

Medicine's Dietary Advice is Not Working

In 1984 the National Heart, Lung and Blood Institute launched a massive campaign to fight heart disease. The foundation of their recommendations was a low fat/high carbohydrate diet.

Unintended consequences - Unfortunately this has coincided with the development of the epidemics of diabetes and obesity we are struggling with today.

Two widely accepted dietary concepts appear to be crumbling:

- 1) The low fat diet can help control your weight.
- 2) The concept of calories in vs calories out will help control your weight.

A Diet low in Carbohydrates Appears to be the Answer

Consumption of carbohydrates, especially refined, processed carbohydrates cause the release of insulin.

Insulin is the principal regulator of fat metabolism.

- Dietary carbohydrates cause increased insulin release.
- Insulin causes increased fat storage; this causes weight gain.
- Elevated insulin levels will not let fat out as fuel; so we hunger for more carbohydrates.
- When insulin is elevated, we crave more carbohydrates because this is the only fuel insulin will let our body burn. This then causes more fat storage.
- **Everything insulin does works to increase the fat we store and decrease the fat we burn.** Insulin works to make us fatter.

Carbohydrates are the trigger for more insulin, which causes us to store more fat

- We don't get fat because we overeat.
- We get fat because the carbohydrates in our diet make us fat.
- **Because the insulin level in the bloodstream is determined primarily by the carbohydrates that are consumed – their quality and quantity ultimately determines how much fat we accumulate.**

Two Other Concerns to Consider

- 1) Exercise can help you lose weight – Unfortunately your appetite increases after exercise, so your body can replenish the calories you just burned.
- 2) A diet higher in fat could affect your heart – A diet low in carbohydrates actually lowers triglycerides and raises HDL cholesterol. HDL cholesterol may be a better predictor of heart disease risk. Statin drugs do lower cholesterol and lower heart disease risk, but there is little research support that eating a low fat diet lowers heart disease risk.

How do I Change My Diet?

Especially Avoid Carbohydrates that digest quickly

- 1) Refined Flour – bread, cereals, pasta
- 2) Liquid Carbohydrates – beer, juice, soda
- 3) Starches – potatoes, rice, corn

Other foods to avoid

- 1) Any kind of sugar – Sugar is the most refined carbohydrate
- 2) Baked goods – These combine refined flour and sugar
- 3) Pizza – Crust is a no-no
- 4) Low-fat foods – These foods have the fat replaced by sugars/starches
- 5) Processed, ready to eat foods – These invariably have added carbohydrates
- 6) Breaded and fried meats

What am I Allowed to Eat?

- 1) Meats
 - a. Beef, pork, lamb, bacon
 - b. Poultry
 - c. Fish and shellfish
- 2) Dairy
 - a. Milk, cream
 - b. Cheese
 - c. Eggs
- 3) Salad Greens - at least two cups a day of leafy greens
- 4) Vegetables - any vegetables, avoid potatoes
- 5) Fruits
- 6) Nuts
- 7) Fats and Oils
 - a. Any kind of oil or fats
 - b. Butter is allowed, avoid margarines with trans-fats
 - c. Any salad dressing; avoid low fat, they have substituted carbohydrates

How Much Can I Eat?

Eat when you are hungry. Stop when you are full. Remember – you do not lose weight by restricting calories. You lose weight by restricting carbohydrates.

FINAL POINT – Remember; there are recommended daily requirements for certain proteins and fats; HOWEVER there are no recommended daily requirements for any carbohydrates!!!!

LOW CARB MENU

GOOD CHOICES

BREAKFAST:

Old fashion oatmeal with nuts, fruits and raisins
Eggs and Bacon

LUNCH:

Soup
Salad
Meat and vegetable concoction

DINNER:

Any kind of meat
Salad
Vegetable

SNACKS:

Cheese
Any nuts - peanuts, almonds, walnuts, cashews
pistachios, macadamias, pecans
Beef jerky

AVOID THESE CHOICES

BREAKFAST:

Any cereal
Orange juice, any fruit juice
Pancakes, waffles
Bagels, toast, english muffin, french toast

LUNCH:

Sandwiches
Anything with bread, white or whole grain bread
Chips, including potato chips and tortilla chips
Taco's, burritos

DINNER:

White rice, brown rice
Potatoes
Pasta, regular or whole wheat
Bread

SNACKS:

Pretzels, crackers, rice cakes
Yogurt
Low fat cheese, Low fat baked goods
Cookies
Desserts
Baked goods