















Let's look at a low Carb Lifestyle*


Great news - there is sound evidence that changing to a diet that is low in carbohydrates and higher in fat and protein can significantly reduce weight, reduce the HBA1c (sugar level) AND **even put your diabetes into REMISSION**. Even better news - Eating less carbohydrates actually means you feel **LESS HUNGRY** too!

We can all see that sugar is best avoided in diabetes but food high in carbohydrate is full of sugar but does not necessarily taste sweet.

Just look at how much sugar is in these foods:

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, meat



Dr David Unwin, a GP in Southport has produced tables of **SUGAR INFOGRAPHICS** so people can easily see how much sugar they are consuming without realising as starchy carbohydrates don't taste sweet at all.

Carbohydrates break down in the blood stream to sugar or more correctly glucose.

These are all carbohydrates

1. All Sweet foods.
2. Bread
3. Pasta
4. Rice
5. Cereals like Weetabix, porridge oats, All bran, cornflakes
6. Potatoes

So, here are some easy “swaps” you can eat instead of carbohydrates:

Replace Pasta



With

Spiralised courgette



Sautéed cabbage



Zero carb noodles



Replace Rice



With

Cauliflower rice



Broccoli rice



Bulgur Wheat



Replace Potatoes



With

Butternut squash



Swede or Celeriac



Cauliflower Mash



Many Supermarkets stock cauliflower rice or frozen butternut squash to make life easy.

Bread is full of carbohydrate and BEST AVOIDED but there are breads that are HALF the carbs if when changing to a low carb lifestyle you struggle to give up bread.



LivLife Bread

[LivLife bread](#) is higher in protein and lower in carbs than normal bread. It has 10.2% carbs rather than 44.6% for a normal bread. It is available at [Waitrose/Ocado](#)



Hi-Lo Bread

[Hi-Lo bread](#) is higher in protein and lower in carbs than normal bread. It has 15.6% carbs rather than 44.6% which works out as 5 grams per slice. It is available at [Sainsbury's](#) locally.

The Sugar Cycle

Try to get out of the habit of eating sugary foods. Looking at The Sugar Cycle below you can see that our modern diets are full of high carb processed foods. These foods stimulate the reward centre of our brains meaning many of us are trapped in the sugar addiction cycle.



My Low Carb Journey

Hi, I am a Type 2 Diabetic, aged 58 now in remission.

As a Type 2 diabetic my medications changed from tablet form to injections a couple of years ago. Slowly the amount of insulin I needed increased. I have tried many diets in my time to help with losing weight but never really did well on them.

Recently my GP asked if I would be interested in following a Low Carb diet. I was sceptical at first but reading and hearing about the success people were having agreed to give it a go. It turned out to be one of the best things I have done in 2021.

At first it felt a little strange as some of the foods I have avoided I could now have within reason. Out went the cereals or toast for breakfast and in came the bacon and eggs 😊 among other things. It turned out to be so easy to give up the large amount of carbs I was eating on a daily basis. I started slowly at first and it soon became second nature. Not only did my HBA1C go from being in the diabetic range to being in the non-diabetic range I was able to start reducing my daily insulin, I went from 54 units down to 28, then 12 and now I no longer have daily insulin.

As an added win I went from 23 stone 13 pounds to a much better 16 stone 7 Pounds, that's a massive 7 stone 6 Pounds lost. I never thought I could do this, but it has been life changing on so many levels. Low carb has become a way of life for me now as well as my family who have all joined me on the way and also had the benefits of a low carb lifestyle.

There are some fantastic resources on the practice website If you just want to have a look or you can ask your GP about the Low carb diet at your next review. If you feel you would like a more structured programme with a group of likeminded people all on the same journey as I did ask about The Lifestyle Club, this is a group of people who meet Via Zoom once a week for 8 weeks to support each other with the guidance of a group leader. You also get a book all about low carb. There is also a face book group too, we share recipes and experiences. The support does not end after the course finishes. We are there to support each other.

