



Professor Grant Schofield

Public Health

Auckland University of Technology

Auckland

Saturday, June 10, 2017

(Room 9)

14:00 - 14:55 WS #142: Practical Low Carb, Healthy Fat Counselling and Eating

15:05 - 16:00 WS #154: Practical Low Carb, Healthy Fat Counselling and Eating (Repeated)

Low carb healthy fat – how to do it



Professor Grant Schofield

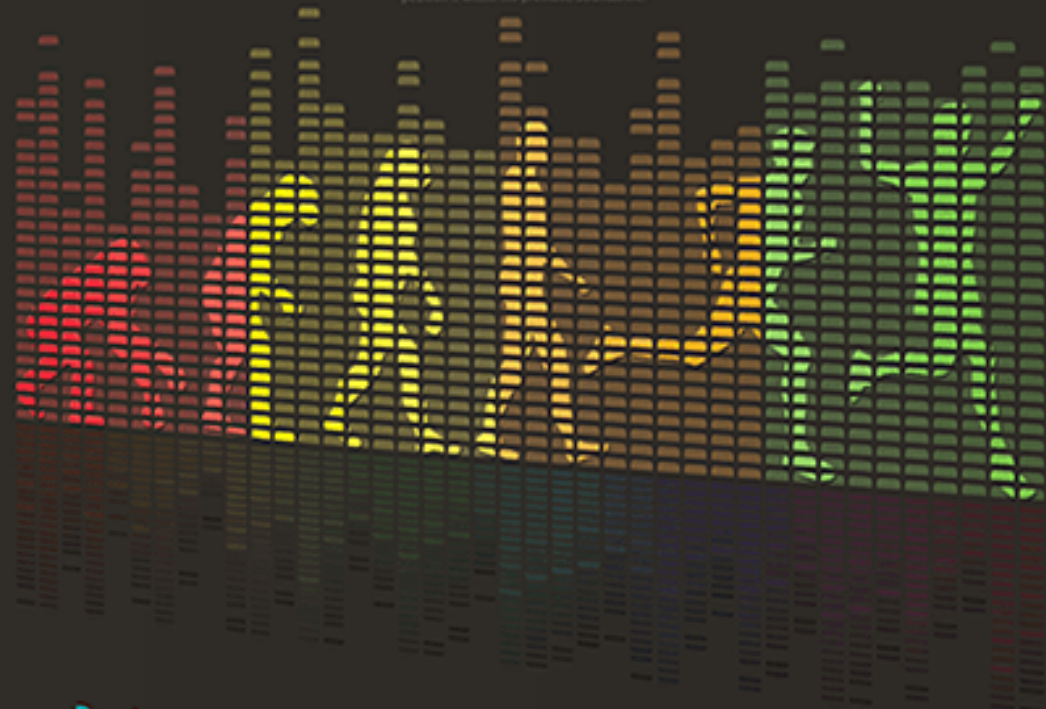
SPORTS PERFORMANCE

What The Fat?

Leaner, fitter, faster on
Low-Carb, *Healthy-Fat*

INSTRUCTIONS

Drag, or paste, your own artwork onto
this document and carefully scale and
position it within the provided boundaries.



Prof Grant Schofield
THE PROFESSOR

Dr Caryn Zinn
THE DIETITIAN

Craig Rodger
THE CHEF

PRACTICAL GUIDE & RECIPES

What The Fat?

Fat's **IN**, Sugar's **OUT**



With
Foreword by
Pete Evans

Prof Grant Schofield
THE PROFESSOR

Dr Caryn Zinn
THE DIETITIAN

Craig Rodger
THE CHEF

18 36 4
No. *22. H. 24.*
**BOSTON
MEDICAL LIBRARY
ASSOCIATION,
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Received *March 5, 1885.*
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CORPULENCE

AND ITS

TREATMENT

BY

PHYSIOLOGICAL PRINCIPLES

BY

DR. WILHELM EBSTEIN,

PROFESSOR OF MEDICINE AND DIRECTOR OF THE CLINICAL HOSPITAL
AT ALTTUBING.

TRANSLATED BY

BY

FRANCIS H. KLEANE, M. A.

RESIDENT PHYSICIAN

LONDON.

H. GREVEL,

25, KING STREET, LONDON, W. 1.

1884.

Its about Insulin and insulin resistance



Inflammation
Insulin
resistance

Stress

Poor sleep

Too much exercise

Low physical activity

Gluten
diet

High trans fat

High alcohol

diet

Cr

B?

Poor gut
microbes

Genes/ethnicity

Age?

