

For more information



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lowcarb4families.co.nz

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**AUT HUMAN
POTENTIAL CENTRE**



Low Carb

Top 4 points
about eating the whole food LCHF way

Guide

Talk to your doctor if you are on any medication

Welcome

Welcome to your Low Carb Guide.

LCHF is about...

1. Choosing whole food (minimally processed)
2. Eating less carbs
3. Eating healthy fat

LCHF

=

Low Carb, *Healthy Fat*





Why LCHF?

Easier weight loss

Prevent and control diabetes

Better bloods

Less diabetes drugs

Less hunger

Better energy

Tasty food

Budget friendly

Suits the whole family

Package free, unprocessed food

Stop cravings

Feel full for longer

You can choose the LCHF lifestyle to take control of your health today.

STOP short-term DIETS, EAT whole food

“How can I make a sandwich without bread?”

Use lettuce leaves and capsicum shells to wrap your burgers!

“What’s the best oil for cooking?”

Coconut oil, olive oil, lard, tallow, meat fat, ghee, butter, and avocado oil are all fine for cooking with. Throw away processed vegetable oils, these are unhealthy.

“Can I skip a meal?”

Eat when hungry. If you are not hungry and you miss a meal, that’s okay.

1. Whole food



“Do I need to sleep more?”

Yes! Getting enough sleep and managing stress are important for health.

“Do I need to limit eggs?”

No! Eggs are healthy and you can eat them everyday.



“Can my children eat LCHF or do I need to cook separate food for them?”

Yes! Eating whole foods is good for the whole family.

“Can I use artificial sweeteners?”

Avoid artificial sweeteners – they are fake foods.
Use stevia, xylitol, or erythritol as substitutes.



Choose minimally processed whole food

- Say no to most food which comes in a packet.
- Choose food as it grows on land and in sea.
- Cook using whole natural foods.
- Choose fresh vegetables and fruit in season (or used canned and frozen).
- Shop around the outer part of the supermarket.
- Visit local markets.
- Eat **wholefood** for lots of nutrients to keep you healthy.



2. Carbs

What is carbohydrate?

- Any foods that turn into sugar in the blood.
- **Sweet** and **starchy** foods.
- Carbohydrates come from many different foods.
- Some foods have more carbohydrate than others.
- Eating **too much carbohydrate** turns into **too much sugar in the blood**.

Carbs turn into sugar in the blood



- We only need **one teaspoon** of sugar in our blood.
- The extra sugar in our blood has to be stored in fat and muscle.

Top Questions



"Does fat make me fat?"

No, sugar and processed carbs make you fat. Eating too much food also make you fat.

"Is it expensive?"

LCHF can suit any budget. Look for whole foods from local markets and produce stores as your main food source.

"Is it forever?"

Yes! LCHF is a long term lifestyle rather than a short term diet.

