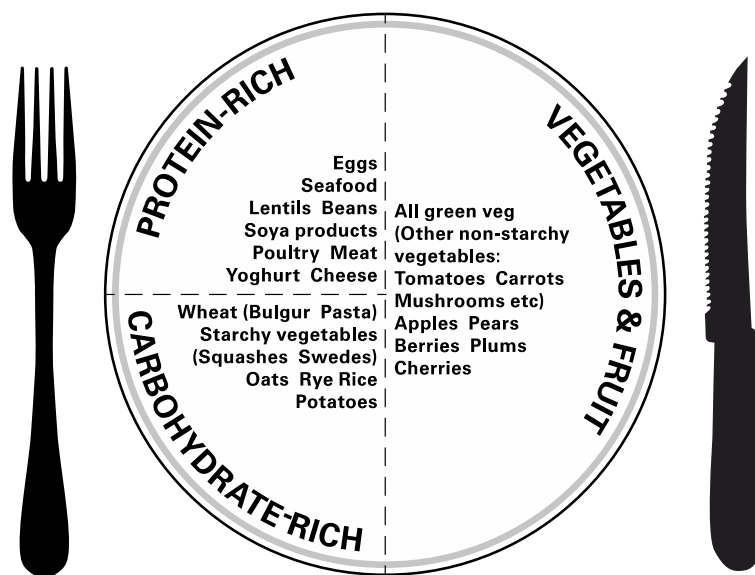


REPORT What to eat for lunch and dinner

The first golden rule of low GL eating is to fill half your plate with low-GL vegetables, such as all salad greens, peas, broccoli, carrots, runner beans, courgettes and kale, among many others.



Remember, you are aiming for a total of 15 GL for lifestyle and 10 GL for weight loss during lunch or dinner, so this half plate of vegetables should not exceed about 3 or 4 GL. The protein-rich quadrant might include a portion of meat, fish or tofu or beans, while the final carb-rich sector, with an allowance of 7 or 12 GL (weight loss/lifestyle), is the place for starchier vegetables, such as parsnips or swedes, and/or whole grain products, such as rice, bulgur, pasta or potatoes. The 3 GL from the vegetables, plus 7–12 GL from the starchy carbs, adds up to 10–15 GL, your meal allowance.

Get enough protein, but not too much

In practical terms, if you aim for 15g of protein three times a day, or 25g twice a day, you'll have enough. Practically, if you're going for an oat and not an egg breakfast, aim to eat a 10g protein breakfast and two 15 to 20g protein meals. Because the veg you eat, such as broccoli, will give you up to 5g of protein, a 15g portion of the protein food will suffice. Protein foods, such as meat, fish and eggs, are not pure protein, but also contain fat and water, so visually this looks like a quarter of what's on your plate.

If you are a strict vegetarian, you will need to eat more beans, lentils, soya products (such as tofu and tempeh) and Quorn than either meat eaters or pescatarians (those who eat vegetarian and fish) to achieve the desired protein intake target (see table below). A serving size of tofu for a main meal is 160g – roughly three-quarters of a packet. Many of the chicken and fish recipes in your Library can be adapted by using tofu or a tofu steak instead, and a number of recipes feature beans and lentils.

More fish, less meat

It bears repeating that seafood is a rich source of omega-3 fats, which have proven health benefits, so it is a good idea to get more of your daily protein requirements from fish as well as vegetarian sources of protein, rather than meat (and especially non-organic, red or processed meat), choosing organic, grass-fed or free-range meat in preference.

How much is 15g of protein?

All the portions in the following table equate to 15g of protein. Don't eat more than three of these a day unless you're an endurance or strength athlete.

[typesetter: please set as a table]

Food	Weight	Serving
Tofu and tempeh	160g	¾ packet
Soya mince	100g	3 tbsp
Chicken (with skin)	50g	1 very small breast or thigh
Turkey	50g	½ small breast
Steak (rib-eye)	100g	1 small steak
Quorn	120g	⅓ pack
Salmon and trout	55g	1 very small fillet
Tuna (canned in brine)	50g	¼ can
Sardines (canned in brine)	75g	⅔ can
Cod	65g	1 very small fillet
Clams	60g	¼ can
Prawns	85g	6 large prawns
Mackerel	85g	1 medium fillet
Kipper	75g	1 large fillet
Oysters	15	15
Yoghurt (natural full fat)	285g	½ large tub
Brie	75g	1 small wedge
Cheddar cheese	63g	1 small wedge
Cottage cheese	120g	½ medium tub
Full fat goat's or sheep's cheese	70g	1 small wedge
Hummus	200g	1 small tub
Milk	440ml	1 large glass
Soya milk	415ml	1 large glass
Eggs (boiled)	2	2
Quinoa	125g	1 large serving bowl
Baked beans	310g	¾ can
Kidney beans	175g	⅓ can
Black-eye beans	175g	⅓ can
Lentils	165g	⅓ can
Nuts (mixed)	100g	1 small packet
Seeds (based on pumpkin)	50g	½ cup
Peanuts	50g	½ cup

Starchy vegetables

The carb-rich quadrant will usually be about the same size and/or weight as the protein sector, but there can be some variations; for example, if you are eating chicken with rice, the rice portion will look significantly larger than the fillet of chicken because chicken is dense and heavy whereas rice is relatively light. Remember, this quarter of the plate should account for a maximum of 7 for weight loss or 12 GL for lifestyle, so let's see what that means in terms of portion size:

STARCHY VEGETABLES

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Food Serving size	7GL (weight loss)	12GL (lifestyle)
Wholegrain bulgur	Large serving, 190g	Very large serving, 325g
Pumpkin/squash	Large serving, 185g	Very large serving 320g
Carrot	1 large, 160g	2 small, 270g
Swede	Large serving, 150g	Very large serving, 255g
Quinoa	Large serving, 130g	Very large serving, 220G
Beetroot	Large serving, 110g	Large serving 190g
Cornmeal	Medium serving, 115g	Large serving, 200g
Pearl barley	Small serving, 95g	Serving, 160g
Wholemeal pasta	½ serving, 85g cooked weight	Small serving, 145g
White pasta	⅓ serving, 65g cooked weight	Small serving, 110g
Brown rice	Small serving, 70g cooked weight	Serving, 120g
White rice	⅓ serving, 45g cooked weight	½ serving, 75g
Couscous	⅓ serving, 45g soaked weight	½ serving, 75g
Broad beans	Small serving, 30g	Serving, 50g
Corn on the cob	½ cob, 60g	Small cob, 100g
Boiled potato	3 small, 75g	5 small or 3 medium, 130g
Baked potato	½, 60g	1 small or ½ large, 100g
French fries	Tiny portion, 45g	Small portion, 75g
Sweet potato	½, 60g	1 small, 100g

As you can see, there are some high and some low 'value' foods on this list. The stated portions of wholegrain bulgur (which takes only eight minutes to cook) and quinoa (which takes 15 minutes) will certainly fill you up. Bulgur is delicious on its own, whereas the quinoa ideally needs some sort of flavouring, but it is a very good source of protein. Wholemeal pasta and brown rice are both much better options than the white alternatives; however, they are still quite high GL so don't go overboard on the portion size. Similarly, swedes, carrots and squashes are all preferable to potatoes. And boiled potato is better than baked potato, which is better than French fries. In reality, if you make the right choices, you'll be eating to satisfaction.

Beans and lentils

It's telling that many of the world's fattest nations have shunned beans and lentils over the past hundred years or so. They are missing out, because these are the best foods for balancing your blood sugar and providing the perfect combination of protein and carbohydrate. It's mostly due to this rare double-whammy that they have such low GL scores, plus lentils and soya also contain a substance that prevents the digestion of amylose, which retards its release even further. Moreover, soya keeps your arteries healthy by lowering the level of 'bad' LDL cholesterol: just one serving a day, as either soya milk or tofu, can result in a 10 per cent reduction.

The portion sizes of beans and lentils can be quite generous because you are getting both protein and carbohydrate from a single food source; however, if one of these foods is the meal's primary source of protein, combine it with half the usual portion of carb-rich food; for example, if you make a lentil casserole for two people, use 200g of uncooked lentils and only 100g of uncooked brown rice. Of course, you need to do this because you are getting quite a lot of carbs – as well as protein – from the lentils. All of the portions in the table below provide the full 7 GL for weight loss or 12 GL for lifestyle allowance for the carb-rich sector of the plate, so you will need to reduce the quantity if you have some starchy vegetables, too. (A can of beans contains 225–245g of beans, and 200g of canned beans is roughly equivalent to 40g of dried beans.)

LEGUMES (PEAS, BEANS AND LENTILS)

{typesetter: please set as a table – note, set fractions 1/2 and 1/3}

Food serving size	7GL (weight loss)	12GL (lifestyle)
Soya beans	4 cans	7 cans
Pinto/borlotti beans	1 can	1 1/2 cans
Lentils	3/4 can	1 1/3 cans
Baked beans	3/4 can	1 1/3 cans
Butter beans	3/4 can	1 1/3 cans
Split peas	3/4 can	1 1/3 cans
Kidney beans	2/3 can	1 can
Chickpeas	1/2 can	3/4 can

If you are not vegetarian, you might be quite unfamiliar with beans and lentils. Although most people have encountered dhal, baked beans, hummus and/or cassoulet, many have never thrown a packet or a tin of lentils or beans into their shopping basket. But these are immensely satisfying, flavourful foods that feature prominently in all of the world's great cuisines.

Patrick Holford's Low GL Cookbook, which uses these kinds of foods and gives the exact GL of every dish, is a really useful resource easy recipes for breakfast, snacks and main meals, as well as desserts.

Non-starchy vegetables

Now it is time to move on to the other half of the lunch or dinner plate, where you'll find the 'unlimited vegetables'. Of course, there are *some* limits, but even a generous portion of any of these foods will amount to less than 2 GL; for example, you could have a handful of peas as part of your meal.

To recap, in general, you'll be eating two servings of non-starchy vegetables (half a plate), one serving of starchy foods and one serving of protein-rich food for both lunch and dinner. If you stick to these proportions, you will feel full at the end of every meal and may well make it all the way through to the next one without ever feeling hungry. And if hunger does strike, you can always treat yourself to a healthy snack, especially in the late afternoon.

[NON-STARCHY VEGETABLES

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[list]

Artichokes
Asparagus
Aubergine
Avocado
Beansprouts
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Celery
Courgette
Cucumber
Endive
Fennel
Garlic
Green beans
Kale
Lettuce
Mangetouts
Mushrooms
Onion
Peas
Peppers
Radish
Runner beans
Rocket
Spinach
Spring onions
Tomato
Watercress