Obesity

High insulin

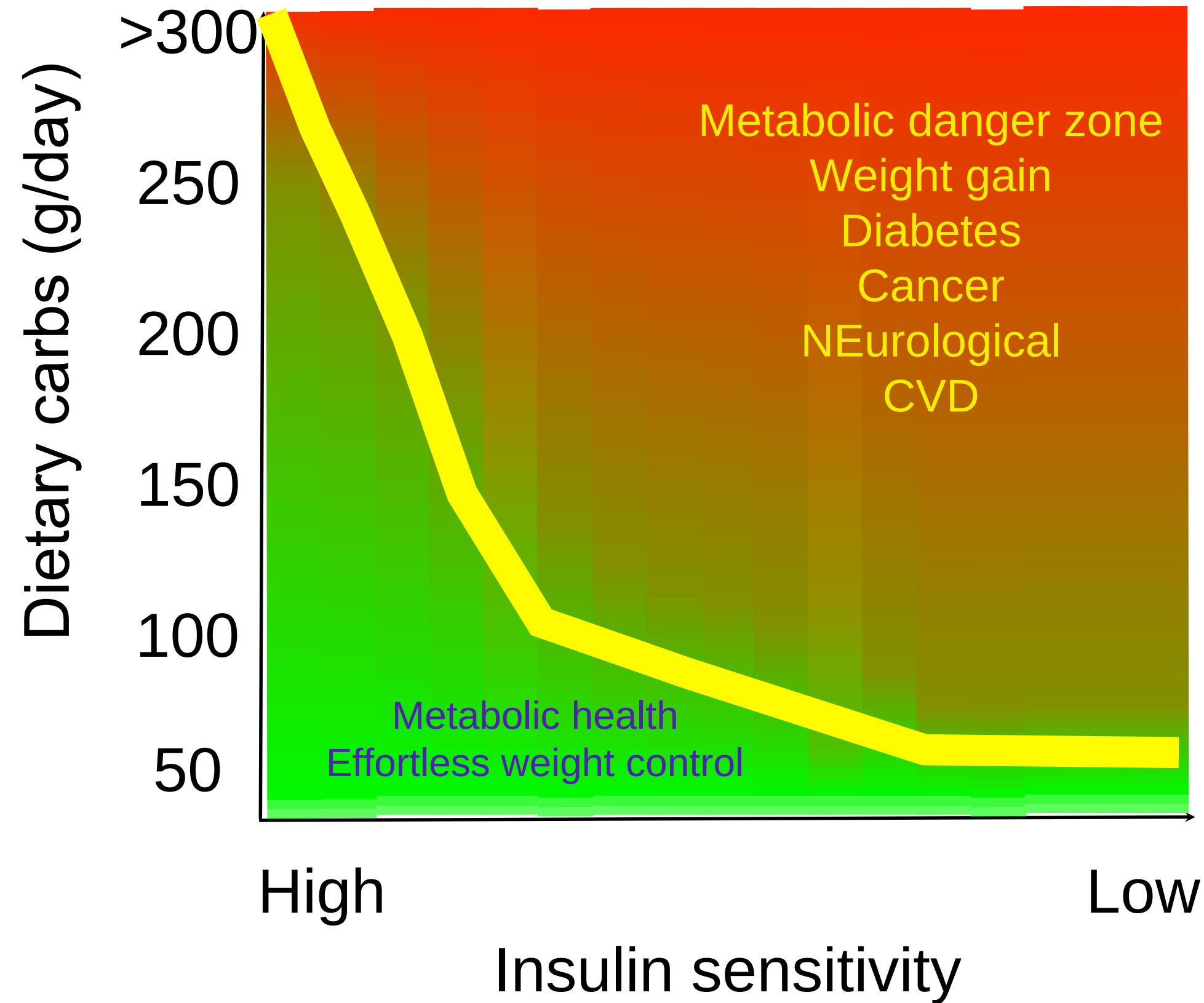
Smoking

Pollution

environmental toxins

Too much/too little sun

High iron





Ketogenic

