



Real Food Low Carb Lifestyle Part 1

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This presentation is for information only. It is not medical advice. Please discuss any dietary changes with your doctor, especially when on medications for type 2 diabetes.



British Journal of General Practice

bringing research to clinical practice

Adapting diabetes medication for low carbohydrate management of type 2 diabetes: a practical guide.

Campbell Murdoch, David Unwin, David Cavan, Mark Cucuzzella and Mahendra Patel

Send these links to your doctor

<https://bjgp.org/content/69/684/360>

and

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8380766/>

Avoid
Sugar
Refined grains
Seed oils / spreads

Eat
Real Food

Prioritise Protein
Control Carbs
Stop fearing Fat

Meat / fish
Eggs
Fresh veg

Avoid
Sugar
Refined grains
Seed oils / spreads

PROCESSED FOOD

according to BMJ, are defined as
“...formulations of food substances often modified by chemical processes and then assembled into ready-to-consume hyper-palatable food and drink products using flavours, colours, emulsifiers and . . . other cosmetic additives.”

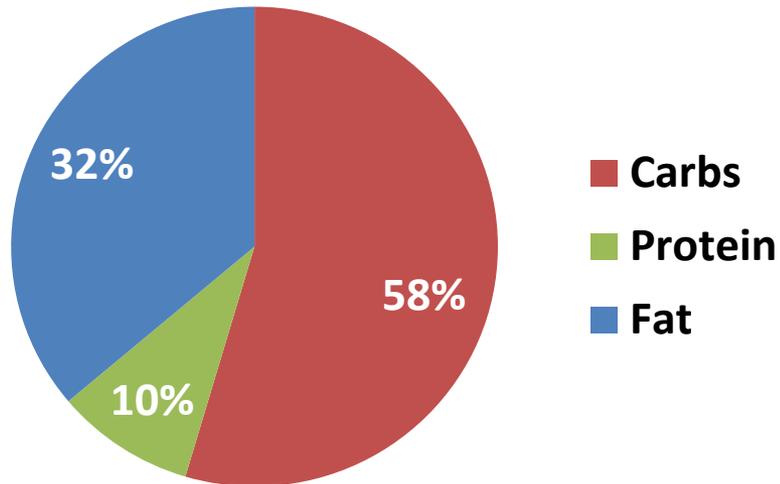
<https://www.bmj.com/content/365/bmj.l2289>

- *soft drinks, juices, smoothies*
- *sweet or savoury packaged snacks*
- *confectionery, cakes, biscuits*
- *bread*
- *breakfast cereals*
- *pre-prepared frozen or shelf-stable dishes*





Protein – How much do we eat?



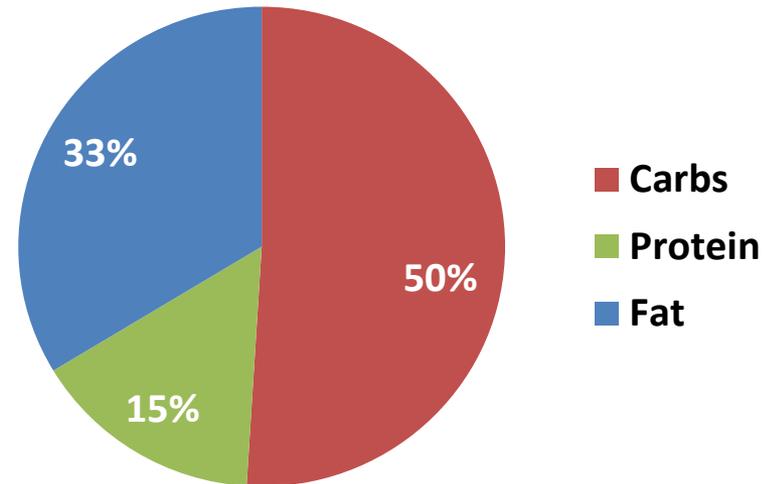
NHS Reference Intakes

Energy: 2,000kcal

Total fat: less than 70g

Carbohydrate: at least 260g

Protein: 50g



UK Consumption 2015?

Energy: 1,790kcal

Total fat: 70g

Carbohydrate: 225g

Protein: 68g

More than half of older people don't consume enough protein to stay healthy - *The University of Sheffield, Feb 2020*

Eat Real Food

Prioritise Protein

Why?

