

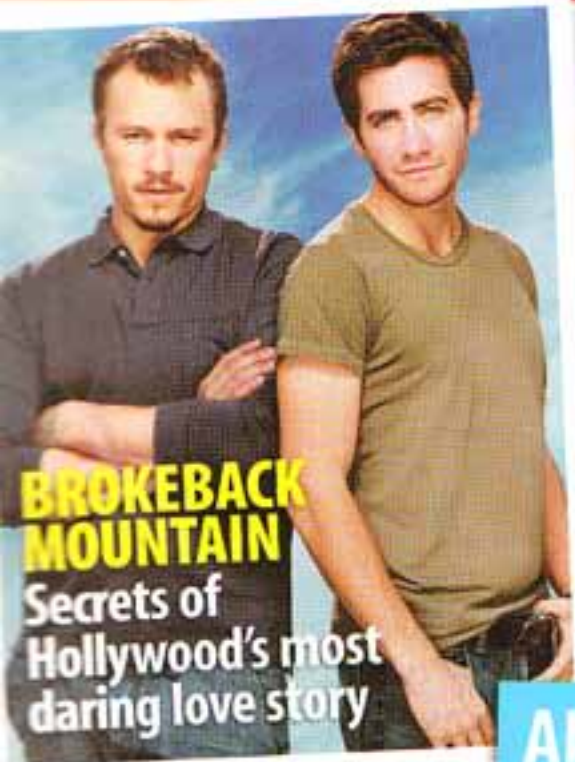
Who

January 23, 2006

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First for celebrity news

EXCLUSIVE
PICTURES!



**BROKEBACK
MOUNTAIN**

Secrets of
Hollywood's most
daring love story



EXCLUSIVE

**PINK & CAREY'S
ROCKIN' BEACH
WEDDING ALBUM**

ANGELINA
REVEALS

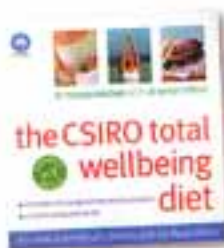
'Yes, I'm Pregnant'

The star confirms she and Brad Pitt
are expecting their first baby



A meaty debate

Critics take a stab at the CSIRO's bestselling diet bible. So what's their beef?



Yoyo diets looked like a thing of the past in May 2005 when the Commonwealth Scientific and Industrial Research Organisation (CSIRO)

released a groundbreaking book, The CSIRO Total Wellbeing Diet (Penguin). Authors Dr Manny Noakes and Dr Peter Clifton wrote of prolonging life and an end to miserable diet fads. Science-made-easy was the lure of the book (it has sold half a million copies), which included mouth-watering and filling meals that enabled weight loss. But not everyone has swallowed the diet's high red-meat plan, which proposes eating up to 800g of red meat a week. Leading nutritionist Dr Rosemary Stanton first voiced her concerns to WHO when the diet was publicised in 2003, and has now called on Prime Minister John Howard to order a review of the diet. WHO's Jenna Good spoke to Stanton, the book's co-author Noakes and independent consultant dietitian Dr Naras Lapsys about the controversy.





Rosemary Stanton

Nutritionist, author and critic of *The CSIRO Total Wellbeing Diet*

The diet advises eating too much red meat, and the government should be reviewing the fact that the CSIRO was obliged to rely on funding from outside sources [including Meat and Livestock Australia], which leads to distortion. A scientific study published by the CSIRO in the *American Journal of Clinical Nutrition* in June 2005 showed no significant difference in weight loss between the 50 women who followed their high-meat diet and the 50 who followed a diet with a lower content of meat.

Also, *The Australian Guide to Healthy Eating*, produced by the federal government, recommends 65g–100g of cooked meat or poultry three to four times a week. The CSIRO diet uses 200g of meat four–five times a week plus 100g of extra meat or chicken or fish for lunch. There's no need to eat this much meat, and studies quite clearly state there is an increased risk of bowel cancer with eating too much red meat.

Rosemary's suggested menu

Breakfast: A good quality muesli, low-fat milk and a banana.

Mid-morning: Coffee.

Lunch: A wholegrain-bread sandwich with avocado instead of butter, and chicken.

Mid-afternoon: Fruit and a few nuts.

Dinner: Chicken or fish with vegetables.



Manny Noakes

Research dietitian and co-author of *The CSIRO Total Wellbeing Diet*

The fact that the research was partly funded by Meat and Livestock Australia does not mean that it has been manipulated. Our aim was to put science into simpler terms and base the diet on how Australians are likely to enjoy eating.

There are no health risks associated with the diet. Those accusations are really not based on good evidence and unfortunately create further confusion with the public mindset. The notion that a high level of lean red meat contributes to cancers is factually incorrect. It's unfortunate the critics haven't done their homework.

The government's dietary guidelines recommend 65g–100g of cooked meat or poultry should be eaten three to four times a week as a *minimum* to ensure you are getting enough iron, zinc and vitamin B12. Plant-based proteins like chickpeas and legumes are also included in the diet but don't feature prominently because that isn't how Australians eat.

Manny's suggested menu

Breakfast: Weet-Bix with low-fat milk, a banana and yoghurt.

Lunch: A wholegrain sandwich with a substantial filling of tuna and salad; a tub of low-fat yoghurt.

Dinner: A lean piece of steak, either grilled or in a stir-fry, plus a large salad with a little oil and vinegar; fruit.



Naras Lapsys

Sydney consultant dietitian and medical researcher

I use a modified version of the CSIRO diet for my clients and find it unbelievably successful. The diet's fantastic because a lot of Australians live by a meat-and-three-veg style of eating anyway. But for others it might feel like too much red meat, so I would advise them to swap the red meat for white meat or fish occasionally. This also applies another layer of health, making the plan even better. However, it is important to remember that the book is generic and everyone is unique, so it should only be used as a general guideline.

One criticism I would have is that it was written in conjunction with Meat and Livestock Australia and their message is very strong—that you should be eating more red meat with your meal. Did the CSIRO feel pressure from them? The question of links with eating high levels of red meat and some cancers are still to be resolved in the next few years, and are mostly to do with processed meat.

Naras's suggested menu

Breakfast: High-fibre, low-fat cereal with skim milk and strawberries.

Mid-morning: An orange.

Lunch: Salad with tomatoes, chickpeas, smoked salmon, yellow capsicum, balsamic vinegar and lemon juice; fruit.

Dinner: Up to 200g of lean meat or fish, steamed vegies; low-fat yoghurt and fruit.