



Let's look at a low Carb Lifestyle*

In the UK, over the last 40 years we have been advised to follow a low fat, high carbohydrate diet. Since that time the rate of Type 2 diabetes have more than doubled. In 1996 there were 1.4 million people diagnosed. In 2019 there are 3.8 million. Alongside this rates of obesity have more than doubled since the 1980's.

The great news is that 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!

Here at Poplar Grove Practice we have a team of healthcare professionals who believe passionately that a low carb diet can make a big difference in reducing your glucose levels and help towards that goal of reversing your Type 2 diabetes status. including GPs Dr Shama Shaid and Dr Karen Johnson, Alli Kumar Practice Pharmacist and our diabetes-trained nurses. We are here to support you or anybody who is interested in making that change.

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.

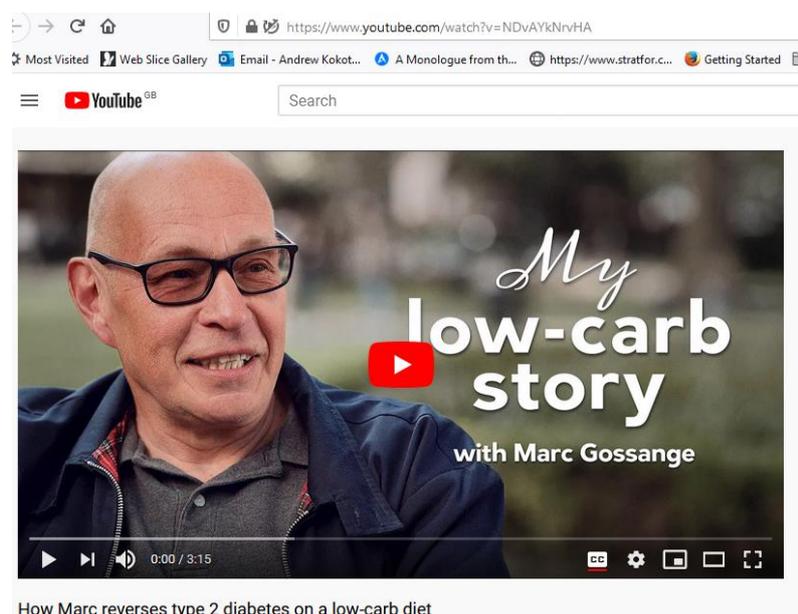
Historically we have been taught to avoid animal fats and cholesterol and eat more carbs, yet there is overwhelming evidence over the past 10 years that have shown that this advice is flawed and -that a higher fat diet (limiting processed foods such as cured meats like bacon or Sausages) which is low in carbohydrates has far greater benefits in diabetes and managing cardiovascular disease.

If you want to read the evidence about the safety of a low carb ,high fat diet then look at the websites:

<https://phcuk.org/wp-content/uploads/2016/05/Healthy-Eating-Guidelines-Weight-Loss-Advice-For-The-United-Kingdom-Public-Health-Collaboration.pdf>

Hear from Marc how he reversed his Type 2 diabetes on a low carb diet

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

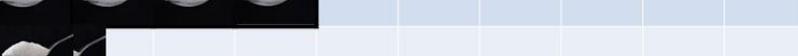
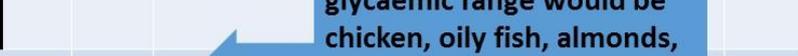


How Marc reverses type 2 diabetes on a low-carb diet

Everyone can identify sugar in sugary /sweet foods but Dr David Unwin (GP) shows in clear charts how many teaspoons of sugar are in starchy foods like, potato, pasta, bread, cereals and rice that people may not realise contains a lot of sugar (carbohydrate).

<https://phcuk.org/sugar/>

Click on the icons in the above website to see how many teaspoons of sugar in common foods(eg 3 teaspoons of sugar in a small slice of wholemeal bread):

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

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 at 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.