Here are some Low Carb Meal ideas

We recommend Low carbohydrate, real food avoiding ultra processed foods (UPF). You can generally tell if a food is an UPF if it has more than 4 ingredients in the list of ingredients.

BREAKFAST

For breakfast instead of cereal, porridge with banana or toast (all of which are high in carbs) have:

Scrambled Egg, Fried Mushrooms, Quality Sausage/Bacon



Plain full fat Natural Yoghurt with Berries and Nuts



Lunch

Instead of Sandwiches, crisps or a chocolate bar consider having these alternatives:

Thai Chicken Lettuce Wraps

<https://www.dietdoctor.com/recipes/keto-thai-chicken-lettuce-wraps>

Boiled eggs and salad with ready-made coleslaw, Mushroom and cheese Omelette

<https://www.dietdoctor.com/recipes/keto-thai-chicken-lettuce-wraps>

Lunch Continued:

Salmon filled Avocados

<https://www.dietdoctor.com/recipes/keto-salmon-filled-avocados>

Low carb fried Kale and Broccoli salad

<https://www.dietdoctor.com/recipes/fried-kale-and-broccoli-salad>

Feta Cheese Stuffed Bell Peppers

<https://www.dietdoctor.com/recipes/feta-cheese-stuffed-bell-peppers>

Dinner

For dinner instead of pasta, potato and rice dishes consider these alternatives:

Salmon with broccoli and cheese

<https://www.dietdoctor.com/recipes/keto-salmon-with-broccoli-and-cheese>

Low carb Chicken Curry with Cauliflower rice

<https://www.dietdoctor.com/recipes/low-carb-curry-chicken>

Steak and Vegetable Kebabs

<https://www.dietdoctor.com/recipes/steak-and-veggie-kebabs>

Italian Meatballs with Mozzarella Cheese and Salad

<https://www.dietdoctor.com/recipes/keto-italian-meatballs>

Cauliflower Lasagne

<https://www.dietdoctor.com/recipes/low-carb-cauliflower-lasagna>

For further meal plans look at this website:

<https://www.dietdoctor.com/low-carb/diet-meal-plan>

Drinks

Some Drinks contain more carbs than others. Choose the ones on the left. Can you see how high Orange Juice is in carbohydrate?

FEWER CARBS ->->->->->->->->MORE CARBS



For more information about alternative products including drinks and snacks go to www.newforestpcn/lowcarb

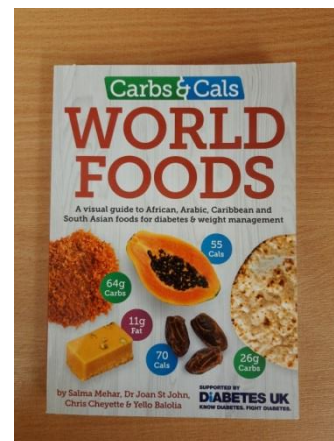
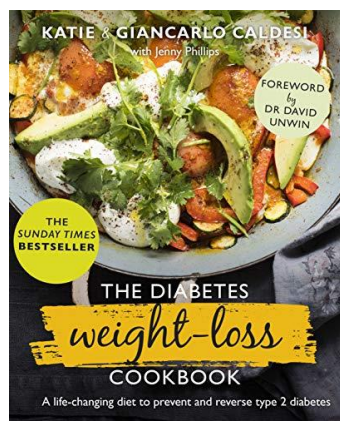
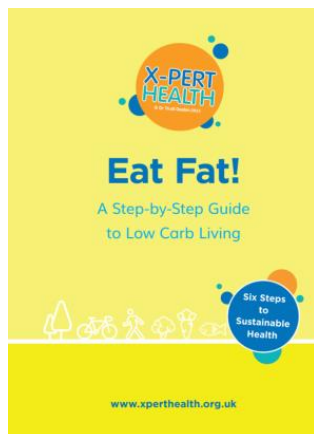
The Freshwell App

There is an app you can download on your mobile: Search for Freshwell and look for the green leaf shown below: There are meal plans and great recipe ideas. The Freshwell project website has an educational video to take you step by step on how to start on your low carb journey - use the QR code below to find the Freshwell Project website.



