

Losing weight a piece of cake

Bianca Clare | 14th August 2009



Controversial nutritionist Cyndi O'Meara is coming to Mackay next week to speak about weight loss and the causes of obesity.

IF you want to lose weight, eat a piece of chocolate cake.

That's the controversial view of advocate for "real food" and nutritionist Cyndi O'Meara, who is coming to Mackay next week to speak about weight loss and the causes of obesity.

She disagrees with low-fat, low-calorie diets, thinks chocolate can be good for you, butter is better and coffee is not so bad.

"Thirty years ago the Australian population ate bacon and eggs, hot chips, meat pies and lamingtons - there was very little obesity," she said.

"The food eaten in the seventies and eighties was made with real food, a small number of ingredients that would last only a day or two.

"These same foods today can be made up of over 90 ingredients, many of them made in a chemical laboratory and the food can last for weeks.

"Although these foods may look the same, fundamentally they are nothing alike - many of the ingredients that make up prepared, baked and packaged food have changed and the Australian public is oblivious."

Ms O'Meara said diet drinks and foods containing artificial sweeteners changed the appetite centre of the brain and created cravings for more food.

"Diet foods which are low in fat and nutrition also increase food cravings."

Ms O'Meara said if weight gain continued on the path it was following, by the year 2020 an estimated 80 per cent of all Australian adults and a third of all children would be overweight or obese.

"Today, we are facing the frightening statistic that one in three people in Australia are overweight or obese," she said.

Ms O'Meara's qualifications include a Bachelor of Science degree majoring in Nutrition from Deakin University in Victoria.

She has appeared on television shows such as Today Tonight, Brisbane Extra, Fresh, Jeff Janz and 9am with Kim and David.

Her public talk will be held at Beaconsfield State School resource centre on Wednesday, August 26, at 7.30pm.

Tickets are \$20 and on sale now from the school office. Call Dale on 4959 9023 for more information.

WEIGHT LOSS

- Controversial advocate for "real food" and nutritionist Cyndi O'Meara says let's get back to bacon and eggs, pies and chips.
- She thinks diet foods that are low in fat and nutrition increase food cravings.
- Her public talk will be held at Beaconsfield State School resource centre on Wednesday, August 26, at 7.30pm