

GAIL EXPLAINS THE LOW-CARB DIET PARTICULAR TO BANTINGERS

Introduction

The Low-Carb diet is in fact a low-sugar lifestyle which promotes sustainable weights-loss and longevity. This lifestyle is therefore excellent for people with high blood sugar; but more importantly the diet has caused many to return to a healthy lifestyle. Given the relative flexibility within the diet, Bantingers (Low-Carb lifestylers) should stick to the common principles of the lifestyle; and not return to poor eating habits. Poor eating habits are not normal living, it's a POOR lifestyle. People who follow the Low-Carb diet, are people who are serious about their health therefore take informed decisions about their consumption. They therefore live longer, look better and are happier.

Gail subscribes to a broader school of literature regarding Low-Carb eating. She therefore does not promote high consumption of meat. Meat should therefore be restricted to no more than, one third of each meal. And should as far as possible be free range (i.e. grass-fed). It is important to note that the Low-Carb diet requires a high fat intake. Fats should be obtained from veggies, meat (grass-fed where possible), fish, nuts, Olive oil and Omega 3 supplementation.

Note to the reader: Creative farmers have allowed their stock to roam freely while feeding them on grain. The term, 'Free-range' assumes that animals are grass-fed however, given the devious exploits of farmers, it has become necessary to use the term 'grass-fed'.

The body uses only two sources of energy, namely fat or sugar. Carbs fall into the sugar energy group because it changes to sugar the moment it makes contact with the body's digestive system. Poor eating habits contain high levels of carbs and sugars therefore are high sources of sugar energy. The experts concur that a high sugar intake is detrimental to one's health, and is associated with the onset of numerous diseases. The Low-Carb diet averts the damaging effects caused by high sugar consumption, and directs the body toward using good fats as its primary source of energy. Fat is a more efficient source of energy than sugar therefore will result in sustained levels of energy while promoting weight-loss.

Two Important pieces of information

1. It is not sustainable for people to be following Low-Carb and low-fat diets simultaneously, because the body will not have adequate sources of energy, therefore will feed off the existing muscle in the body. The Low-Carb lifestyle requires a high-fat intake in order to be sustainable.
2. The consumption of high fats and high sugars, will result in the body storing the fat and burning the sugar. The excess sugar will also be stored as fat. This is how poor eating habits cause weight gain.

When one becomes a fat burner, the body becomes astute at burning fat from the body's unwanted fat stores. It is important to stick to good fats therefore meats should as far as possible be of the grass-fed type. See the various stages of introduction to the Low-Carb diet below. Introduce these stages as you feel comfortable doing.

Stage One

Avoid all High-Carb foods. There are plenty of Low-Carb alternatives that can satisfy Bantingers on special occasions. So remove all High-Carb foods from your kitchen.

High Carb Foods

- Potatoes
- Rice
- Pastries (bread, biscuits, pies, flour based pizzas etc.)
- Bananas
- Corn
- Grain based cereals
- High sugar fruits such as Grapes and Pineapples (fruits should be reduced to a minimum)

Stage Two

- Stop using sugar in tea and coffee
- In fact, stop using sugar altogether
- Introduce Stevia and Xylitol where necessary.

Stage Three

Meals should comprise approximately one third proteins and two thirds veggies – the legal ones. Frozen veggies can become dreary but they are excellent forms of nutrition – the legal veggies though.

Food to eat

- Veggies (Frozen or fresh)
- All meats (grass-fed if affordable)
- Gail's Low-Carb Mini-loaves
- Gail's Low-Carb Seed-crackers
- Limited fruits (I enjoy an apple a day)
- Nuts (have limited servings of peanuts and cashews)
- Drink plenty of water
- Tea and coffee are fine without sugar.
- Full cream milk (organic preferred – see WW brands)
- Full or double cream yoghurt
- *And all other Low-Carb veggie and protein combinations*
 - *Grilled chicken (PnP or WW brand) with veggies or Gail's side dishes*
 - *Grilled fish with veggies or Gail's side dishes*
 - *Nandos chicken with veggies or Gail's side dishes*
 - *Braai-vleis with veggies or Gail's side dishes*
 - *The options are endless*

Stage Four

- Supplement with a good multi-vitamin
- Supplement with Omega 3 oil (like salmon oil). See Clicks brand.
- Use olive oil on salads

That's it!! After a few weeks you should be looking and feeling healthier

See Gail's Low-Carb recommendations below:

GAIL'S LOW-CARB RECOMMENDATIONS

For breakfast

For those like me, who enjoy a crunchy cereal, I suggest Gail's 'Nutty Cereal'. It's delicious either with double cream yoghurt (try the PnP brand). Or enjoy it with warm milk. The Nutty Cereal is comforting and filling.

Alternatively

Two free-range eggs

Some avo (the oil in the avo is an important source of fat in the diet)

Some bacon or macon

Gail prepares a lovely zucinni-style stir-fry which contains baby marrow and carrots. This goes well with the breakfast.

Another alternative

Gail's Low-Carb Seed-crackers enjoyed with cheese or fish-paste

Gail's Low-Carb Mini-Loaves enjoyed with cheese or fish-paste

For Lunch and Supper (Choose one or more combinations)

Gail's Low-Carb Cottage Pie plus veggies / salad with olive oil

Gail's Low-Carb Beef Lasagne plus veggies / salad with olive oil

Gail's Low-Carb Veggie Lasagne plus a portion of meat / grilled chicken

Gail's Low-Carb Tikka Chicken plus Cauli-rice or Cauli-Mash

- *Other Low-Carb veggie and protein combinations*
 - *Grilled chicken (PnP or WW brand) with Gail's Brussel's Sprouts and bacon*
 - *Grilled fish with Gail's Cauli-mash plus tomato smoor*
 - *Nandos chicken with Gail's Brussel's Sprouts and Baby Marrow noodles*

Gail's Low-Carb Diet Download

- *Ocean Basket meals with in-house Stir-fry*
- *Braai with veggie lasagne and Brussel's Spouts / Baby marrow noodles etc.*

Snacks

Mixed Nuts

Gail's Low-carb Bread with cheese or fish-paste

Gail's Crackers with cheese or fish-paste

An apple

Biltong / droeër wors

Salad with olive oil

Principles to following:

- Finish the last meal before 19:30
- Drink water often. (once when rising, once when retiring, and a few times in between).
- Walk twice or more time per week.
- Plan your eating beforehand.
- Keep high-carb foods away from your kitchen
- Always keep low-carb options available
- Don't latch onto high-protein pattern
- Make conscious effort to include fat in each meal (avos, olive oil, nuts fish, meat etc.)

Note for Diabetics

It is important to note that the low-carb lifestyle will reduce your dependence on meds. Therefore lookout for the signs and consult your healthcare provider

- Consult a healthcare provider who supports the low-carb lifestyle.
- Monitor blood sugars regularly. Use template on Gail's website
- When blood sugars drop frequently speak to your healthcare provider about adjusting your meds. Don't fall into the habit of eating sweets to elevate the blood sugar-it's a very bad habit that will escalate your condition.
- Prepare for special events. Don't be found broke. Take along low-carb foods and drinks to special events.
- Avoid having large meals. Keep them in balanced proportions.
- An occasional red wine is good for the stomach – Enjoy!!

Although excessive sugar is bad for the body, excessive insulin is not a license to consume high-carb meals. According to Rosedale (The Rosedale Diet:2005) excessive insulin escalates aging. Eating Low-Carb meals therefore reduces the bodies need for insulin (Dr Ron Rosedale).

Above all, adhere to the advice received from your healthcare provider. Make sure s/he is at the forefront of Low-Carb science.