J. LO AND GISELE BUNDCHEN. BUT IS THIS HIGH-PROTEIN, LOW-CARB PLAN FOR YOU? SHAPE WEIGHS IN.

What it claims: Shed 6kg in a month – and keep it off forever.

What it involves: Four phases. Begin with 2-10 days of eating strictly protein. In stage two, alternate vegetable and protein days with pure-protein days, until you reach your desired weight. Stage three: Eat protein and veg every day, plus a piece of fruit, two slices of bread and a serving of cheese. You're also allowed a couple of starchy "celebration" meals each week. Finally, eat whatever you like – but for one day weekly, only protein.

What the dietitian says: "It may work in the short term because of the reduction of calories. But in the long run, it is hard to follow and sustained weight loss is almost unlikely. Worse, excessive protein will put you at risk of ketosis, which can cause severe damage to the liver and kidneys. Have rice, potatoes, and daily exercise too – it's instrumental for weight loss and also good for your overall health."

– **Jaclyn Reutens**, clinical dietitian at Aptima Nutrition & Sports Consultant



MUNCH OF THE MONTH

SUMOSALAD

There aren't many eateries that boast you can "eat large, stay thin", but at this new joint (#B1-72 Raffles City Shopping Centre), it's possible. There are five signature salads to choose from, including two 97 per cent fat-free options – Cajun Prawn (222 cal, 6.9g fat) and Warm Thai Beef (334 cal, 8.8g fat). Large and filling, it's a meal that will satisfy Yokozuna-sized appetites. From \$8.40 each.



THOUGHT FOR FOOD

Did you know that when you imagine eating your favourite food, you're likely to consume less of it? So say researchers at Carnegie Mellon University in Pennsylvania, US. So go on, satisfy those cravings yet save on calories by indulging in your head.