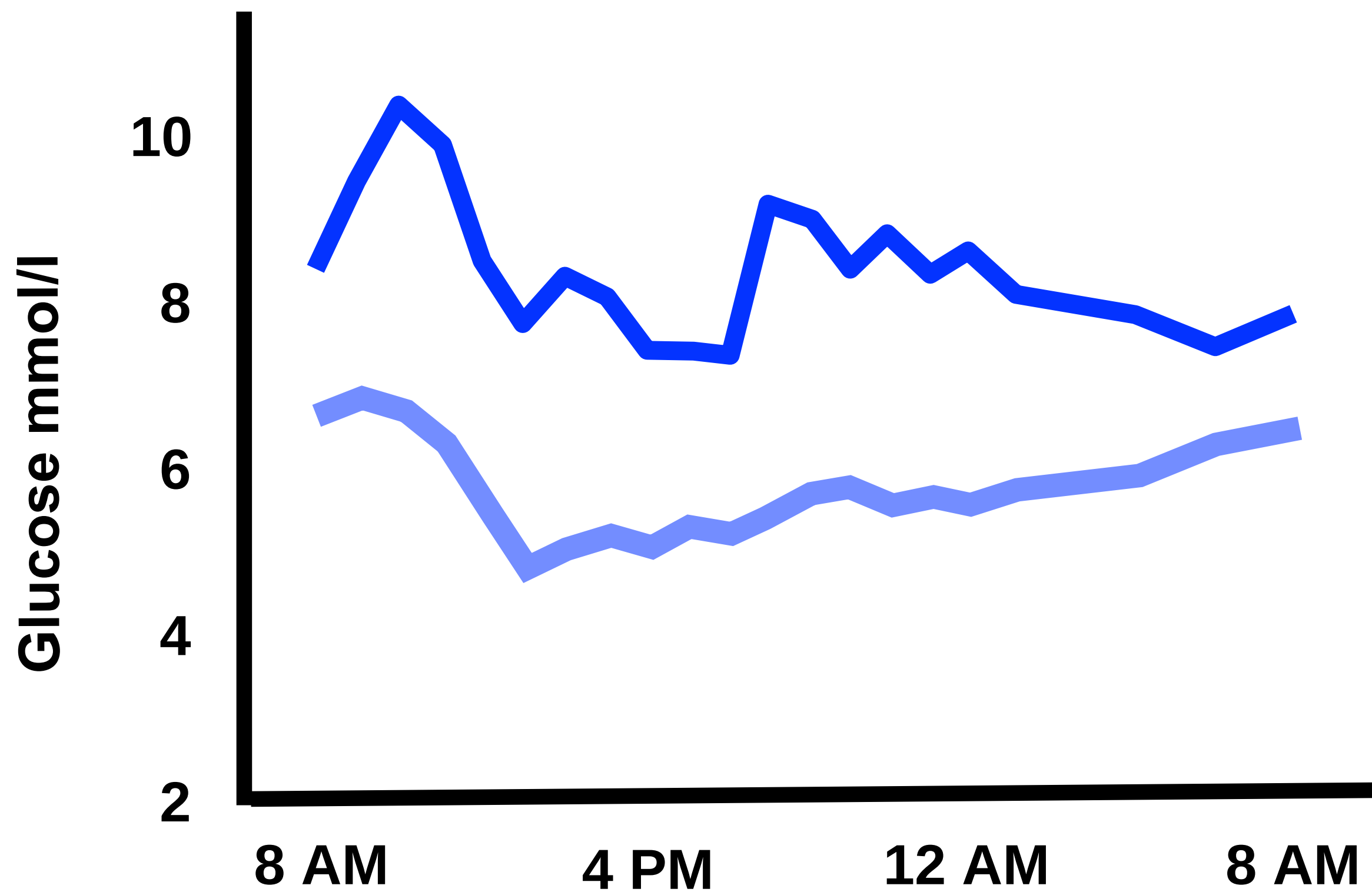
Carbohydrate restricted
Mediterranean

LCHF

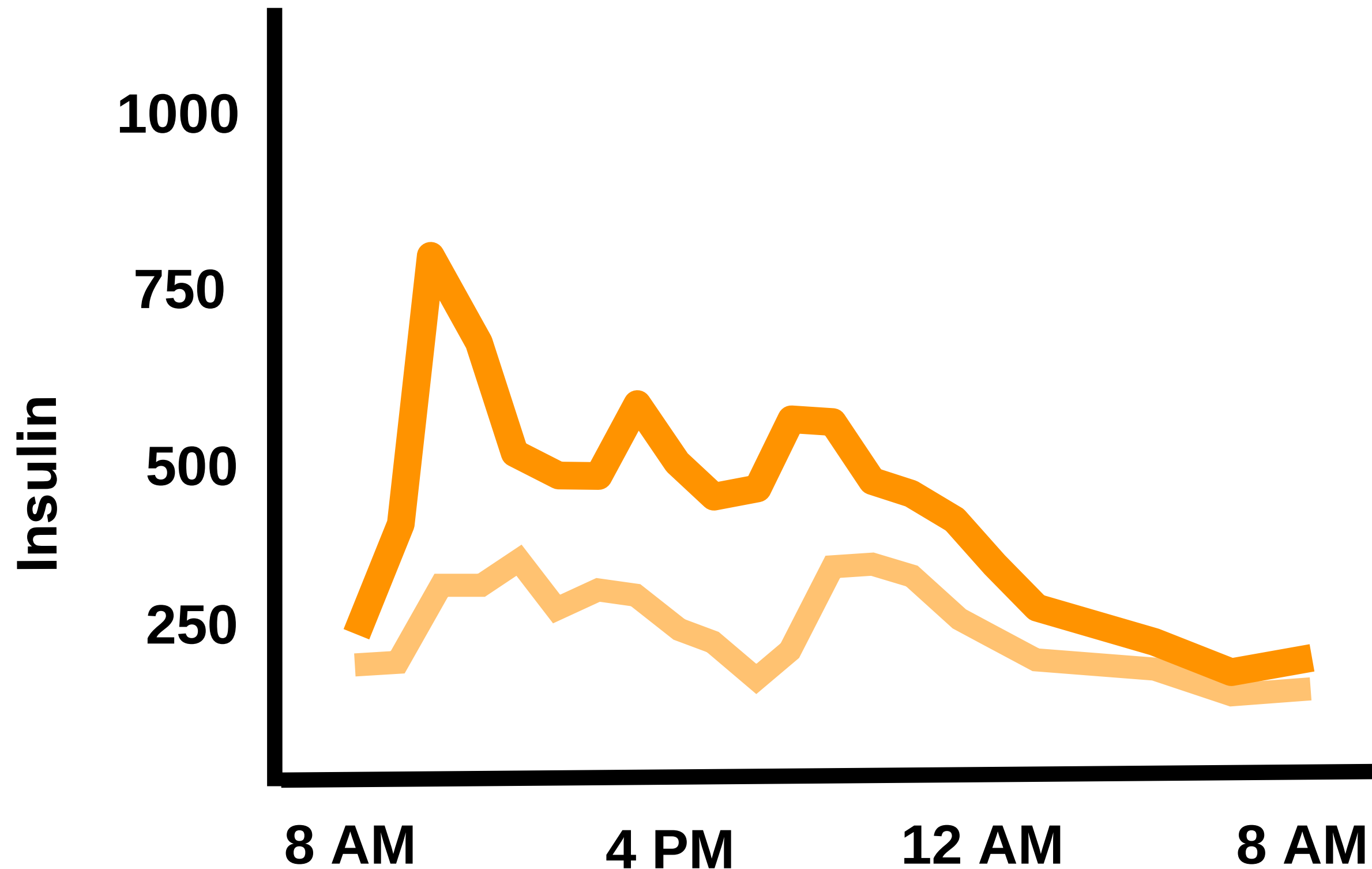
Primal

Paleo

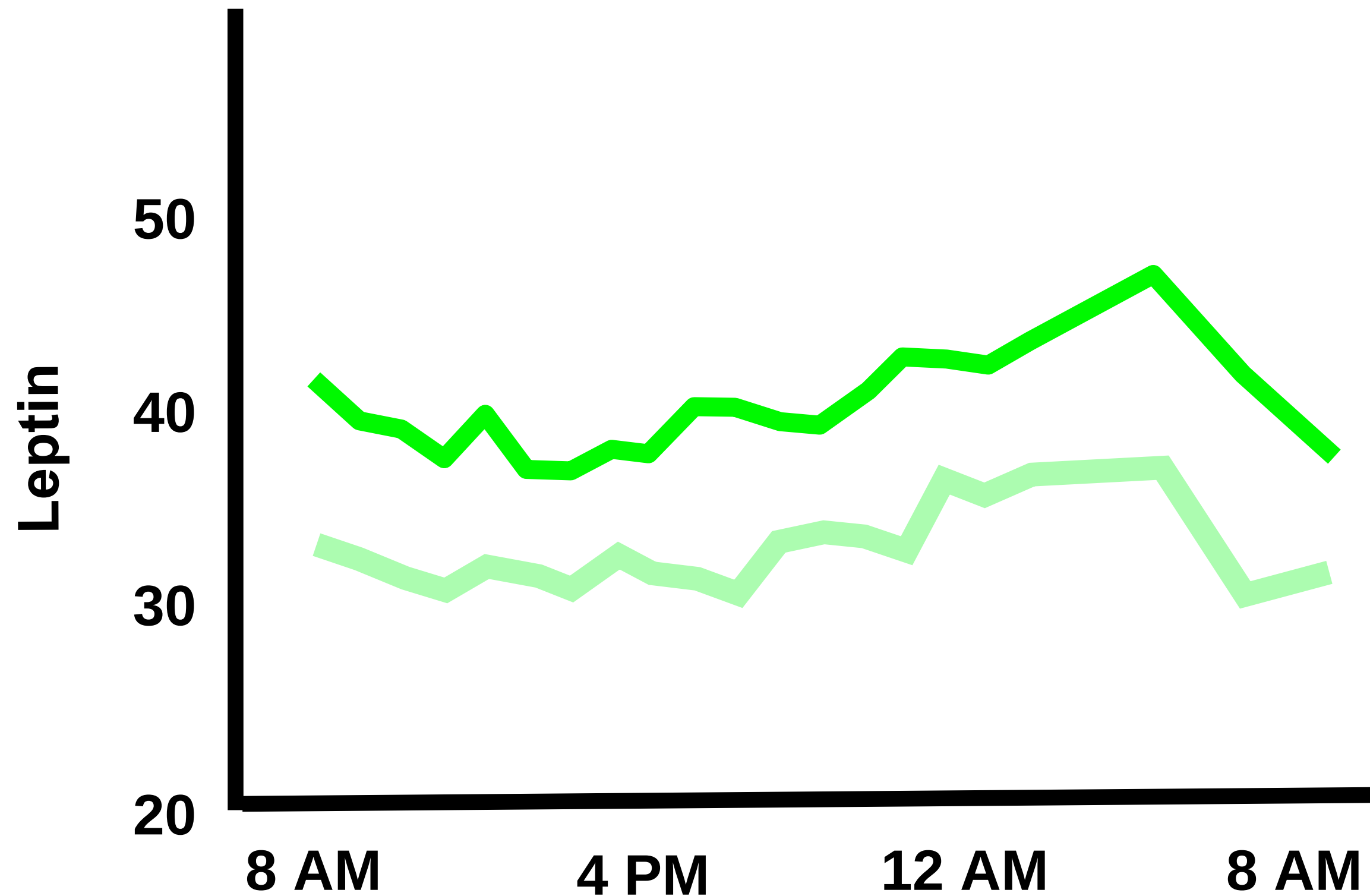
Real food



Reference: Effect of a Low-Carbohydrate Diet on Appetite, Blood Glucose Levels, Boden, et al, Annals of Internal Medicine 2005