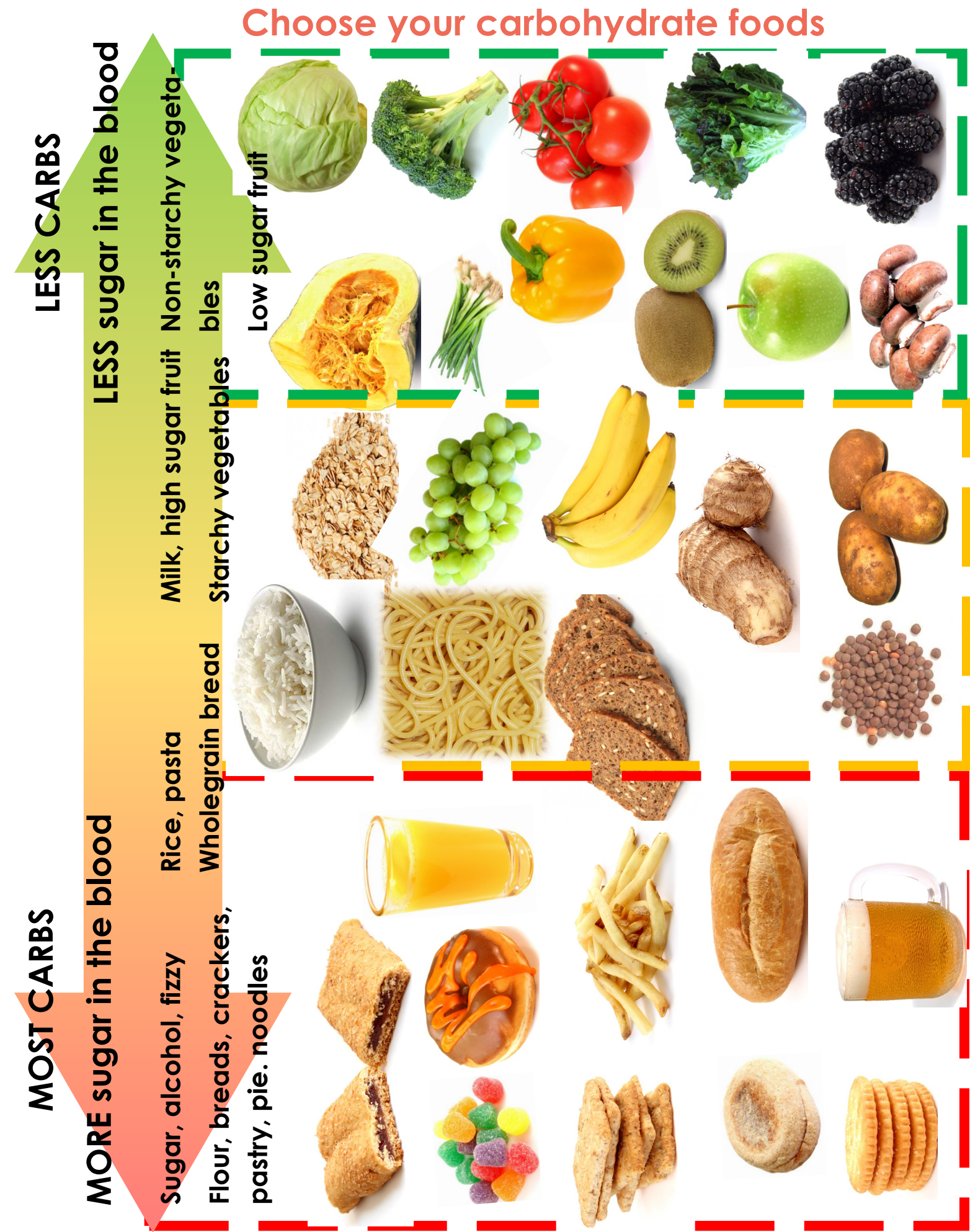
"What about exercise?"

Any movement is good for your health.

"What about snacking?"

If you're not hungry don't eat. Aim to eat mainly at meal times.

Keep going!
Saying “no” to unhealthy food gets
easier the longer you eat LCHF.



3. Healthy Fat

Why healthy fat?

- It's important for body functions
- It helps to keep you feeling full
- Healthy fats contain good nutrients