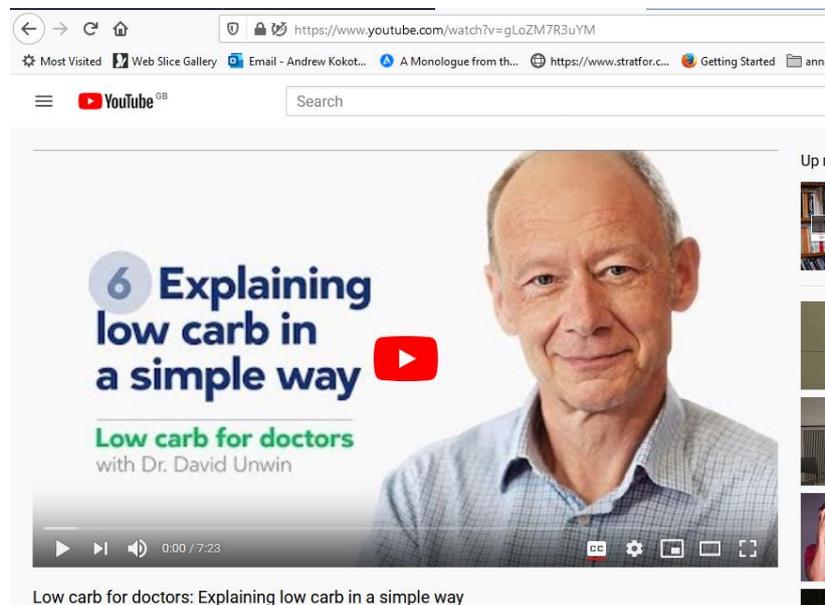
You can easily start by just aiming to reduce your carbohydrates by adding less/or/ cutting out potatoes or rice with your main meal and increasing your [green leafy vegetables](#) on the plate. Roasted cauliflower is low carb and a great substitute for potatoes in a meal .

Substitute cereal at breakfast with full fat greek yogurt with berries and seeds or scrambled egg and fried mushrooms.

Instead of a sandwich for lunch have home -made vegetable soup.

Click on the video link below to hear Dr David Unwin ,GP helping inform Doctors about how to discuss low diet with their patients. It will revolutionise your thinking about the food you eat.

<https://www.youtube.com/watch?v=gLoZM7R3uYM>



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.

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

Enjoy			Limit or avoid
			
<p>Protein</p> <ul style="list-style-type: none"> beef deli meats* eggs game lamb poultry pork sausages* seafood tofu, tempeh, natto* 		<p>Beverages</p> <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>Vegetables</p> <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 		<p>Full-fat dairy</p> <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 	
		<p>Natural fats</p> <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 	
<p>Limit or avoid</p> <p>Sugar 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> <p>Starch 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> <p>Fruit 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> <p>Alcohol and sweeteners 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>			
<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: dietchdoctor.com/plus</p>			
<p><i>*no sugars or starches added</i></p>			

Try to get out of the habit of eating sugary foods . it is worth watching this video about the sugar addiction cycle that many of us are trapped in:



The video link below is an interview with Dr Jenny Unwin discussing the sugar (carbohydrate) addiction cycle and how to break it!

<https://www.youtube.com/watch?v=GRAa-iG0ndU>

So what should I eat to help control my T2 diabetes?

The problem with having diabetes is your metabolism can no longer deal with sugar, which becomes almost a poison; its consumption needs cutting back dramatically.

Reduce starchy carbs a lot...

Remember they are just concentrated sugar. If possible cut out the 'White Stuff' like bread, pasta, rice – though porridge, new potatoes and oat cakes in moderation may be fine. Sugar – cut it out altogether, although it will be in the blueberries, strawberries and raspberries you are allowed to eat. Cakes and biscuits are a mixture of sugar and starch that make it almost impossible to avoid food cravings; they just make you hungrier!!

All green veg/salads are fine...

Eat as much of these as you can. So that you still eat a good big dinner try substituting veg such as broccoli, courgettes or green beans for your mash, pasta or rice – still covering them with your gravy, Bolognese or curry! Tip: try home-made soup – it can be taken to work for lunch and microwaved. Mushrooms, tomatoes, and onions can be included in this.

Fruit is trickier...

Some tropical fruits like bananas, oranges, grapes, mangoes or pineapples have too much sugar in and can set those carb cravings off. Berries are better and can be eaten; blueberries, raspberries, strawberries, apples and pears too.

Eat healthy proteins...

Such as non-processed meat, eggs (three eggs a day is not too much), fish – particularly oily fish such as salmon, mackerel or tuna – are fine and can be eaten freely. Plain **full fat** yoghurt makes a good breakfast with the berries. Processed meats such as bacon, ham, sausages or salami are not as healthy and should only be eaten in moderation.

Fats are fine moderation...

Yes, fats can be fine in moderation: olive oil is very useful, butter may be tastier than margarine and could be better for you! Coconut oil is great for stir fries. Four essential vitamins A, D, E and K are only found in some fats or oils. Please avoid margarine, corn oil and vegetable oil. **Beware 'low fat' foods.** They often have sugar or sweeteners added to make them palatable. Full fat mayonnaise and pesto are definitely on!!

