



THE LOW CARB QUICK START GUIDE

1. Eat when you are hungry, stop before you get full
2. Eat real food – if you can grow it or catch it; you can eat it
3. Eat protein (meat, eggs, nuts, dairy), good fats and fibre.
4. Avoid sugars and starches, including most fruit
5. Intermittent fasting works! (eg skip breakfast)
6. Avoid snacks. Eat 2-3 good meals per day without snacking

Why Low Carb and how does it work?

Carbs (carbohydrates) break down into sugars in your body.

The sugar in your bloodstream then stimulates insulin, which is a fat-storing hormone. If you don't burn off the sugar, your body's insulin will store the extra sugar as belly fat. With time, the fatty liver and pancreas become inefficient and can no longer control the blood sugar levels, causing type 2 diabetes.

The key to improving blood sugars is to reduce your sugar and carb intake. If you also want to burn belly fat you need switch off insulin (by fasting or cutting carbs or both)

Intermittent Fasting

When you haven't eaten for 12 hours your insulin levels are low and fat burning begins. The most popular intermittent fasting is 16:8 – eg fasting from after dinner until lunch the next day (skipping breakfast).

Tip: if you are on medications (eg metformin) that need to be taken with food, take them at your first meal of the day. Do not force yourself to eat because you have medications to take. Talk to your doctor or nurse if you are unsure

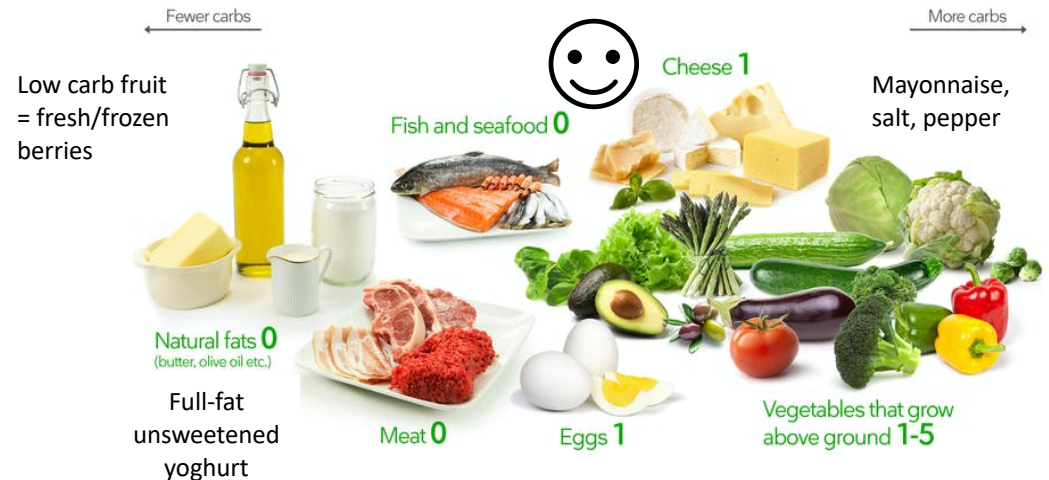
Exercise

Moving your body is great for your mood and motivation. Get outside, even for a 10 minute walk. The more you move, the better you will feel.

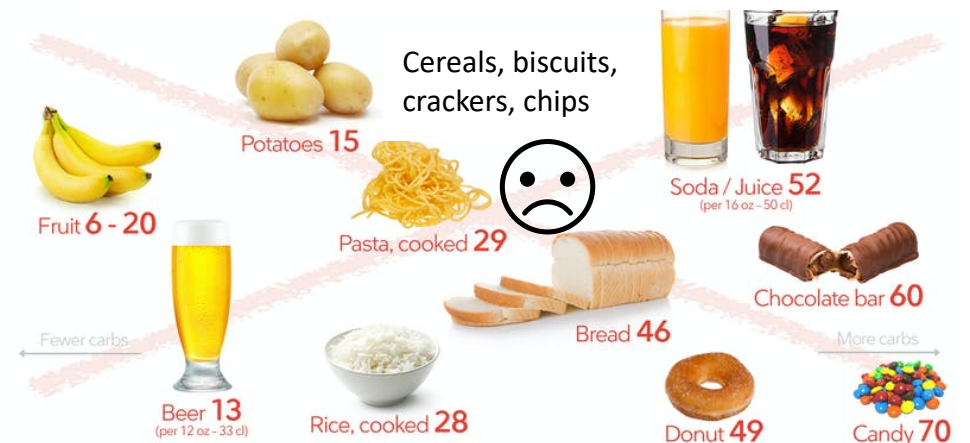
Medications:

If you take insulin or gliclazide you will need to reduce your dose when you reduce your carbs. Monitor your blood sugars before and 2 hours after meals

The foods below do not raise your blood sugars. These foods are naturally filling. If you eat only these foods you are "Keto".



The foods below increase your blood sugars and insulin. Insulin is a fat-storing hormone. These foods also increase your hunger



"keto" – means eating fewer than 20g carbs/day
 "low carb" – means eating fewer than 130g carbs/day
 A standard western diet for comparison is around 450g carbs/day



Why is having diabetes so bad for my health?

High blood sugar is like salt in an engine – it causes internal rust
High sugars make you feel sluggish, dehydrated and have blurred vision

Understanding Diabetes using the Bathtub analogy:

Having Type 2 diabetes is like having a bath that is full and overflowing

- The tap is on (carbs going in)
- The plug is out (burning sugar)
- There is water dripping over the edge (excess blood sugar = diabetes)

The most logical first step is to turn off (or turn down) the tap

You can do this by

- Cutting carbs
- Intermittent fasting

How do diabetic medications work?

Metformin – improves insulin sensitivity. Recommended for all Type 2s

- Do not take while fasting; take with food

Jardiance/empagliflozin – widens the plug-hole (makes your body pee out sugar)

- Not recommended for those fasting or on a ketogenic diet

Trulicity/dulaglutide – reduces hunger, so it works by turning the tap down

Insulin/gliclazide – makes the bathtub bigger. This means you get a temporary drop in blood sugar BUT at the price of increased body fat. With time, despite having a larger bath it will fill up and overflow again

- Reduce your dose if fasting or on a low carb diet

Useful resources:

lowcarbfreshwell.com

dietdoctor.com

“What the Fat?” by Grant Schofield

“The Diabetes Code” by Jason Fung

Frequently Asked Questions:

“What is a normal blood sugar level?”

A normal finger-prick blood sugar is 4-6. Diabetics should aim for less than 10; ideally less than 7 as often as possible

A normal 3-monthly HbA1c blood test is less than 40. 40-50 is ‘prediabetic’ and more than 50 is diabetic. The first target for diabetics is to get below 50

“But I feel better when I eat carbs”

Carbs are addictive, and getting your sugar-rush doesn’t mean you will feel better 2 hours later! Breaking the carb addiction will actually help you feel better and more energized in the long-run

“I thought I need some carbs in my diet?”

You can choose how many carbs you have in your diet. We eat too many processed carbs in our modern diet. Eat Real Food. If you still have high sugars you may still be eating too many carbs

“I worry I will get a low blood sugar if I don’t eat carbs”

Only those on insulin and gliclazide-type medications have the risk of low sugars. Everyone else has ZERO risk of low sugars with fasting/cutting carbs. Your liver turns your body fat into sugar (ie fat-burning). If you take insulin/gliclazide you need to be aware of the hypo (low blood sugar) risk and reduce your dose accordingly

