

ARE CARBS REALLY THAT BAD?

- **Good carbs and Bad carbs:**
 - **Good carbs** give energy without being stored as fat, found in fruits and vegetables.
 - **Bad carbs** are usually processed ingredients that your body is not programmed to recognize and therefore stores it as fat.
- It is better to consume **complex carbs than simple carbs**:
 - Simple carbs are rapidly digested but put the body in a very hard position as it processes all the un-natural ingredients through the body. E.g. corn syrup, honey, chocolate, etc.
 - Complex carbs satisfy hunger and are healthier. E.g. starchy vegetables, potatoes, beans etc.
- **Glycemic Index:** way to measure the power of the carbohydrate in a food with regard to its ability to raise blood glucose levels after ingestion.
 - Carbohydrates that break down quickly during digestion raising blood sugar levels have the highest GI ratings while those breaking down more slowly over time have lower GI ratings.
 - GI Classification:
 - GI Score 70 to 160- High GI Food.
 - 56 to 69- Medium.
 - Below 55- Low.
 - Insulin – hormone released in pancreas whose amount is affected by blood sugar level. GI signifies the amount of insulin released in the body:
 - Carbs with high GI rating release more insulin inhibiting fat utilisation, promote fat storage.
 - Low glycemic carbohydrates do not trigger much insulin, prevent fat storage, protect against diabetes.
 - GI also caused us to rethink how we looked at certain foods:
 - Amylose, a type of starch, does not absorb as much water causing slower digestion. This would cause a lower Glycemic Index.
 - Amylopectin, another starch, absorbs more water than amylose, causing a molecular structure that enables a higher G.I. in foods traditionally thought to be complex in nature.
- Stay away from are foods with labels "low fat", "no fat" or "reduced fat":
 - These foods are generally replaced with carbs or sugar.
 - Excess intake of this sugar whacks your insulin level producing fats.
 - 'Low fat' products urge us to eat more thereby consuming extra calories.

TOP FOODS FOR LOW-CARB LIVING

- **Proteins**

- Meat:

- 100% real, unprocessed, and have a low-carb percentile.
 - Cook in coconut oil or boil them.
 - Don't fry it or buy it with layers of fat.
 - E.g. Beef, lamb, chicken etc.

- Fish:

- Low % of carbs.
 - Better than meat as it contains less fat.
 - E.g. Salmon, trout, haddock, tuna etc.

- Eggs:

- Omega-3 enriched/pastured eggs are the best to eat.
 - You can boil, fry (in coconut oil) or use it as an ingredient.

- **Carbohydrates/Vegetables/Fruits**

- Vegetables:

- Low carbs and full of vitamins.
 - Make salads and add some lean meats and proteins for optimal results.
 - E.g. spinach, kale, romaine lettuce, cauliflower, carrots etc.

- Fruits:

- Have natural sugar and hence high carb level.
 - Good for breakfast. Can be used in yogurt or salads.
 - E.g. Pineapple, apple, orange etc.

- **Good Fats**

- Nuts and Seeds:

- Great source of natural proteins and have a low carb percentage.
 - Add them to fruit salads, vegetables and lean protein meal.
 - E.g. Almonds, walnuts, sunflower seeds, etc.

- Fats and Oils:

- Low-carb ingredients that can be added to your lean protein, salads, or cooking.
 - E.g. Coconut oil, olive oil, and cod fish liver oil etc.

- **Check for Hidden Carbohydrates**

- Products with 0g carbs have some calories hidden in them.
 - Food companies are allowed to round off a value below 0.5g to 0g.
 - Check for hidden carbs and avoid the delusion of carb-free products.

A SAMPLE DAY OF LOW CARB EATING

A few options for a low-carb diet are:

- **Breakfast**

- Option 1:
 - 7 Egg White Omelette – allow 2 yolks only.
 - 1 cup veges e.g. Mushrooms/capsicums
 - 2 Plain Corn Thins (as alternative to bread)
- Option 2:
 - 1 cup Oats (cooked 2 cups) – (place ½ cup water in oats then cook in microwave or eat cold
 - (alternative is special K flakes or plain muesli with no dried fruit)
 - 1 heaped tablespoon Natural Pineapple or 2 Kiwi fruit or ½ cup frozen berries