If you have a diet that is low in protein relative to fats and carbohydrates, you will overeat fats and carbohydrates to meet your protein target risking obesity.

David Raubenheimer , Stephen Simpson

Protein is your body's essential building block—and generally speaking, most people don't eat enough protein.

Also, as we age, we need more protein. Notably, protein has a much lower impact on blood sugar and insulin levels than carbohydrates. *Insulin IQ*

Protein improves thyroid function and conversion of T4 to T3.

Dr Jay Wrigley

Eat Real Food

Prioritise Protein

Why?

- Increases satiety and helps with weight loss
- Loses fat but maintains and builds muscle
- Maintains bone health as we age
- Combats insulin resistance
- High protein diets provide the nutrients that we need – lower protein can mean lower nutrients

Watch this video
presentation



https://www.youtube.com/watch?v=CUexek3C_jc

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Prioritise Protein

How much?

Height	Women	Men
Under 5'4" (< 163 cm)	90 grams	105 grams
5'4" to 5'7" (163 to 170 cm)	100 grams	110 grams
5'8" to 5'10" (171 to 178 cm)	110 grams	120 grams
5'11" to 6'2" (179 to 188 cm)	120 grams	130 grams
Over 6'2" (188 cm +)	130 grams	140 grams
	30 to 40g per meal	35 to 50g per meal

<https://www.dietdoctor.com/food-policy/protein>

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How much?

Prioritise Protein
30g = protein weight

Steak
140g
30g

Chicken
135g
30g

4 eggs
30g



Salmon 120g
30g

Cheese 100g
30g

Veg
730g
30g

Milk
200ml
30g

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Control Carbs

Why?



Natural and added sugar



Starchy carbohydrates

Broken
down into



GLUCOSE

**This then enters the blood
and causes your blood glucose
levels to rise**

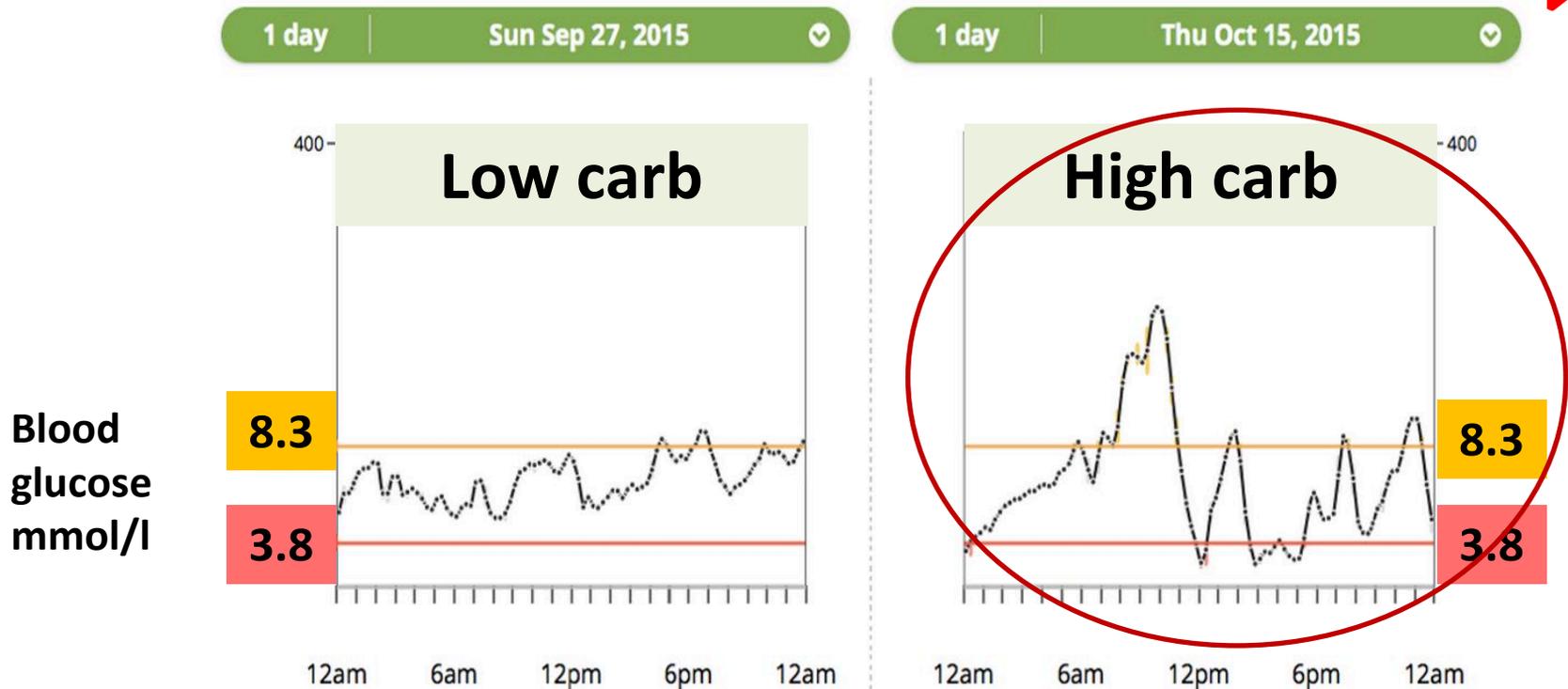
This website under
the NHS banner
promotes low carb

