



REAL FOOD
Community 
Whalley Range

Want to do something about your diabetes?

Then join us in January for our **Eat Well to Get Well** 12-week programme for people living with Type 2 diabetes or pre-diabetes

You can learn how an NHS-approved low carbohydrate approach can help you tackle type 2 diabetes and lose weight

You can get practical help with a low carb diet – menus, recipes, cookery demos and videos, and ingredient packs to try recipes at home

You can be part of a support group to get help and advice and share your successes and worries on the low-carb journey. People trying this before have lost weight, improved their control, reduced medication and even reversed their diabetes. They feel better too!

What about Covid-19 restrictions?

At the moment we are planning to run the programme mainly online in case restrictions are still in place early next year.

If this is the case, we may use Zoom or other video conferencing apps, for our meetings, depending on what computer or phone equipment our participants have, or feel comfortable using. But we have also drawn up plans to hold one or more of these meetings face to face in a Covid-safe venue in Whalley Range (likely to be the JNR8 youth and community centre) if the situation allows and group members would like to meet this way.

Find out more . . . get in touch by December 22

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Project team

Carolyn Driver (retired practice nurse), Loren Grant (nutritional therapist), Andrew Thompson (community chef). Advisor: Dr Tim Greenaway.

Low Carbohydrate “Real Food” lifestyle

You do not need to measure out portions or count calories when following a low carb lifestyle. We would generally recommend that you eat until you are satisfied and then stop. DO NOT EAT if you are not hungry, even if it is a mealtime.

Although as humans we need a minimum amount of energy to maintain personal good health The Real Food Lifestyle does not recommend counting calories. Instead we recommend that individuals follow these three focuses for healthy living:

1. **Eat real food, until you're satisfied.** These are foods that are naturally nutrient dense and are minimally altered from their natural state, which will nourish you and satisfy hunger.
2. **Avoid fake foods, as much as you can.** These are foods that have been highly-processed from their natural state with free sugars, highly processed oils and fortified nutrients, which do not nourish you and will not satisfy hunger.
3. **Be active every day, with an activity you enjoy.** Whether it be a brisk walk up the stairs or a vigorous workout in an exercise class, it'll help improve cardiovascular health, mood and sleep.

Here are some common examples of real foods:

1. **Fats & Proteins.** Eggs, sardines, mackerel, salmon, beef, chicken (with skin), lamb, pork, liver, kidney, heart, avocados, olives, full-fat cheese, full-fat yoghurt, cream, almonds, macadamia nuts, brazil nuts, walnuts.
2. **Carbohydrates.** Broccoli, spinach, green beans, bell peppers, tomatoes, mushrooms, cauliflower, courgettes, onions, carrots, butternut squash, blueberries, strawberries, apples, oranges, lemons, parsnips, beans, legumes, potatoes, fermented breads.
3. **Drinks.** Water, tea, herbal tea, fruit tea, coffee, full-fat milk, full-fat cream.
4. **Oils.** Butter, coconut oil, ghee, goose fat, lard and cold-pressed olive oil.

Here are some common examples of fake foods:

1. **Fats & Proteins.** Low-fat cheeses, low-fat yoghurt, low-fat spreads, beans in sauce, flavoured nuts, canned whipped cream.
2. **Carbohydrates.** Sugary cereals, refined breads, refined pastas, crisps, biscuits, cakes, dried fruit.
3. **Drinks.** Sugary soft drinks, fruit juices, low-fat milk, sugary milkshakes, pre-packaged smoothies.
4. **Oils.** Sunflower oil, corn oil, vegetable oil, soya oil and rapeseed oil.

Summary of Low carb principles

1. Only eat when hungry – not because it is a certain time of day
2. Breakfast is not essential – if you don't feel like eating first thing that is fine. A long gap from the last meal of one day to first meal of the next is beneficial to the body. Many people feel perfectly well just eating 2 meals a day.
3. Avoid snacks. If you need to snack then you didn't eat enough fat or protein at the previous meal.
4. Drink plenty of healthy fluids, sometimes thirst can be mistaken for hunger.
5. If a food package has a long list of ingredients (more than 5) then you probably should not be eating it.
6. Avoid low fat diet options as much as possible, yoghurts, mayonnaise etc. Eat the full fat versions.
7. Avoid processed snacks such as protein bars, smoothies or shakes, they often contain a lot of hidden sugars.
8. Eat as much food in its natural form as possible
9. Exercise is really important for your general wellbeing however you should not associate being active with being able to eat whatever you like – stick to the low carb principles.
10. Eat. Real. Food.

By Carolyn Driver for

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So what should I eat to help control my T2 diabetes?

The problem with having diabetes is your metabolism can no longer deal with sugar, which becomes almost a poison; its consumption needs cutting back dramatically.

Reduce starchy carbs a lot...

Remember they are just concentrated sugar. If possible cut out the 'White Stuff' like bread, pasta, rice – though porridge, new potatoes and oat cakes in moderation may be fine. Sugar – cut it out altogether, although it will be in the blueberries, strawberries and raspberries you are allowed to eat. Cakes and biscuits are a mixture of sugar and starch that make it almost impossible to avoid food cravings; they just make you hungrier!!

All green veg/salads are fine...

Eat as much of these as you can. So that you still eat a good big dinner try substituting veg such as broccoll, courgettes or green beans for your mash, pasta or rice – still covering them with your gravy, Bolognese or curry! Tip: try home-made soup – it can be taken to work for lunch and microwaved. Mushrooms, tomatoes, and onions can be included in this.

Fruit is trickier...

Some tropical fruits like bananas, oranges, grapes, mangoes or pineapples have too much sugar in and can set those carb cravings off. Berries are better and can be eaten; blueberries, raspberries, strawberries, apples and pears too.

Eat healthy proteins...

Such as non-processed meat, eggs (three eggs a day is not too much), fish – particularly oily fish such as salmon, mackerel or tuna – are fine and can be eaten freely. Plain **full fat** yoghurt makes a good breakfast with the berries. Processed meats such as bacon, ham, sausages or salami are not as healthy and should only be eaten in moderation.

Fats are fine moderation...

Yes, fats can be fine in moderation: olive oil is very useful, butter may be tastier than margarine and could be better for you! Coconut oil is great for stir fries. Four essential vitamins A, D, E and K are only found in some fats or oils. Please avoid margarine, corn oil and vegetable oil. **Beware 'low fat' foods.** They often have sugar or sweeteners added to make them palatable. Full fat mayonnaise and pesto are definitely on!!

Cheese only in moderation...

It's a very calorific mixture of fat, and protein. **Snacks: avoid, as habit forming.** But un-salted nuts such as almonds or walnuts are OK to stave off hunger. The occasional treat of strong dark chocolate 70% or more in small quantity is allowed.

EATING LOTS OF VEG WITH PROTEIN AND HEALTHY FATS LEAVES YOU PROPERLY FULL IN A WAY THAT LASTS.

Sweeteners can trick you...

Finally, about sweeteners and what to drink – sweeteners have been proven to tease your brain into being even hungrier, making weight loss more difficult – drink tea, coffee, and water or herb teas.

Alcohol is full of carbs...

I'm afraid most alcoholic drinks are full of carbohydrate – for example, beer is almost 'liquid toast' hence the beer belly!! The odd glass of red wine is not too bad if it doesn't make you get hungry afterwards – or just plain water with a slice of lemon.

Useful websites:

<https://www.dietdoctor.com/>

<http://www.diabetes.co.uk/lowcarb/>