- **Lunch**

- Option 1:
 - 3 hard-boiled eggs
 - A large green leaf salad of your choice
 - 2 Tablespoons of low carb commercial or homemade dressing
 - Optional: Sprinkle with Spicy Sweet Pecans
- Option 2:
 - 200g Cooked Lean Meat: chicken breast, Fish of any kind, Rump Steak, Eggs (10 egg white) (230g raw)
 - 1 full cup greens (coleslaw, herbslaw packs at supermarkets, frozen vege is fine)
 - Tablespoon of lite oil dressing (Italian, French or olive oil)
 - 1 full cup Basmati Rice (1 cup raw = 1.5 cup cooked). Or medium sweet potato (fist size)
- Option 3: Spinach/romaine salad with lean protein (tuna, salmon, chicken, etc.), oil and vinegar, and lots of veggies

- **Afternoon Snack**

- Option 1: 1 oz string cheese
- Option 2: 20 Plain Nuts = cashews/almonds or walnuts (inside palm size)

- **Dinner**

- Option 1: 6 Egg Omelette with 6 slices smoked salmon with salad on side
- Option 2:
 - 200g Grilled Chicken
 - 2 full cup greens (coleslaw packs as mentioned)

- 2 Tablespoon Lite Cottage Cheese - OPTIONAL
- Option 3:
 - Grilled 200g Hamburger patty,
 - 2 cups steamed broccoli & cauliflower or artichoke
- **Dessert**
 - Option 1: 8-10 strawberries, dipped in ¼ cup sugar-free chocolate sauce (ganache)
 - Option 2: ½ cup of low sugar jell-o

5 COMMON MISTAKES ON THE LOW CARB DIET TO AVOID

- **Getting wrong information:**
 - Must not listen to everything on social media
 - Take advice from experienced person
- **Surrendering in middle of process:**
 - There are bound to difficulties in beginning
 - Should not give up before the chance of result happening
- **Lack of sufficient fat:**
 - Low carb is not equal to low fat
 - Even good fat needed to produce energy to burn bad fat
- **Lack of vegetables:**
 - Large quantities of high fibre vegetables and fruits needed
- **Poor planning:**
 - Stick to the new diet plan
 - Plan before starting a new diet : what to eat & when to eat
- **Use of carb packaged food:**
 - Most packaged low carb food contains maltitol which should be avoided
- **Insufficient fibre in diet:**
 - Forgetting or skipping vegetables & fruits reduces the level of fibre intake that can be disastrous in long run

SHOULD I EXERCISE ON A LOW CARB DIET?

Advisable to eat majority of daily carbs around the time just before and just after your workout, especially while lifting weights.

Reduce the intensity of cardio & switch from highly intense, short workouts to moderately intense, longer workouts.

- **Cardio:**
 - 3-5 days a week for 30 min
 - Take elliptical, stationary bike, stair mill or treadmill or group fitness classes
 - **In absence of gym**
 - **Get out and walk** to burn calories while enjoying surroundings
 - **Yoga** is effective in energizing your body and soul. Helps in recharging and relaxing
 - **Playing sports** like basketball, football, badminton, etc. Should be done in moderation
 - Join **exercise programs at work** and you can start if it is not there
 - **Exercise while doing household chores** like gardening, racking leaves, laundry, vacuuming, etc. Do these with hands instead of machines/gadgets.
 - These exercises can burn 150-1000 calories a day added to an effective low carb diet.

HOW TO DINE OUT ON LOW CARB DIET

Eating out while dieting can be a nightmare but on a low carb diet it is easy to adapt food from any cuisine at any restaurant. Just:

- **Know what to eat and what to avoid**
 - Alternatives are always there like meats that are not breaded & vegetables, salads that are not battered
 - Salads offer unlimited options
- **Plan ahead**
 - Find out what is on offer at place you wish to eat
 - Go online and view menus
 - This step eliminates stress and worry
- **Stick to the plan**
 - Do not be tempted or teased
 - If it helps, consider low carb diet as special for medical condition

Even the restaurants are adjusting their menu to accommodate low carb items as more people are adapting this diet plan.

CONCLUSIONS

Do not cave into temptations. You can follow certain tips:

- **Play with timing:**
 - Figure out what time of day body needs carbs most
 - Like if you wake early, eat carbs then, or if you are a night person, eat then
 - Find time that suites your body best
- **Pay attention**
 - If you notice big change in sleep/mood be cautious
 - Make gradual change from normal to low-carb diet
- **Pack and prepare**
 - Killing your social life is not necessary
 - Eat meal before or pack a snack before going to social event
- **Dine smart**
 - Skip bread basket, opt for lean(boiled or grilled) protein and salads

Whatever it may be that works best for you is what you should stick to. Remember that the end goal is to be happy and healthy, not feeling deprived and miserable.