<https://www.knowdiabetes.org.uk/know-more/achieving-type-2-remission/understanding-carbohydrates/>

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Control Carbs

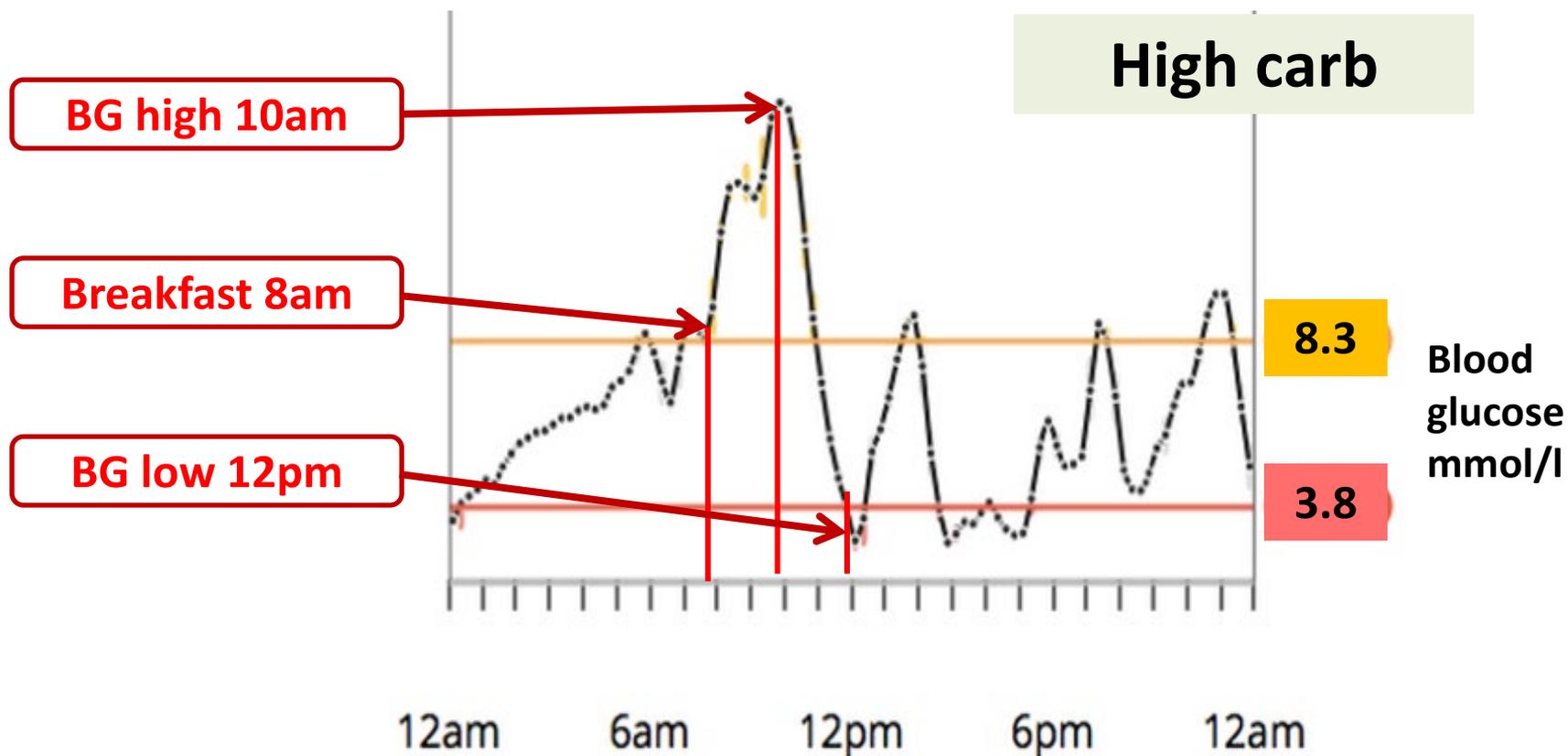
Why?