Healthy fat, less carbohydrate



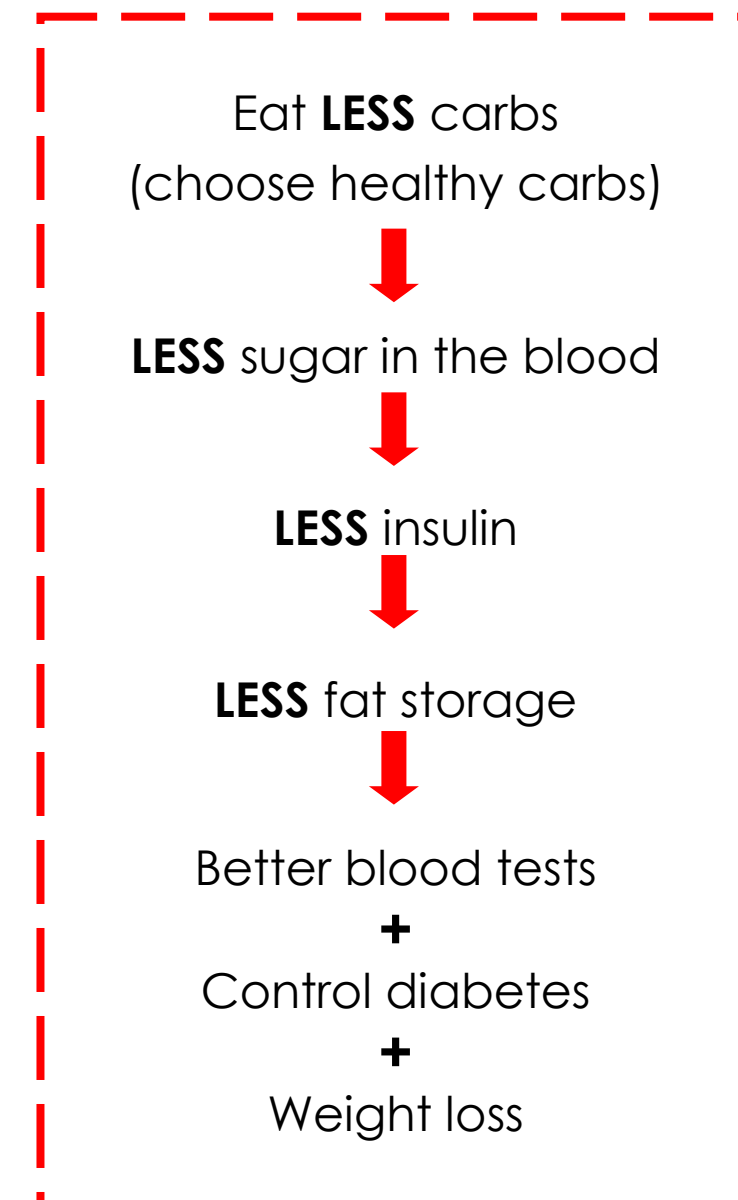
Less sugar in the blood

What is Insulin Resistance

- When insulin doesn't work so well
- Can't process carbs properly
- Sugar stays in the blood for longer
- Makes us more hungry
- Makes you gain weight
- Makes it hard to lose weight



Why LCHF Works...



Insulin

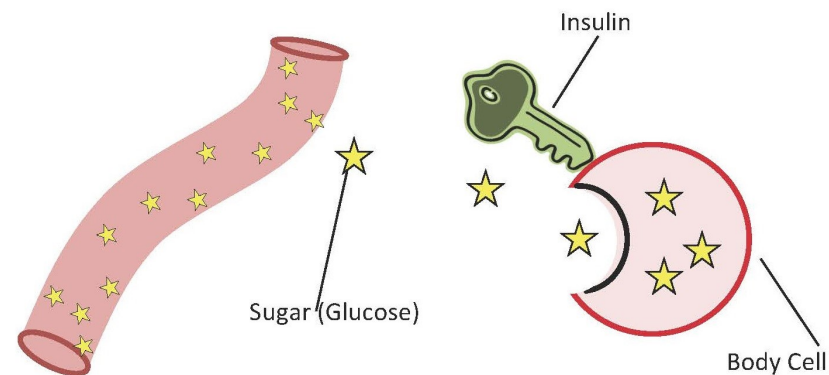
How hormones
cause weight
gain

What is Insulin?

- It's a hormone
- It's naturally made in the body
- It lowers high blood sugar
- It help store blood sugar in the muscles and fat



CARBS
↓
Sugar in the **BLOOD**
+
Body makes **INSULIN**



TOO MUCH carb → **TOO MUCH insulin** → Sugar **STORED** as body **FAT**

Choose your *Healthy fat*

EAT

Coconut, butter, chafade, lard, dripping
Olive oil
Avocado
Nuts, Seeds
Fish, Meat, Eggs
Milk, Cheese, Cream



AVOID

Vegetable shortening
Deep fried
Hot chips
Doughnuts
Bakery
Margarine
Processed seed oils
Canola
Soy bean
Grapeseed



4. Protein

What is protein?

- Most animal sourced foods contain protein.
- Meat, fish, chicken, eggs, and dairy products.
- Beans, lentils, peas, nuts, and seeds.



Salt?

Eat 1-2 tsp per day.



Alcohol?

Low carb beer, wine, spirits with sugar free mixers are low carb.



Keto flu?

You may feel a little “off” for the first few weeks. This is common but temporary. Drink lots of water and try more salt on your food.

Meds?

Talk to your doctor if you are on ANY medications.



Sweeteners?

You could use a little stevia, xylitol, and erythritol instead of sugar. Avoid artificial sweeteners.



Top LCHF lifestyle tips

- Eat 2-3 nutritious meals per day.
- Eat when hungry, stop when not hungry
- Drink water.
- Get organised. Plan ahead.



Choose your Protein



How much protein?

- Eat some with most meals.
- Maximum serving is your palm size.
- The size and thickness of your palm.

Your new plate

1. Ditch the carb
2. Add vegetables
3. Cook with healthy fat



In your fridge

Fridge

- Vegetables: Broccoli, spinach, silverbeet, taro leaves, capsicum, cabbage, carrot, tomato, pumpkin, leek, cauliflower, cabbage etc.
- Fruit
- Meat
- Eggs
- Butter
- Dairy: Cheese, full fat milk, thick natural yoghurt
- Avocado (when in season)



In your freezer

- Meat: Lamb flaps, beef brisket, bacon bones, whole chicken, pork bones.
- Mixed vegetables
- Frozen berries



Water filter



Slow cooker:

- Cook tough meat
- One pot meals



Blender

- For smoothies, dressings, sauces.

Shopping guide

In your pantry...

- Coconut oil
- Tinned tomatoes
- Tined meat and fish
- Coconut milk/cream
- Onions
- Seeds (pumpkin seed, sunflower seed, linseed, LSA)
- Nuts (natural)
- Coconut flakes
- Natural peanut butter
- Konjac noodles

Talk to your doctor about these items:

- Kumara
- Potato
- Taro
- Banana
- Grapes
- Melon



Empty the pantry,
fill up the fridge.

Get Started
Today

