## ried it... READER'S FORD GUIDE

COLOUR-FAST

Every month, one Simply
You reader will TRY A
DIFFERENT DIET, and
give you a full and honest
guide to the good and
bad bits and whether it

can help you keep the weight off for good...

TESTED BY:
TRACEY
HAMMOND, 54



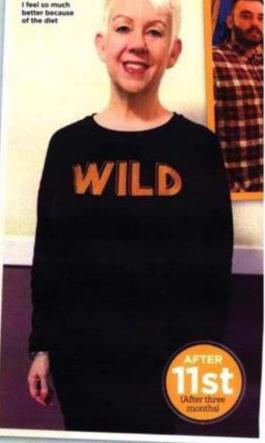
ABOUT OUR TESTER: Tracey is a health and safety manager who has been struggling to

lose weight
TRACEY'S SCORE

COST £40 per week

SUCCESS \*\*\*\*\*

EASY TO MAINTAIN



esearch shows that gut health can impact our ability to lose weight. Certain foods such as sugar and processed items can be harmful to gut bacteria, and habits such as snacking can put excess pressure on the gut.

That's why we were interested to hear more about the Colour-Fast programme, a diet plan devised to ensure a healthy gut and immune system. The programme avoids snacking, and includes a long fast between dinner and breakfast.

We spoke to Tracey who tried the diet and shared how she got on... Colour-fast: The rules

» Foods are divided into the following groups...

Green foods (vegetables, fruit, beans and pulses): seven to eight portions a day Pink foods (starchy foods such as bread, potatoes, pasta and cereais): one to two portions a day Blue foods (fats and

protein such as dairy, meat, fish, nuts and seeds; one with every meal Red foods (alcohol and high-sugar, fisavily processed foods) avoid

processed foods): avoid » Have three meals a day. No snacks between meals

imply You



drink water instead.

Have an early dinner and

late breakfast to fast your

body and let your digestive

system rest. Stick to the

same fasting window, eg

if you have to eat dinner

an hour later.

gut health!

an hour later than normal.

The more colour on your

plate, the better for your

The good bits:

- This plan was so simple

and easy to use. I got sent

charts which set out the

colour-coded food groups

and I ticked off a box as I

I called it food bingo!

It was a great way of

tracking what I ate. The

recipes were simple and delicious and it was easy on

a budget. The programme recommends 'tapping' as a

way of beating cravings and

I found this so useful that it

became second nature.

They also provide

had a portion during the day

have breakfast the next day

too late a dinner to ensure my body could fast before breakfast.

But I didn't find that hard at all, and if I did have a late dinner, if I was working away or meeting friends for example. I just had a later breakfast the next day.

## How did get on?

» I'd been struggling with my weight for years, suffering joint pain

and bad sleep

I just couldn't understand why I wasn't losing weight, as I was eating healthily and punishing myself in the gym. doing two HIIT sessions and three spin sessions a week!

I've since realised that my gut health wasn't great. Stopping snacking and having a long overnight fast has completely helped, as it allows my gut to rest. I also realised I would eat when I was bored, and reward myself with food or alcohol.

Now my whole attitude to food has changed. The colour system is so easy to follow, and I enjoy filling up my plate with nutritious food, never feeling deprived. I have the odd treat, but now a little is enough to keep me satisfied - I'll have a G-T if I'm celebrating instead of polishing off a bottle of winel

Best of all, I've stuck to the diet and lost three stone. going from a size 18 to a 12 I've dropped inches from all over my body, especially my burn, thighs and hips. I've swapped intense workouts for yoga and kettlebell classes, which I enjoy and are good for my joints.

The diet is a way of life now. I'm feeling better than I did 10 years ago!

meditation tapes which help keep you on track. Within a few days I was sleeping better and I lost weight quickly and consistently which I was very happy with!

Downsides:

- I'm struggling to think of anyl I had to bear in mind meal times, and not have

## To find out more

Go to theplacebodiet.co.uk/



» Breakfast: Feta omelette with an avocado or a home-made

smoothie » Lunch: Soup or healthy pizza

» Dinner: Stirfries, vegetable curry or Nando's!

» Side: Veggies







Simply You