

Real Food



Don't trust me – I'm not a doctor !

***Always consult a healthcare professional
when changing your eating habits.***

Disclosure

- **I receive no financial reward for telling my story**
- **I am enrolled in an online dietary clinic**
- **I am a member of online groups**
- **I am a member of a national charity which campaigns for reform of dietary guidelines**

No Professional Qualifications !

So what do I know ?

Age	21	36	37	66	71
Kg	67	117	140	97	70
	10st 7lb	18st 5lb	22st 0lb	15st 3lb	11st 0lb

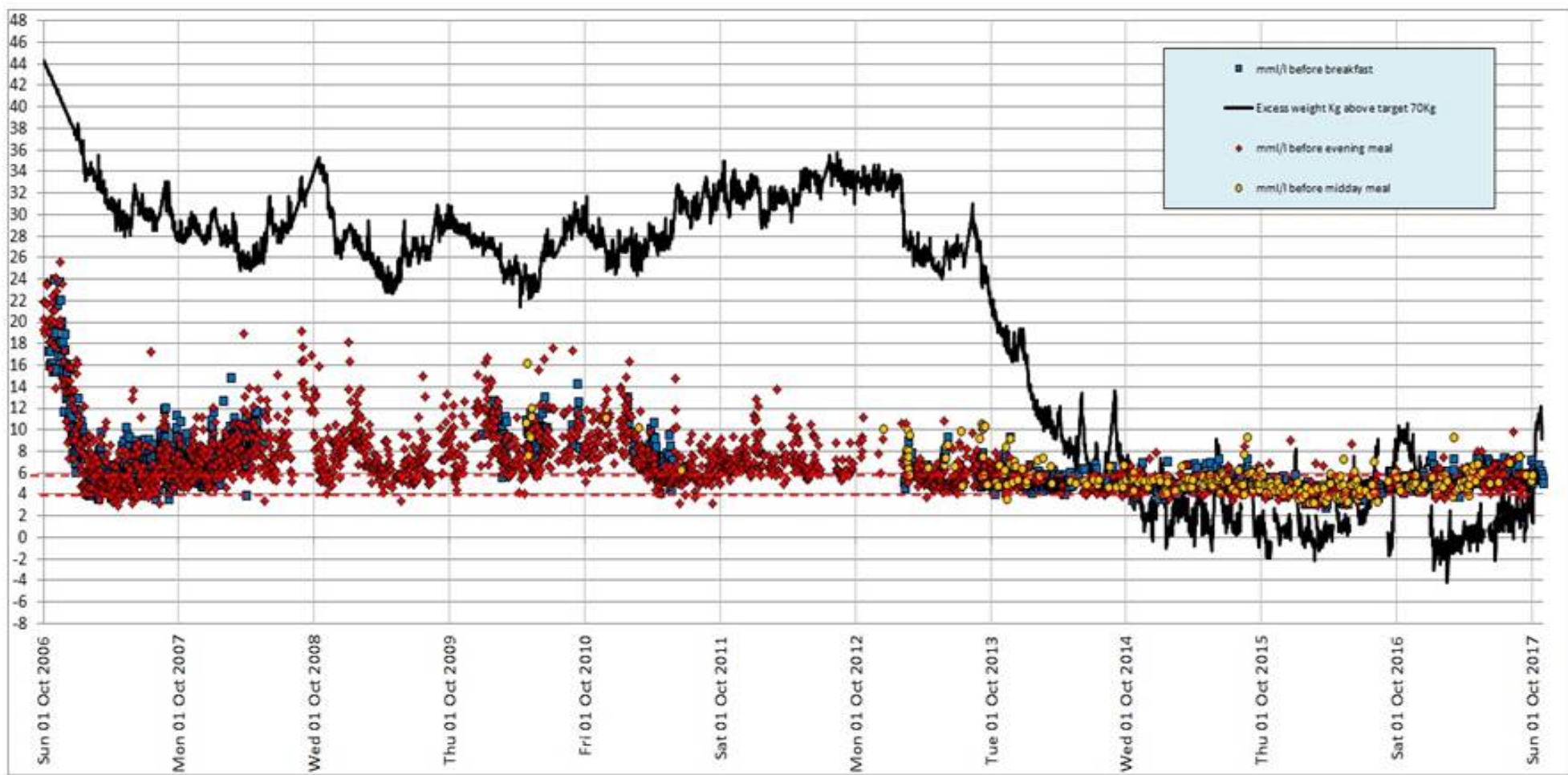


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- Gained 7 pounds in 50 years
- 2 ounces per year

- I used to be *slim and healthy*
- Then I became *fat and ill* (diabetic, lame, blind and chronically fatigued)
- Now I am *slimmer and healthier* than I deserved to be

Was it just about weight loss?



Or was real food important too?

- Prof Roy Taylor, Prof Mike Lean (DIRECT study)



Dr Jason Fung
(Intensive Dietary Management Program)

- **Dr David Unwin FRCGP**
(RCGP Diabetes & Obesity champion)



Dr Ian Lake
(Local hero and international authority)

What did I change?

- Gave up refined carbohydrates
(sweets, cakes, biscuits, bread, potatoes, rice, pasta)
- Increased above-ground vegetables
(cabbage, kale, broccoli, spinach, cauliflower)
- Did not snack
- Went longer between meals
- Enjoyed healthy natural fats

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What did I ***NOT*** change?

