

LOW CARB LIFESTYLE GUIDELINES

Where Do You Sit On The Insulin Resistant/Sensitive Spectrum?

It's a bit of a jigsaw puzzle...



Understanding what is best for your body may take some trial-and-error. There is no one answer as we are all so very different. In addition to what mother nature has provided us in terms of our genes and the choices we have made thus far in our lives, we also need to consider what our goals are - what do we want to specifically achieve from maintaining these changes in our diet and then how acceptable is this to our own personal circumstance i.e your family life, social life, YOUR life. Lets take a closer look...

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Elements that CAN be Modified

1. Carbohydrate Amount
2. Fasting Protocol
3. Fat Amount
4. Degree of strictness



Elements that should NOT be Modified

1. JERF - 'Just Eat Real Food'
2. Always Start with Protein
3. Listening to Hunger
4. Planning and Organisation



Other Elements to Consider

1. Gut Health
2. Movement, activity, exercise, training
3. Stress management
4. Sleep - quality and quantity
5. Smoking!
6. Sun exposure - Vitamin D levels



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1. Only eat when you are hungry

This is a life long tool to keep you feeding your body appropriately. Listening to your body and responding accordingly is probably the single best thing you could do for your body in the long term. There may be circumstances that cause you to bend this rule slightly, for example eating a meal with family or friends might not be at the exact time that you are hungry but having strategies around this is what is important e.g shifting your meal times for the day; only doing this on occasions.

2. Choose most of your food from the green and orange list

So does this mean that red lists items are okay? No not at all but we do need to be real about things too. A piece of cake that your mum has baked for your birthday or a bowl of dessert at Christmas lunch - this is the reality of modern living! We eat for many reasons. Be wise, be mindful, understand how to deal with the consequences of an indulgent meal/day, revert to green and orange list items quickly, cut yourself some slack

3. Fast Intermittently

There is no perfect fasting protocol and there is no one-size fits all. I'd encourage you to try a number of different fasting protocols and find what works best. You might decide to mix things up and have a variety of protocols that you incorporate. I would however encourage you to always have an element of fasting as part of your lifestyle.

4. Stay organised and always be prepared when it comes to your food

In my experience, the number one reason for falling off the bandwagon is lack of preparation. Set time aside every week to plan your meals, write a shopping list and shop accordingly. Spend sometime in the kitchen preparing a few go to items e.g. seed crackers, a loaf of low carb bread, frittata, pre-chop veggies, mayonnaise. A little prep will go a long way, now and forever after.

5. Continue to follow the three steps for putting a meal together

- I. Start with protein
- II. Add loads of colour in the form of veggies
- III. Add sufficient fat

6. Limit alcohol

Alcohol can lead to everything falling into a heap, not just because of the alcohol itself but the lack of inhibition that comes along with it, not to mention the common cravings for sugar/fat (bad fat) foods during the binge and in the aftermath. Be sensible. Stick to red wine and white spirits as much as possible and limit intake to no more than 2 days per week

7. Keep yourself interested with plenty of variety

Variety of food can be just as effective in activating the reward system in our brain as sugar! Don't get stuck eating the same thing day in and day out. Eat seasonal, try different cuts of meat and varieties of fish, be adventurous with your food, spice things up, grow fresh herb, make food fun...

8. Make choices to please yourself... not others

This is self explanatory - this is your body, your life, you are the one who will need to deal with the consequences but you are also the one who can reap the rewards. Do it for you!