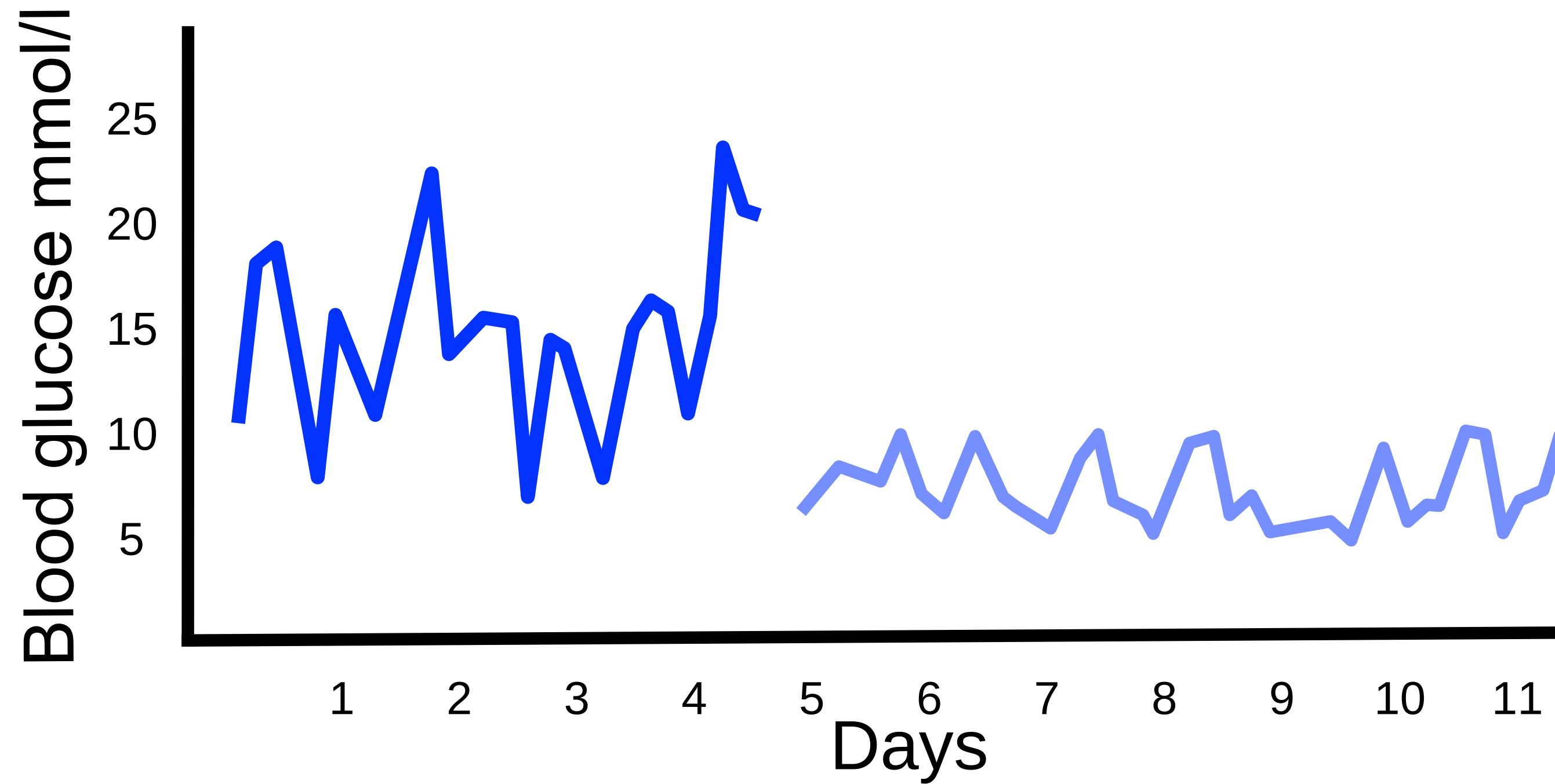


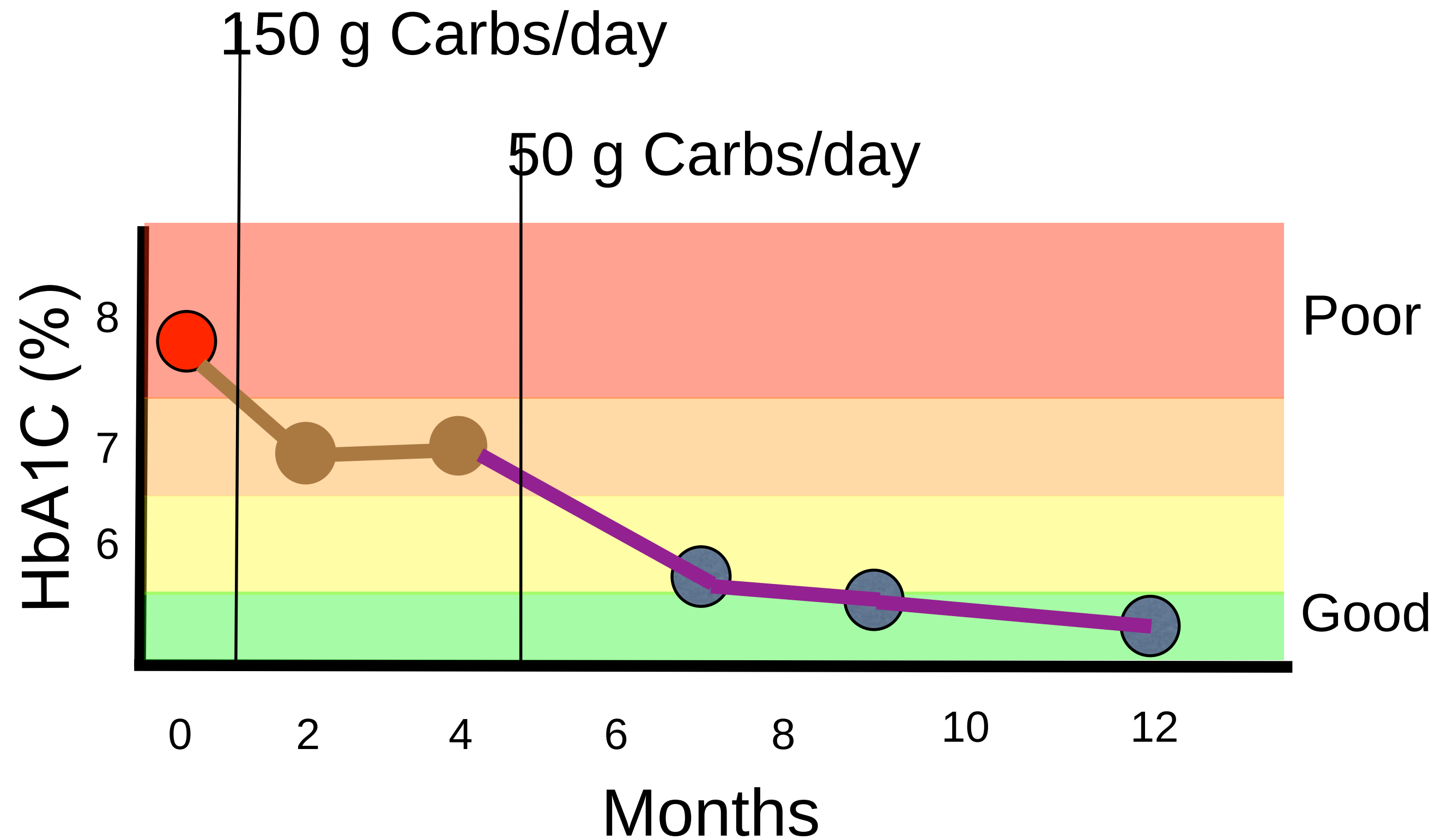
Reference: Effect of a Low-Carbohydrate Diet on Appetite, Blood Glucose Levels, Boden, et al, Annals of Internal Medicine 2005



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Reference: Nielsen JV, et al. Low carbohydrate diet in type 1 diabetes, long-term improvement and adherence: a clinical audit.
Diabetology and Metabolic Syndrome 2012;4:23





The 10 rules



The skinny on

LCHF

Get fat adapted

1

Go low **'HI'**



2

know **YOUR**
numbers

Cut the carbs
(down...not out)



