

STRAWBERRIES

It's not just about how much we eat, what we eat also determines how long it is until we feel hungry again. And to test this we split our feasters into two teams, gave them each a different lunch before sending them to the countryside for a spot of strawberry picking.

What we'd like you to do is to pick until you feel hungry. If you do feel hungry wave your team's flag colour up in the air, bring your punnet up to the top and we'll weigh your strawberries and see how many you've managed to pick.

After just five minutes our first picker starts to feel hungry and quits. She's from the yellow team and on the incorrect diet. She's quickly followed by half a dozen more yellows.

They're all giving up, they're all hungry.

Twenty minutes later more than half the yellow team feel hungry and have stopped. Still no blues.

Are you feeling hungry?

No.

I'm not feeling super hungry.

I'm not even tempting to take a strawberry.

So a high protein, low GI diet does seem to be holding off hunger and if the blue team don't feel hungry, they'll eat less and lose weight. The blue team, who ate the correct diet, held off their hunger for a combined total of eight hours longer than the yellow team and that's because the blue team's hormone levels are all so much higher. When she looked at the results of their hormone tests, Fiona discovered the blue team's levels of the hormone GLP1 kept rising for three hours after lunch. In contrast, by then the yellow teams were just half as high.