This app provides a simple traffic light system of what type of food to eat when aiming to eat minimally processed lower carb food.

If you want help working out how much carb is in the common foods we eat then books like:



These Diabetes Weight-loss cookbooks are really excellent

with recipe ideas and clear charts to help you see which foods are higher in carbohydrates. Carbs & Cals World Food shows clear photos and carb content of common foods in cultural diets

Below is a useful list of the foods you can freely enjoy as part of a
Low carb lifestyle.

Enjoy			Limit or avoid
			
Protein <ul style="list-style-type: none"> beef deli meats* eggs game lamb poultry pork sausages* seafood tofu, tempeh, natto* 	Beverages <p>Water: Still or sparkling water, with a slice of lemon or lime, if you like</p> <p>Coffee and tea: with a little cream, if you prefer</p>	 <p>Make low carb simple and delicious with Diet Doctor Plus. Get access to all recipes, meal plans, shopping lists and much more. Try it for free: dietdoctor.com/plus</p>	Sugar <p>Sugar is in soft drinks, candy, juice, sports drinks, chocolate, cakes, pastries, sweetened yogurts, ice cream, and breakfast cereals.</p> <p>Low-fat and fat-free milks contain milk sugar. Sugar can also hide in many products. Read labels carefully to avoid hidden sugars.</p>
Vegetables <ul style="list-style-type: none"> artichoke asparagus avocado bok choy broccoli Brussels sprouts cabbage cauliflower celery cucumber eggplant fennel garlic green beans hearts of palm herbs jicama kohlrabi leafy greens leeks mushrooms okra olives onions peppers pickles* pumpkin radishes rhubarb rutabaga shallots snow peas sprouts squash sugar snap peas tomatillos tomato turnip zucchini 	Full-fat dairy <ul style="list-style-type: none"> butter cheeses of all kinds cottage cheese cream cheese ghee heavy cream mascarpone ricotta sour cream yogurt – plain, full-fat 	Natural fats <ul style="list-style-type: none"> avocado oil chicken fat (schmaltz) coconut milk coconut oil full-fat salad dressings* ghee lard and tallow mayonnaise nuts and nut butters nut oils of all types olive oil sesame oil 	Starch <p>Starches include bread, cereal, pasta, rice, potatoes, French fries, potato chips, bagels, crackers, legumes (most dried beans), porridge, oatmeal, and muesli.</p> <p>Starchy foods turn into sugar when they are digested. This includes whole-grain and whole-wheat products.</p>
			Fruit <p>Most fruit contains a lot of sugar. Tart fruit, such as berries, lemons, and limes, or fruit with a high water content, such as melons, are okay in moderate or small amounts.</p>
			Alcohol and sweeteners <p>Some low-carb alcohols, such as dry wines, spirits without sweet mixers, and low-carb beer, are okay in moderation. Diet sodas, dark chocolate, and non-caloric sweeteners can be used occasionally. However, some people find progress toward health goals is slowed or halted with these items.</p>

The above chart is taken from an outstanding website called:

www.dietdoctor.com

There are many testimonials to help motivate you and free recipe ideas.

A Low Carb Lifestyle

When initiating a low carb lifestyle, people may experience some of the following symptoms. These include:

1. Fatigue: This is quite common and will resolve within a few weeks.
2. Feeling lightheaded/dizzy: Check blood pressure, reduce antihypertensives medicines if you are taking them and increase your fluid and salt intake.
3. Muscle cramps, typically legs: More common with a significant and sudden carbohydrate reduction. Fluids and salt help, as may an over the-counter magnesium supplement (e.g. magnesium citrate 200mg twice daily).
4. Change in bowel habit: Constipation (or loose stool). This typically resolves after a few weeks. Ensure adequate fluids. If the change in bowel habit persists for more than 6 weeks, it would be advisable to seek advice.