Continuous glucose monitoring

Adam Brown – Author of Bright Spots and Landmines, DiaTribe.com

Eat Real Food

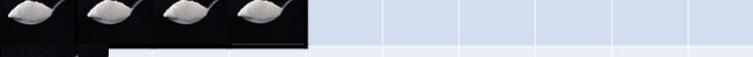
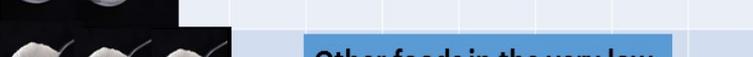
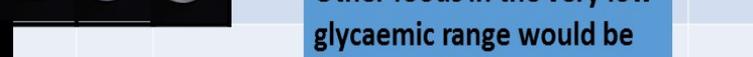
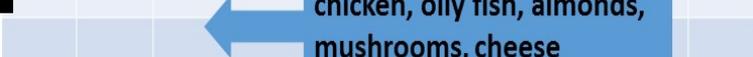


Continuous glucose monitoring

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Infographics List

1. Common Foods →
2. Breads
3. Breakfast Cereals
4. Common Breakfasts
5. Fruits
6. Fruits and Vegetables
7. White Brown Green Foods
8. Sugar Burden

Food Item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?
Basmati rice	69	150	10.1 
Potato, white, boiled	96	150	9.1 
French Fries baked	64	150	7.5 
Spaghetti White boiled	39	180	6.6 
Sweet corn boiled	60	80	4.0 
Frozen peas, boiled	51	80	1.3 
Banana	62	120	5.7 
Apple	39	120	2.3 
Wholemeal Small slice	74	30	3.0 
Broccoli	15	80	0.2 
Eggs	0	60	0 

Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese

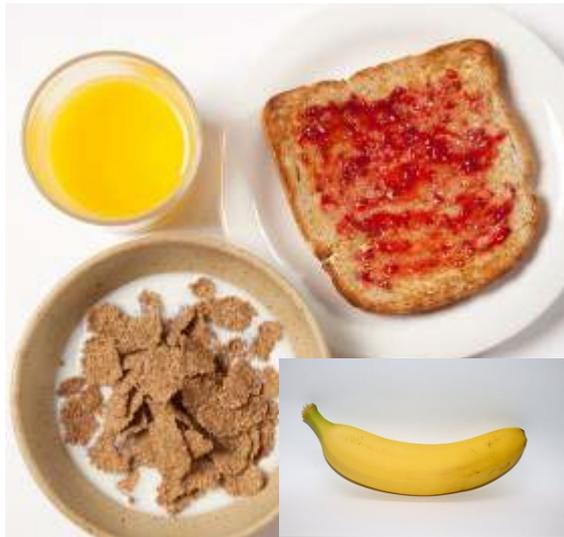
All infographics available on <https://phcuk.org/sugar/>

