



The fussy eater

Ariel Leve

I'm doing three days with no food, just strange, coloured vegetable juices. Will I feel better for it?

Recently I decided to spend three days drinking juice. Three days where I have no food and cut out caffeine entirely. I'm not sure what prompted this decision. Maybe it was temporary insanity. Maybe because everyone was spring cleaning; I couldn't deal with my closets so I figured I'd clean my colon. Consider this: I have not gone a day without coffee since I was 13.

I rarely deprive myself and never diet. My idea of depriving myself is not eating the entire bar of dark chocolate. When I gain weight, I'll eat less for a few days and exercise. Or I'll sleep more.

The cleanse would require stamina. Discipline. People say it's good to push your limits. According to the testimonials on the website for the cleanse, I would lose weight and my skin would glow. How hard could it be?

I should have known to be sceptical of the testimonials. They were all positive. Everything was amazing. The cleanse was amazing. Concentration levels were amazing. The parsley protected the liver and spleen. Amazing! It was amazing that no one mentioned being hungry.



The plan was that every day I would consume six 16oz bottles of raw vegetable and fruit juice. These juices had the consistency of water. Expensive flavoured water.

What I did find appealing, almost mesmerising, was the aesthetic. It's a very luxurious way to drink juice. The bottles are pristine and almost medicinal looking. The obsessive compulsive in me appreciated that they lined up nicely in the fridge. Plus, they were delivered to my door. All of them labelled with a number so that you knew when to drink which juice. Juice number one was green – kale, parsley, cucumber, romaine, celery – all vegetables which I enjoy chewing.

If George Clooney was pouring this for me, I could not have looked forward to it more

Drinking them was another matter. It was like sipping a lawn.

Juice number two was tastier. Apple, pineapple and mint. Number three was another green one, and four – a spicy lemonade – was really uneventful. Five was slightly more exciting. Carrot, apple, beetroot, ginger. The main event was number six. Cashew nut milk with vanilla bean, agave nectar and cinnamon. If George Clooney was pouring this for me personally I could not have looked forward to it more.

The first day of the cleanse I realised that without coffee, I have no incentive to get out of bed. And that night, I made the mistake of going out for dessert at my friend Liza's birthday. At the table, it was announced there would be "one of everything" and the desserts were passed callously under my nose. I didn't have a bite. Not a sugar-coated berry. I had the discipline of an Olympic athlete. Who knew?

Day two, caffeine withdrawal. I woke up with a crippling headache and my energy level was nonexistent. I missed chewing. I was cranky and wanted something to eat. I needed something to live for. Oh wait, I had a green bottle of liquid kale in the fridge. Never mind.

Day three made day two seem like a holiday. All I could do was sit and pray that my headache wasn't a brain haemorrhage. Even my teeth ached.

Overall, I can't say I'm happy I did it. I learned how much peppermint tea I could drink. I stuck to it, which I'm proud of, but the reward was minimal. The most positive thing? Not having to wash any dishes for three days. **OFM**

KITCHEN APPS

OFM tests foodie-friendly iPhone apps. Eat, drink, download...

Sushipedia



What is it?

Free on iTunes, it describes itself as "a world of delicacies at your fingertips" which in a sense is true, although there's

nothing you can actually eat. That app is a few years off.

Will it increase your enjoyment of sushi?

Although it sometimes reads as if it has been translated from the Japanese by a student, this is part of the charm. The "detailed tasting

notes" on more than 200 types of sushi morsel are pretty comprehensive – even including an entry for "surimi" – otherwise known as crabsticks – so even One Stop does sushi now.

Impress your fellow diners with facts like this one...

The chef will often perform a ritual massage on a live octopus prior to boiling.

What if you feel guilty about depleting the oceans?

Try the "what's in season now?" feature, one for sustainable types.

THE PIE CHART

Food news in numerical form

This month: the Guantanamo Bay diet

Official US guideline for weight maintenance (calories per day)

2,500

4,200

Daily caloric content of Guantanamo Bay detainees' diet

SOURCES ABC, FOX

Average weight gain of prisoners during their time at Guantanamo Bay

9kg

Hours of exercise given to detainees weekly

Compliant prisoners 12

Max. security prisoners 2