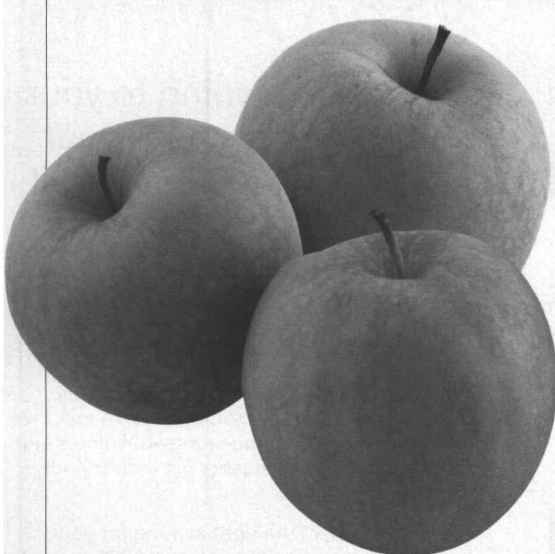


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Which diet works best?
There's a baffling number of diets around, but do they really work? In an independent review last year, the low Glycaemic Load (low-GL) diet came out as the most effective. It focuses on foods that help stabilise blood-sugar levels, so snack cravings are reduced. The idea is that swapping high-GL foods, such as cornflakes and bananas, for lower-GL foods, such as oat cereal and apples, and combining carbohydrates with proteins, makes it more likely that weight loss will be maintained. Working out what constitutes a high-GL food can be baffling, but nutritionist Patrick Holford has developed an easy-to-follow plan in his book *The Holford Low-GL Diet Made Easy* (Piatkus, £10.99).