Avoid refined grains and sugar

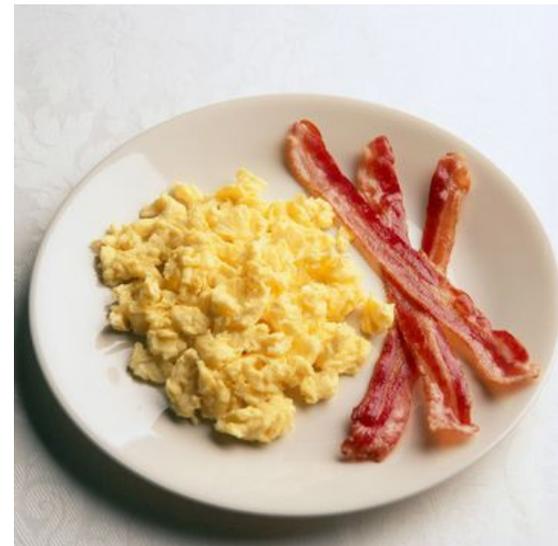
Eat Real Food

Control carbs

Prioritise Protein



Carbs 95g
Protein 15g



Carbs 1g
Protein 35g

Eat Real Food

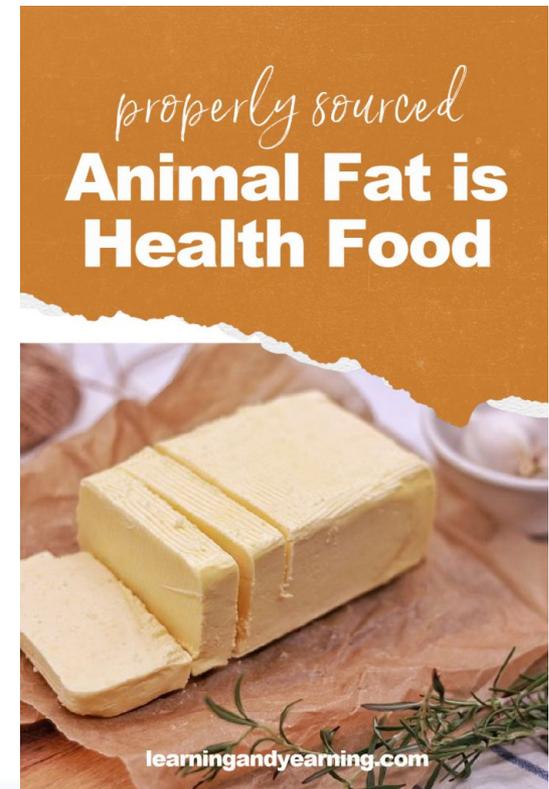
natural Don't Fear Fat

Why?

Healthy fats (and particularly, saturated fats) are the foundation for hormone production, vitamin and nutrient absorption, and building cell membranes. We need these essential fatty acids because our bodies can't produce them naturally. Essential fatty acids also contribute to brain development, blood clotting, and aid in inflammatory control.

Insulin IQ

<https://www.insuliniq.com/insulin-smart-eating>



Avoid Seed oils / spreads

processed
Do Fear Fat

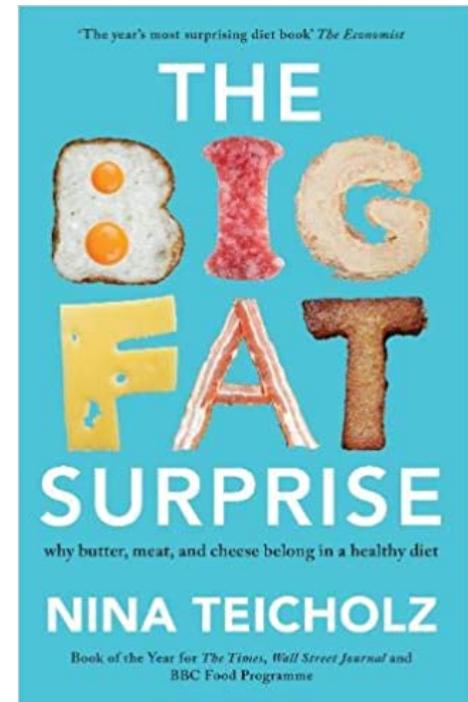
Why?



Chris Knobbe MD
The Scientific Truth behind Vegetable Oils Vs
Real Food Fats

<https://www.youtube.com/watch?v=bh5eTi9jTPw>

This is a must see video presentation



Eat Real Food

Meat / fish – Eggs - Fresh veg



Meal	Eat more	Eat less
Breakfast	Eggs, full fat yoghurt, avocados, fish, berries	Toast, bread, cereals, bananas
Lunch	Salads, fish, chicken, cheese, beans, nuts, seeds, olive oil	Bread, rice, pasta
Dinner	Cauliflower rice, green vegetables, beans, meats, chicken, fish	Rice, breads, pasta, potatoes, yam, plantain
Snacks	Try and avoid snacking but if you need then nuts and seeds are good	Crisps, crackers



Summary

- You will overeat carbs and fat if you don't eat enough protein
- Adequate protein is key to satiety
- Control carbs – keep to your own personal tolerance
- Don't fear natural fats, avoid processed seed oils and spreads

It's not your fault

Insulin resistance is the most common
but unrecognised health problem worldwide

Prof Ben Bikman

Thank you

What's next

- Identification and Understanding
- Setting goals
- Planning
- Action
- Maintenance
- Support