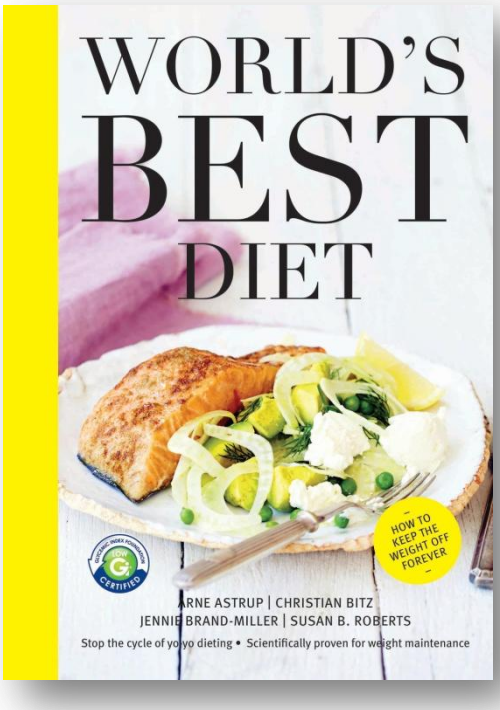
World's Best Diet



AUTHOR: CHRISTIAN BITZ

AUTHOR: PROFESSOR JENNIE BRAND-MILLER

AUTHOR: ARNE ASTRUP

AUTHOR: SUSAN B. ROBERTS

Foreword by Professor Manny Noakes

If you were asked what Australia and Denmark have in common, your first thought may be of Crown Princess Mary, who was born in Australia and is now part of the Danish royal family. But in the world of scientificc research, there's another important link. Professor Arne Astrup of Denmark has a strong interest in the role of protein in the diet and health. In particular, he has published several studies that have shown that higher-protein diets seem to have an advantage in controlling hunger and assisting weight loss. At the same time, CSIRO in Australia has also had a strong research interest in high-protein diets for weight loss and developed the popular CSIRO Total Wellbeing Diet.

The challenge with losing weight is twofold. Firstly, finding an eating pattern that is effective for weight loss and secondly, finding a way to effectively maintain that weight loss. Professor Astrup's research in the Diogenes study has answered that second, critical question about weight-loss maintenance. What he has shown is that protein in the diet is still important to stop weight regain. But, importantly, this is only true if protein foods are combined with low-glycaemic-index (GI) carbohydrate foods. And this is where the Danish connections to Australia continue.

Professor Jennie Brand-Miller from Sydney University has been a champion of the GI concept and its importance to health for many years. She has published many popular books on the glycaemic index, including the *Low GI Diet 12-week Weight-loss Plan*. The Diogenes study beautifully links the research in Australia, Denmark and internationally on dietary protein and GI, making this research relevant to anyone wanting to maintain a healthy weight and improve their health.

'World's Best Diet' may sound like an extravagant claim. However, unlike many grandiose claims made in the weight loss industry, this book is backed by solid scientific evidence. But it is not only the science credentials that are important. The recipes in World's Best Diet are carefully designed to be as appealing as they are healthy and satisfying. I am sure you will thoroughly enjoy the experience of reading this book as much as I have. Putting the World's Best Diet principles into practice and reaping the benefits of maintaining a healthy weight in the long term is a pretty good return on your investment!

Professor Manny Noakes, Research Program Leader
CSIRO Animal, Food and Health Sciences