3

Virtuous **vegetables**



4

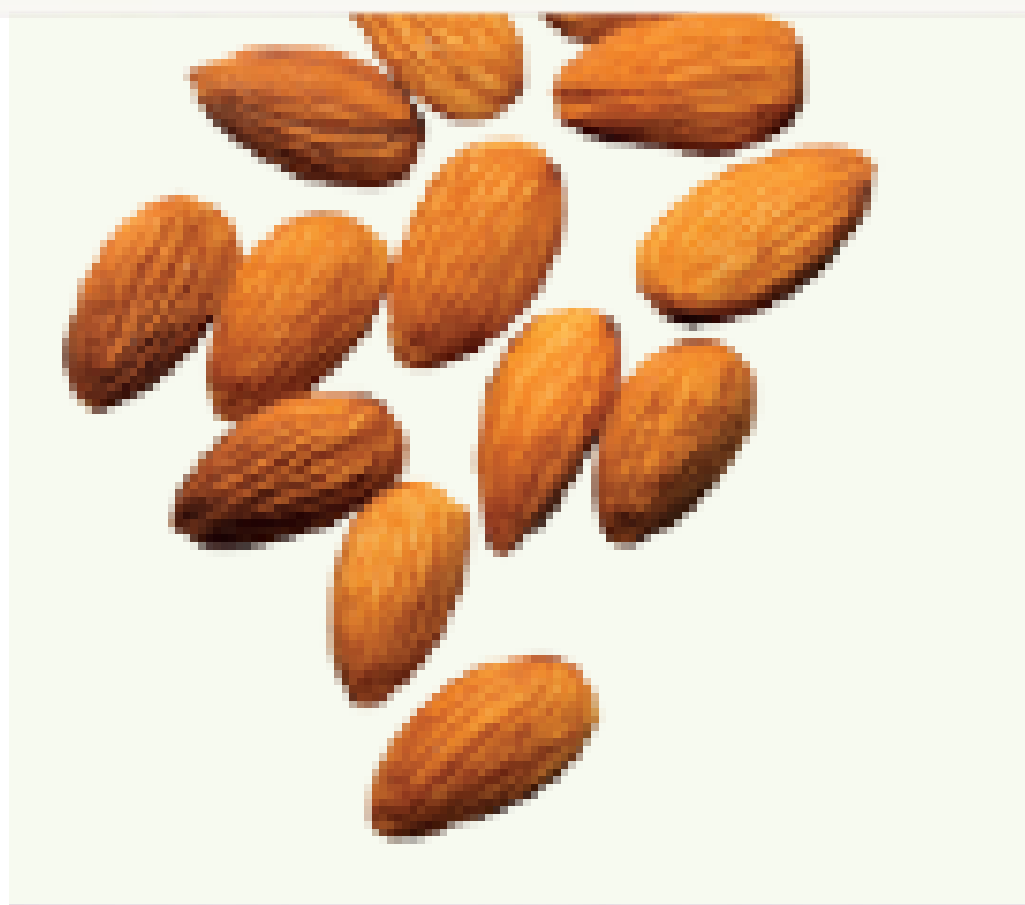
Make fat your **friend**



5

know **YOUR**
numbers

Put **protein**
in its place



6

Eat on **cue**



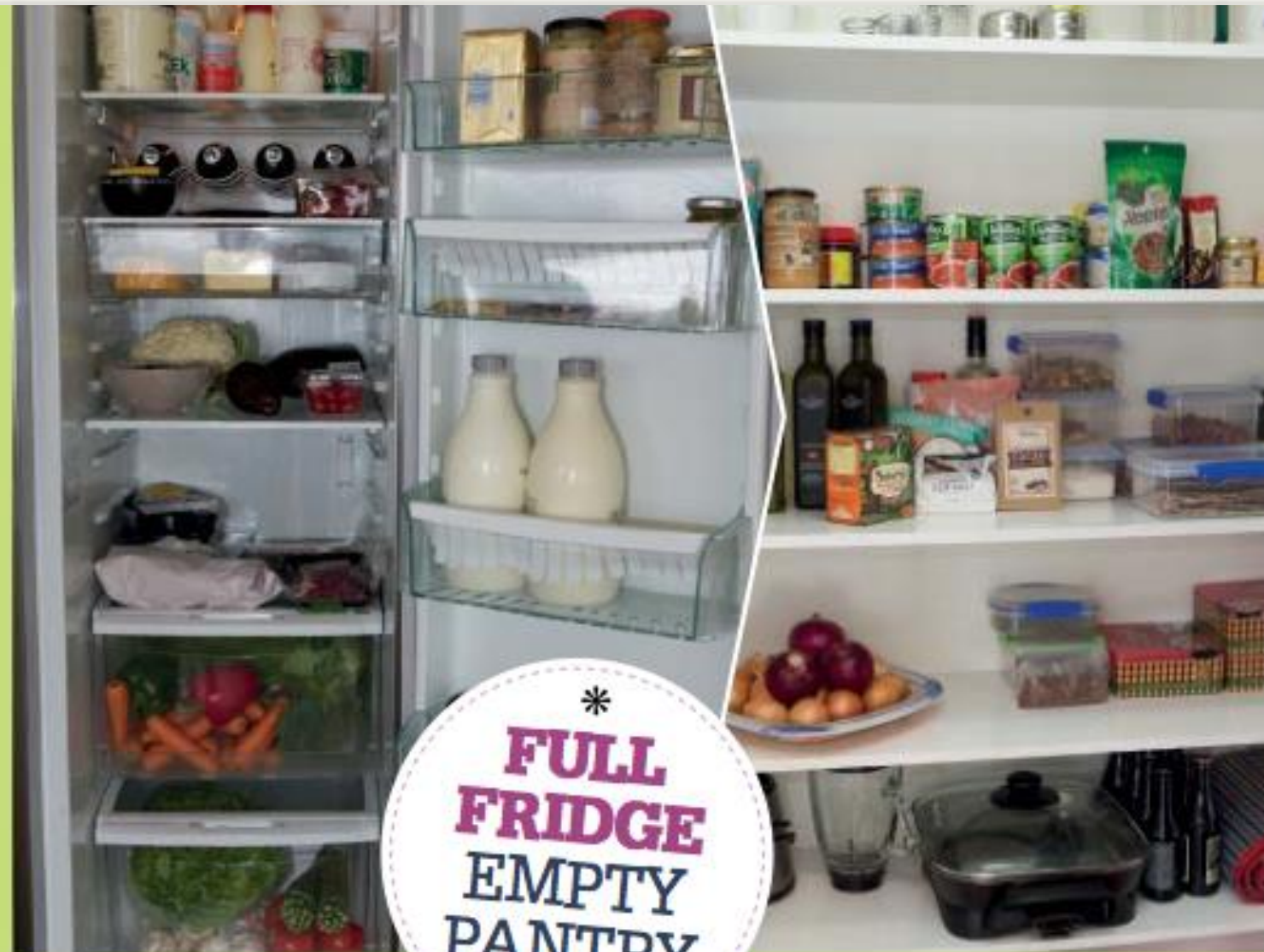
7

Sort your **support**



8

Diligence, not effort



*
**FULL
FRIDGE
EMPTY
PANTRY**

9

Adopt the **3-meal rule**



10

It's not just
about the food



Inflammation
Insulin
resistance

Stress

Poor sleep

Too much exercise

Low physical activity

Gluten
diet

High trans fat

High alcohol

Cr B?

High iron

Smoking

Pollution
environmental toxins

Too much/too little sun

Poor gut
microbes

Genes/ethnicity

Age?

Obesity

High insulin

High alcohol

Cr B?

High iron

Poor gut
microbes

10

COMMON TRAPS

1

Hearing half the LCHF message

10

COMMON TRAPS

2

Meat, meat and more meat



10

COMMON TRAPS

3

I said MORE fat

10

COMMON TRAPS

4

Shake some salt

10

COMMON TRAPS

5

Calories count



10

COMMON TRAPS

6

"Goind nuts on nuts"

10

COMMON TRAPS



It's okay to ask

10

COMMON TRAPS



Fake food

10

COMMON TRAPS



Get real

10

COMMON TRAPS

10

"Gut instinct"