***IMPORTANT ***

IF YOU ARE ON MEDICATIONS FOR DIABETES OR BLOOD PRESSURE, PLEASE SPEAK TO OUR LOW CARB TEAM BEFORE EMBARKING ON REDUCING YOUR CARBS AS YOUR MEDICATIONS MAY NEED TO BE REDUCED OR STOPPED. A LOW CARB LIFESTYLE IS LIKELY TO REDUCE YOUR BLOOD PRESSURE AND YOUR SUGAR LEVELS.

A Low Carb Lifestyle

How low on CARBS can you go?

It may surprise you to know but you don't actually need any carbohydrates at all in your diet.

Typically, we eat 200-250g carbohydrate daily in our diets. You can easily count this yourself by looking at the information on packets to see how much carbohydrate you consume. If a diet is very low in carbohydrates ie less than 25g per day it is called a KETO diet. In this diet your body has to burn energy from fat and so you lose a lot of weight quickly.

On less strict restriction of carbohydrate such as about 100g per day you will still burn carbohydrates and fat which can still have a positive impact on your weight, diabetes control and health of your heart.

You can easily start by just aiming to reduce your carbohydrates by adding less/or/ cutting out potatoes or rice with your main meal and increasing your green leafy vegetables on the plate "change the beige on your plate to green".

Myths about Fats

Two of the most common myths about fat is that it will make us fat and cause heart attacks, strokes and other serious conditions. This has partly come about because we have been told for years to follow a low fat, high carbohydrate diet.

Although Fat does contain more energy (calories) per gram than carbs and protein. It is not true that "fat makes us fat"

Eating fats from natural foods (e.g. butter, eggs, oily fish, nuts, olive oil) is good at helping us feel full. Fats can replace glucose as your main source of energy. These fats are also anti-inflammatory and protect low density Lipoproteins (LDL) (otherwise known as good cholesterol) preventing them from shrinking and becoming damaged. These types of fats therefore do not increase cardiovascular risk (heart disease) and may even reduce it!

In contrast foods containing processed fats and refined carbs (e.g. cakes, burgers, chips, biscuits) cause blood glucose and insulin levels to rise. This type of fat causes fat to be stored in the form of triglycerides in the body and the liver. These fats also do not fill us up for very long, so it is difficult to control portion size. **Eating too much of this fat can therefore cause weight gain and increase the risk of heart disease.**

The most important fact about dietary fat is that it is not all bad for you! In fact, some fats are actually good for our health, it's understanding which ones!

Resources and websites:

Both of these 2 websites have so much useful information to get you started

www.dietdoctor.com

You can join a community online for free: check out this UK website headed by Dr David Unwin:

<https://www.diabetes.co.uk/diet/low-carb-diabetes-diet.html>

<https://www.youtube.com/watch?v=GRAa-iG0ndU> This video link is an interview with Dr Jenny Unwin discussing the sugar (carbohydrate) addiction cycle and how to break it!

Low carb foods – what to eat - check out this webpage:

<https://www.dietdoctor.com/low-carb/foods#foodlist>

A quick overview of the benefits of eating low carb for health and quick reference to the foods to eat or avoid:

<https://www.dietdoctor.com/low-carb/60-seconds>

Evidence about the benefits of Low carb lifestyle for health <https://phcuk.org/healthy-eating-guidelines-weight-loss-advice-for-the-uk/>

Dr David Unwin's 6-year results of his patients on low carb lifestyle: <https://nutrition.bmj.com/content/3/2/285>

<https://www.youtube.com/watch?v=NDvAYkNrvHA> - Hear how Marc reversed his diabetes and lost weight with a low carb diet.

www.newforestpcn/lowcarb an excellent website with information about low carb lifestyle and recipe ideas