Cheese only in moderation...

It's a very calorific mixture of fat, and protein. **Snacks: avoid, as habit forming.** But un-salted nuts such as almonds or walnuts are OK to stave off hunger. The occasional treat of strong dark chocolate 70% or more in small quantity is allowed.

EATING LOTS OF VEG WITH PROTEIN AND HEALTHY FATS LEAVES YOU PROPERLY FULL IN A WAY THAT LASTS.

Sweeteners can trick you...

Finally, about sweeteners and what to drink – sweeteners have been proven to tease your brain into being even hungrier, making weight loss more difficult – drink tea, coffee, and water or herb teas.

Alcohol is full of carbs...

I'm afraid most alcoholic drinks are full of carbohydrate – for example, beer is almost 'liquid toast' hence the beer belly!! The odd glass of red wine is not too bad if it doesn't make you get hungry afterwards – or just plain water with a slice of lemon.

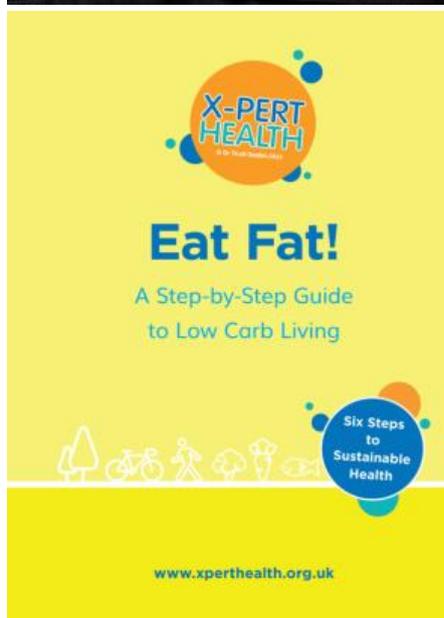
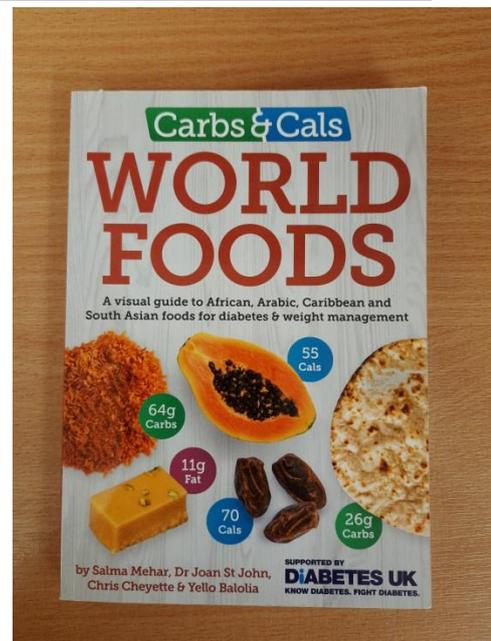
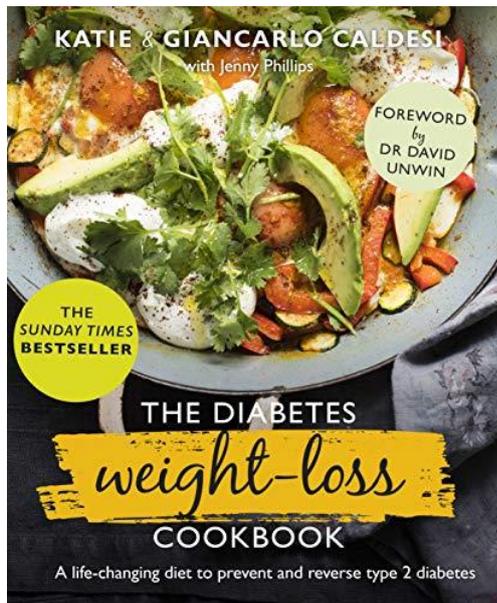
Useful websites:

<https://www.dietdoctor.com/>

<https://www.diabetes.co.uk/lowcarb/>

Carbohydrates have been promoted as good food especially things like wholegrains and porridge- however they are **still** carbohydrates **which convert to sugars when digested.**

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 different cultural diets.

If you want to be part of **a program that will support you in your low carb journey** with videos and forums with personalised meal plans to suit different diets and cultures take a look at the Multi Award winning Low Carb program:

<https://www.lowcarbprogram.com/>

The following websites and resources are full of information to help get you started.

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 on line for free: check out this UK website headed by Dr David Unwin:

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

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/>