What about **alcohol**?

The carb content of popular drinks

CHECK OUT THE CARBOHYDRATE CONTENT OF A VARIETY OF COMMONLY CONSUMED ALCOHOLIC BEVERAGES.



RED WINE	WHITE WINE (SWEET)	WHITE WINE (DRY)	CHAMPAGNE	BEER	LOW-CARB BEER	CIDER	SPIRITS	SPIRIT WITH SOFT DRINK	LIQUEUR
1 glass 100ml	1 glass 100ml	1 glass 100ml	1 glass 100ml	Bottle 340ml	Bottle 340ml	Bottle 330ml	30ml	200ml	30ml
0g carbs	2.6g carbs	0.5g carbs	1.3g carbs	10-15g carbs	3-7g carbs	8.3g carbs	0g carbs	22.9 carbs	3-17g carbs

Q Will I get bored with the meals?

Q Is it okay for my children to eat LCHF?

Q Will I get hungry?

Q Can I do this if I am vegetarian?

Q Can I do this if I am pregnant?

Q What if I can't eat dairy products?

Q Will it be bad for my health?

Q *How can a diet that eliminates an entire nutrient be healthy?*

Q *Are lentils and beans protein or carbohydrate?*

Q *How do I know I won't be deficient in nutrients?*

Q *Can you eat too many eggs?*

Q *Is LCHF the same as Paleo?*

Q *Do I need to exercise?*

Q *Can I still do LCHF if I exercise a lot?*

Q *Isn't this just the Atkins diet?*

Q *Can I get enough fibre on LCHF?*