

WHAT LOW CARBOHYDRATE, HEALTHY FAT EATING IS ALL ABOUT?

Website	www.dietdoctor.com
Movies	Fat Fiction (Youtube) The Magic Pill (Youtube) & Fat: A Documentary (Apple)
Apps	Freshwell Low Carb Project (lowcarbfreshwell.co.uk) & myfitnesspal
Facebook groups	Low Carb Doctor New Zealand
FAQs	Sugar infographics https://phcuk.org/sugar/

ABOUT CARBOHYDRATES, FAT & PROTEIN

CARBOHYDRATES = carbs = sugars are broken down into glucose when eaten. Many processed foods & drinks are forms of highly packaged carbohydrates – Coca Cola, Pepsi, potato chips/nachos, KFC/McDonalds & cereals. Glucose stimulates release of insulin. At the same time, the liver is unable to turn-off its ongoing release of glucose which is added to sugar that is ingested. More sugar in the blood needs more insulin which may become less effective (*insulin resistance*) over time.

FATS are essential for vital organ function. They do not turn into sugar & don't affect insulin levels. Fat has had a reputation for making us fat – but this is not true. It is carbohydrates in low-fat products that make us fat. If you eat a high fat diet & still eat carbohydrates you will gain weight!

PROTEINS are made up of amino acids which are needed for structure & regulation of the body's tissues & organs. When eaten alone, protein does not increase blood sugar levels (or therefore raise insulin). Good proteins - red meat, fish, chicken, nuts, seeds & eggs.

LOW CARBOHYDRATE/REDUCED CARBOHYDRATE EATING

The low-fat diet advocated to reduce heart disease in the 'developed' world over the decades has not worked. It has created an obesity epidemic with complications of high blood pressure, prediabetes, diabetes & metabolic syndrome (obesity, high blood pressure & insulin resistance).

Now is the time for change & the way forward is Low Carbohydrate Eating.

- **Minimal carbohydrate is needed for life & energy as the body can use fat.**
- **Reduced carbohydrate eating involves reduced carbohydrate intake with a higher proportion of natural fat & protein.**
- **When you avoid carbs, blood sugar stabilises & levels of fat-storing insulin drop & this increases fat use from stored body fat & ingested fat.**
- **Protein & fat keep you feeling full for longer than carbohydrate**

Advantages

- 1) Effective & sustained weight loss without calorie counting
- 2) Correction of diabetes
- 3) Correction of metabolic syndrome
- 4) Improved cholesterol profile
- 5) Increased energy & Decreased hunger.

Basics Eat when hungry & stop when satisfied
Too much protein is not recommended
Feel free to eat fat on meat & chicken skin
Eat clean, fresh, real food, not processed/pre-packaged foods.
Drink water throughout the day when you are thirsty.
Read labels & know exactly what you are eating. 'Low-fat & Fat-free' foods often contain sugar.

Tips

Fat Butter & cream can make food taste better & you feel more satisfied. Cook with butter & drizzle olive oil over salads. Cream in coffee is okay. Raw nuts, avocado provide plenty of fat. Eat fattier cuts of meat & seafood. Chia seeds are rich in fat & a good cereal substitute.

Protein Work on a portion of cooked protein about the size of the palm of your hand. Eat dairy products like cheese & cream for added protein. Including nuts, seeds & vegetables in meals.

Carbohydrate Aim to eat 25-50 g carbs per day. One banana = 25g. Be careful with fruit - high sugar. Berries are lowest in sugar. Get carbs from vegetables at every meal.

Dairy Excessive dairy products may stall weight loss. Always select full-fat options - real butter, cream, sour cream & cheeses. Regular milk, reduced fat & skim milk contain a lot of milk sugar.

Flavourings/Condiments Caution, as they may contain sugars, additives, preservatives or processed (seed) oils.

FOODS TO EAT WITH LOW CARBOHYDRATE HEALTHY FAT EATING

MEAT	Beef	Lamb	Pork	Sausages	Offal
	Chicken	Turkey	Duck	Game	
	Cured meat	Broths			
SEAFOOD	All seafood	Fatty fish: Salmon, mackerel, sardines, herring			
EGGS	Boiled	Fried	Poached	Scrambled	Baked
	Omelette				
DAIRY	Cream cheese	Cottage cheese	Fatty cheese	Full cream	Butter
	Greek yoghurt	Full-cream milk			
VEGETABLES That grow above the ground	Asparagus	Aubergine	Broccoli	Brussels sprouts	Cabbage
	Celery	Capsicum	Cauliflower	Cucumber	Avocado
	Green beans	Kale	Leek	Lettuce	Zucchini
	Olives	Pumpkin	Spinach	Sugarsnap peas	Tomato
	Radish	Spring onion	Onion	Mushrooms	Turnip
BERRIES	Strawberries	Blackberries	Raspberries		
FATS	Olive oil	Avocado oil	Macadamia oil	Mayonnaise	Lard
	Butter	Ghee	Coconut oil		
NUTS & SEEDS	Almonds	Brazil nuts	Coconut	Macadamia	Pistachio nuts
	Walnuts	Sunflower	Sesame seed	Pine nuts	Pecan nuts
DRINKS	Coffee	Tea	Green tea	Water	Diet drinks

FOODS TO AVOID WITH LOW CARBOHYDRATE HEALTHY FAT EATING

CARBS/SUGAR DENSE SUGARS	Soft drinks	Juices	Sports drinks	Chocolate	Sweets
	Cakes	Buns	Pastries	Ice cream	Breakfast cereal
	Bread	Pasta	Rice	Potatoes	Kumara
	French fries	Potato chips	Porridge	Muesli	Couscous
	Lentils	Polenta	Semolina	Breaded/battered foods	
FRUIT	Contains a lot of sugar so eat in its natural form as a treat; Coconut, citrus & melon contain fewer carbohydrates than bananas or grapes				
DRIED FRUIT	All				
FATS/OILS	Margarine	Corn oil	Grapeseed oil	Soybean oil	Sunflower oil
	Canola oil	Fat spreads			
DRINKS	Beer	Dry wine	Champagne	Dessert wine	Dark spirits
	Cider	Liqueurs	Cordials		
DAIRY	Low fat/fat-free	Cheese - Spreads / Processed		Tinned cream	Condensed milk
	Custard	Yoghurt	Soy milk	Powdered milk	Flavoured milk
MEAT/FISH	Corned	Battered	Crumbed	Marinated	Sugar cured
	Chicken nuggets	Meat pies	Ready-meals	Meat-free	Tuna in veg oil
FAST FOOD	Burgers	Hot dogs	Spare ribs	Wraps	Pizza
SAUCES	Bought sauces	BBQ sauce	Cook-in sauce	Marinades	Pasta sauce
	Salad creams	Salad dressings	Tomato sauce		
OTHER	Peanuts	Corn syrup	Maple syrup	Table sugar	Treacle
	Fructose	Glucose	Dextrose	Peas	Corn
	Chickpeas				