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## THE ADVICE 'HEAR YOUR BIOLOGY'

**THE EXPERT** Patrick Holford, nutritionist and author of *The Optimum Nutrition Bible* (£12.99, Piatkus Books)

'We often underestimate how strong our biology is and a large part of successful dieting is about learning to listen to this and managing it. If you let your blood sugar dip below a certain level, you start dreaming of sugar, sweets, chocolate, biscuits – all foods that will give blood sugar an instant boost, but wreak havoc on a diet. The problem is that it's impossible to resist your biology, so don't let your blood sugar get to rock bottom. When you dream of something very sweet, have an apple or a few nuts. The desire will decrease and it will be easier to stay on the path of righteousness. Realise that when you think: "I'd kill for sweets or chocolate" that's your brain telling you that your blood sugar is low.'

## THE ADVICE 'EAT BREAKFAST'

**THE EXPERT** Patrick Holford

'Having breakfast is critical. This is the most important meal of the day, but not only because your blood sugar is low and you need the energy. If you get your morning routine right, the rest will follow – it's the first step to becoming more healthy. If you blow it in the morning and have a croissant and coffee, you're lost for the rest of the day. There are three options I'd recommend: hot or cold oats with milk or soy milk, plus berries or apple and seeds; scrambled eggs with oat cakes or on toast; soya yogurt with berries and ground seeds.'