

For more information



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lowcarb4families.co.nz

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**AUT HUMAN
POTENTIAL CENTRE**



Low Carb Guide

Top 4 points
about eating the whole food LCHF way

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.

MOST CARBS

LESS CARBS

MORE sugar in the blood

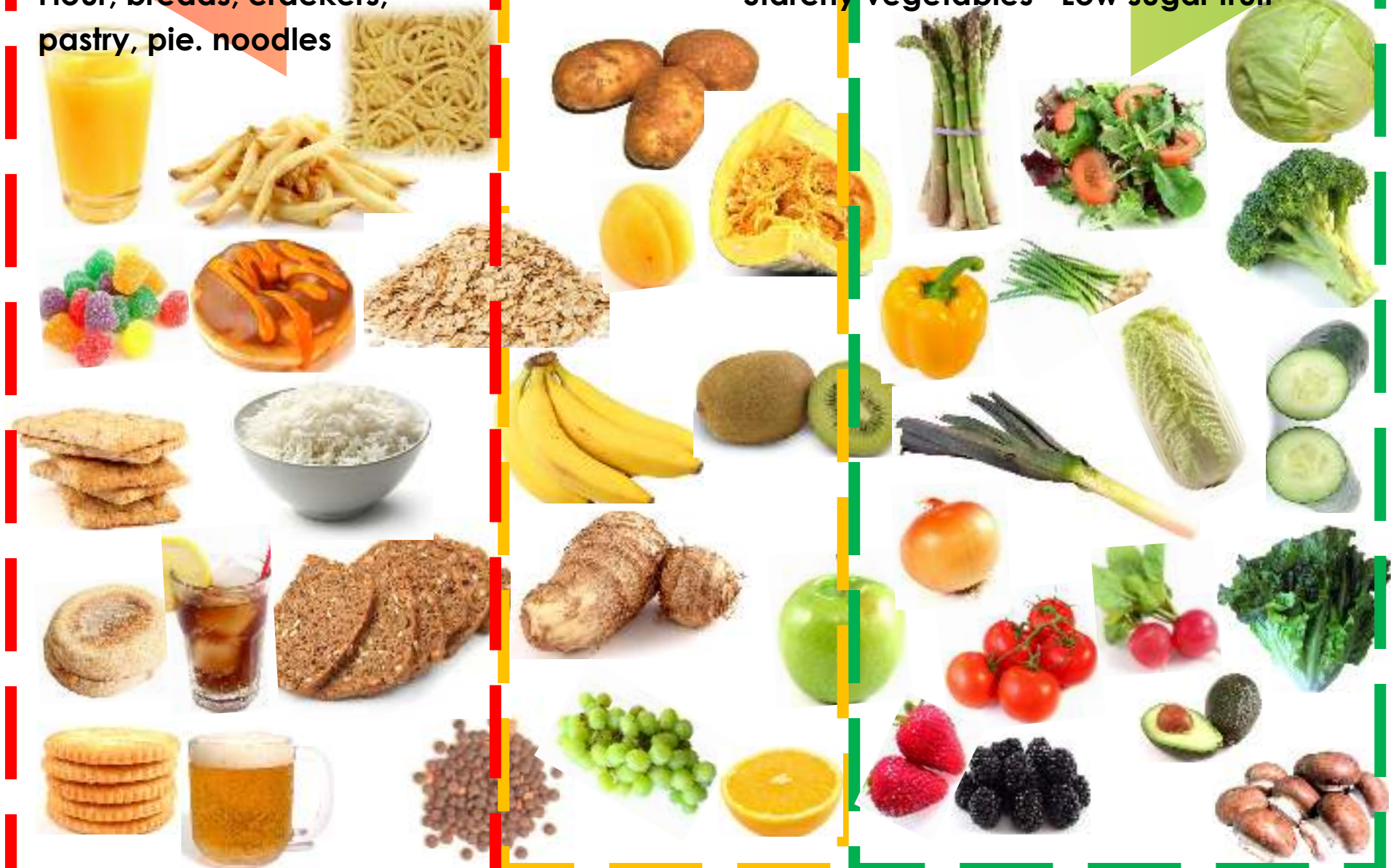
LESS sugar in the blood

Sugar, alcohol, fizzy
 Flour, breads, crackers,
 pastry, pie, noodles

Rice, pasta
 Wholegrain bread

Milk, high sugar fruit
 Starchy vegetables

Non-starchy vegetables
 Low sugar fruit



Choose your carbohydrate

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



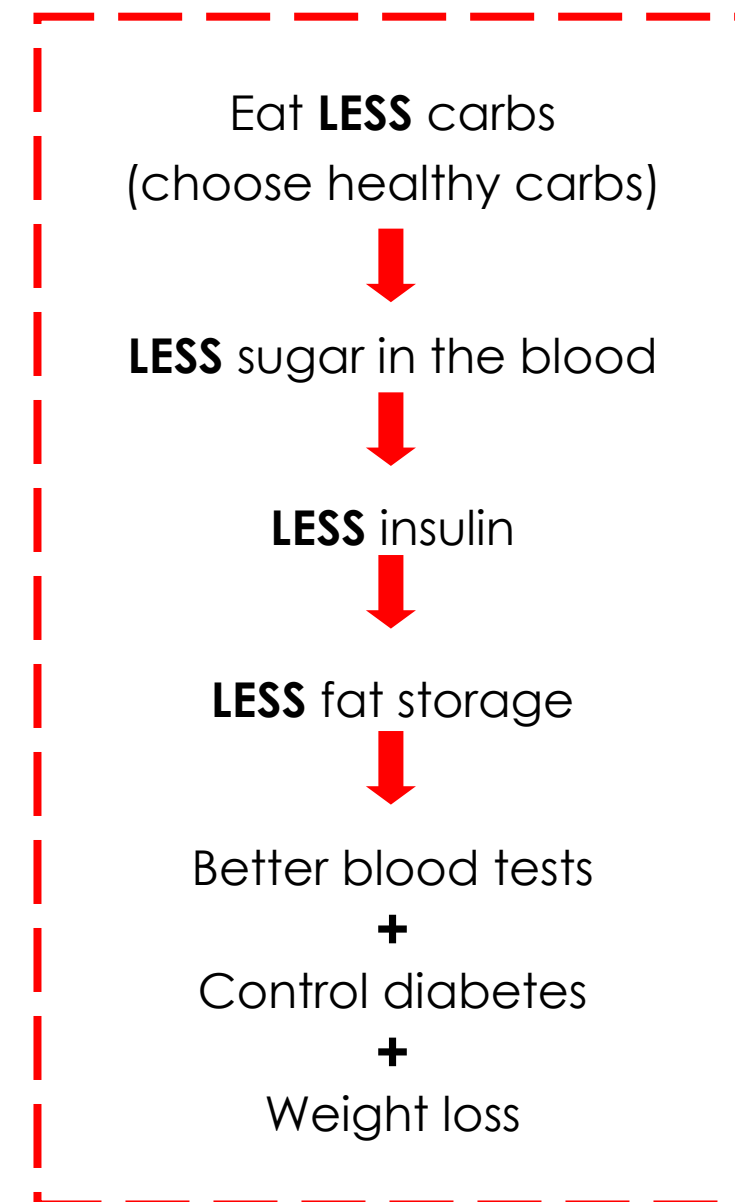
Less sugar in the blood

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



Choose your *Healthy fat*

EAT

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

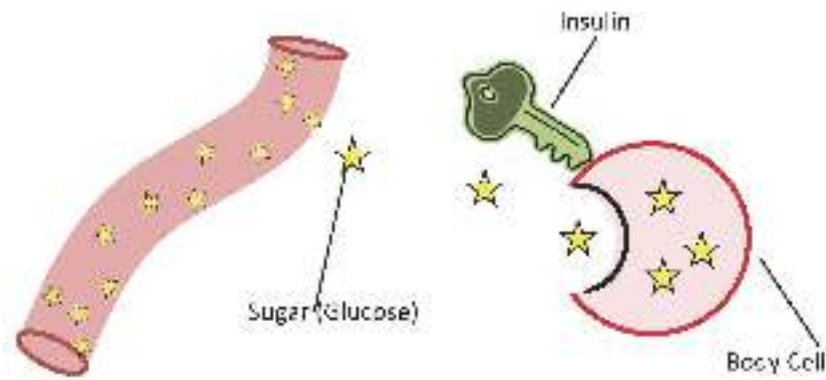


AVOID

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



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



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

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



Vegetables:

