

## **Low Carbohydrate Diet**

Eating a lower carbohydrate diet can support weight loss, improve energy, and help improve blood sugar regulation.

The easiest way to follow a lower carbohydrate diet is to focus on whole foods, and less processed foods.

Glycaemic Load (GL) is a measurement of the impact that a food has on your blood glucose. Foods high in sugar (high GL), have a larger impact on blood sugar and foods naturally lower in sugar (low GL), have significantly less effect on blood sugar. Low GL foods are considered lower in carbohydrate.

### **Who might this eating approach be good for?**

A low glycaemic load diet is considered universally healthy. It can help reduce inflammation, and is suitable for those with prediabetes and Diabetes, including those who are on medication.

### **Benefits**

Once you've adjusted to eating a low carbohydrate plan and incorporating low GL foods, it becomes a very easy way of life that the whole family can enjoy.

### **Foods to Enjoy**

Proteins – Chicken / Turkey / Beef/ Pork/ Lamb/ Fish/ Eggs/ Beans/ Lentils/ Nuts and Seeds

Vegetables – all leafy green vegetables/ celery/ bok choy/ mushrooms/ aubergine

Carbohydrates - new potatoes (2-3 in a serving) / whole grain / sourdough bread in moderation (the less you eat of this, the more weight you'll lose ) / rye crackers

Fruit – all berries / apples/ pears/ citrus / underripe banana

Dairy – natural yoghurt/ cottage cheese /cheddar / mozzarella

Legumes – chickpeas/ kidney beans/ black beans/ navy beans / hummus / lentils etc

Drinks - enjoy water/ herbal and fruit teas as well as tea and coffee in moderation

Nuts

Dark chocolate (70% plus)

### **Foods to Avoid**

White potatoes

Refined-grain products(e.g. white breads and white pasta)

Biscuits / Cakes

Sweets/ Milk chocolate

### **Low Carbohydrate Diet - Guidelines**

Eat three meals a day

Avoiding snacking in between meals

Eat slowly and stop when full

## Food Swaps

From	To
Jacket Potatoes	New Potatoes / sweet potatoes
White Rice	Quinoa / cauliflower rice
Spaghetti	Whole wheat spaghetti / courgetti
Flavoured yoghurts	Natural yoghurts with berries
Instant oats	Rolled oats
White bread	Wholemeal bread/ multi grain wraps /
Sweet snacks	Protein balls / nuts and seeds
Fizzy drinks	Carbonated water add fruit to flavour

## Meal Builder - Follow this simple system to plan your meals

Choose one fist sized portion	Choose 3-4 cups of any combination of the below	Optional if desired one choice from this column	Fruit	Cooking methods
Chicken Turkey Fish Beef lamb Pork Liver Eggs Beans Lentils Tofu Nuts Plain yoghurt Cheese Cottage cheese Goat's cheese	Broccoli Cabbage Kale Cauliflower Beans Sugar snap peas Onions Garlic Swede Courgette Pepper Lettuce Tomatoes Cucumber Bok choy Aubergine Artichoke Asparagus Mushrooms Mange tout Avocado Olives Celery Spinach Watercress	2-3 new potatoes 2-3 Tbsp of brown rice 1-2 slices whole grain bread 1 medium sweet potato 2-3 Tbsp barley 2 Rye Crispbreads 2 Oatcakes 1 whole grain wrap 3 Tbsp whole oats 2-3 Tbsp Quinoa	Oranges Satsumas Apples Pears Melon Unripe Banana All Berries	Steam Slow roast Slow cook Stir fry Salads Smoothies  <b>Herbs &amp; Spices</b>  Use Freely  Fats Use Olive Oil / Coconut Oil to Cook Use Butter in moderation

## Snack builder

One - Small Handful	Plus One (Optional)	Snack Combinations
Unsalted Nuts Nut Butter Natural Yoghurt Protein Powder Hard boiled Egg Hummus Protein balls	Oatcake Crudities Sliced Apple Sliced pear Berries	Apple and Almond butter Hummus and Crudites Hard Boiled Egg Natural Yoghurt & Berries

\*This eating approach can also be combined with intermittent fasting

(How to enjoy a jacket potato - video)