- Enjoying a wide variety of food !
- Trying different foods
- Noticing what worked well
- Always wondering how I could do even better
- Talking to anybody who would listen
- Gentle to moderate exercise

~~Exercise~~ Movement



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Exercise

- Necessary –
 - But not sufficient
- ***“You can’t outrun a bad diet”***
- A good diet ***enables*** exercise and the ***benefits*** that exercise brings

What's left to eat?

Quite a lot, actually

Omelette with ham and salad



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Chicken in sauce with vegetables



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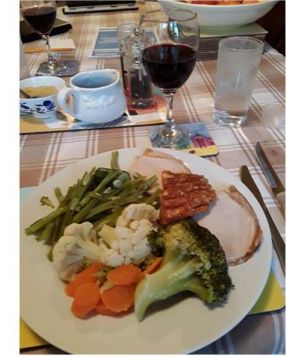
Food

Fresh mackerel



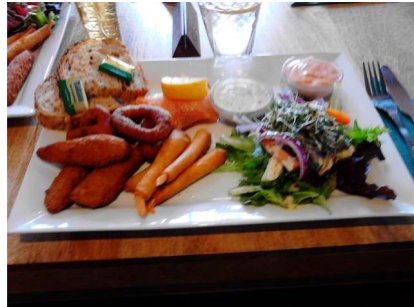
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Roast pork with vegetables



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Pub lunch – Seafood platter



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Smoked salmon with scrambled eggs



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Dressed crab with shrimps



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Cheeses with celery



Pub lunch – Faggots in gravy ...



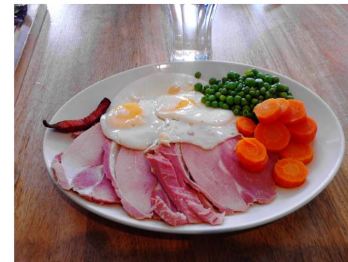
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... and vegetables



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Pub lunch – Ham, eggs and vegetables



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Berries and cream



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The occasional treat ...



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... In moderation



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A little wine aids digestion



NOT a restrictive diet ...

... BUT an empowering lifestyle
which was:

- Effective
- Safe
- Sustainable

... for me and for hundreds of
thousands of other 'exceptions'

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How?

Lynne changed her shopping and cooking,
(and improved her own health too).

What?

- **Fresh whole food**
 - Minimally processed
 - Raw when appropriate
 - Cooked from scratch
- **Personally appropriate carbohydrate**
- **Moderate protein**
- **Healthy fats**

How?

Not too much.

- Need not count calories (*But calories count!*)
- Eat when hungry - stop when satisfied
- Do not snack
- Fast occasionally
- Monitor weight and waistline
- Enjoy treats but avoid over-indulgence

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Which real foods?

- More vegetables than fruits
- Not all fruits are equal – natural sugar is still sugar
- Nor are vegetables, but eat more of them than fruit
- It's the sugar per serving that matters (for example, berries beat bananas and leaves are better than roots)
- Moderate amounts of good quality meat, fish and dairy.

Resources

- Butcher, greengrocer and fishmonger
- The outside aisles of supermarkets
- Books
- The internet - confusing but some gems in the dross
- Smartphone apps
- Nutritional data – on packaging or online
- Friends and family – if they are healthy
- Patient support groups

Books



- Specialist books may include healthy recipes
- General recipes can often be adapted by substituting healthier alternatives for their less healthy ingredients

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The internet

- Read with care – more opinions than facts
- Some sites are more credible than the rest














The internet

Some sites are more credible than the rest



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Hidden sugar

FOOD ITEM	G INDEX	SERVE SIZE g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?	From Unwin et al. It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes. The glycaemic index revisited. Journal of Insulin Resistance Aug 2016
Basmati rice	69	150	10.1	
Potato - white, boiled	96	150	9.1	
French fries baked	64	150	7.5	
Spaghetti - white boiled	39	180	6.6	
Sweetcorn boiled	60	80	4.0	
Frozen peas boiled	51	80	1.3	
Banana	62	120	5.7	
Apple	39	120	2.3	
Wholemeal, small slice	74	30	3.0	
Broccoli	54	80	0.2	
Eggs	0	60	0	

Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms and cheese

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Nutritional data

Finding lower carbohydrate alternatives

Redmere Farms White Potatoes
Nutrition from Tesco website

Typical Values 100g as sold

Energy	385kJ (91kcal)
Fat	0.1g
Saturates	<0.1g
Carbohydrate	19.6g
Sugars	0.9g
Fibre	2.0g
Protein	1.9g
Salt	0.1g

Tesco Cauliflower Extra Large
Nutrition from Tesco website

Typical Values 100g contains

Energy	159.90kJ (38.10kcal)
Fat	.90g
Saturates	.20g
Carbohydrate	3.00g
Sugars	2.50g
Fibre	1.80g
Protein	3.60g
Salt	.03g

Looked and learnt

- Recorded what I ate
- Noticed what worked well
- Allowed enough time. A few weeks showed results and success motivated continued adherence.
- Told anybody who wanted to listen

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Not all good news

- Diabetes reversed
- Medication 'de-prescribed'
- **Too late to reverse kidney failure *in my case* (earlier intervention has helped others)**
 - **Dialysis**
 - **Transplant**

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Low Carb is now officially an option in
Gloucestershire - HOORAY!!!

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Good Health !