- All green leafy vegetables
- Avocado
- Bean sprouts
- Beetroot
- Berries
- Broccoli
- Brussels sprouts
- Cabbage
- Carrot
- Capsicum / Pepper
- Cauliflower
- Chard
- Courgette / Zucchini
- Cucumber
- Eggplant / Aubergine
- Fennel
- Garlic
- Green beans
- Kale
- Leek
- Lettuce
- Lemon/lime
- Mushroom
- Onion
- Okra
- Radish
- Rhubarb
- Rocket
- Sauerkraut
- Shallot
- Spinach
- Spring onion
- Taro leaves
- Tomato
- Watercress



Slow cooker:

- Cook tough meat
- One pot meals



Blender

- For smoothies, dressings, sauces.

Shopping guide



Water filter

Drinks

- Tea and coffee
- Sparkling or soda water
- Flavoured water
- No added sugar

Sauces

- Vinegar
- Soy sauce / tamari

Protein:

- All meat, poultry, game
- Cured meats: Ham, bacon, salami, biltong, sugar-free jerky
- Bacon hock
- Corned beef
- Eggs
- Lamb flaps
- Mutton
- Mutton bird
- Offal (liver, kidney, heart)
- Pork bones
- Seafood

Fats

- Animal fat (lard, tallow, duck, bacon fat)
- Avocado oil
- Butter or Ghee
- Coconut oil / coconut cream
- Cheese (all cheese)
- Cream
- Mayonnaise (real egg)
- Olive oil
- Seeds
- Nuts / natural nut butter
- Coconut flakes



Empty the pantry,
fill up the fridge.

Get Started
Today

