The skinny on LCHF

Your quick start practical guide to eating the low carb healthy fat way.

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Why LCHF works

➜ If you gain weight easily, feel lethargic, stressed and are out of shape, chances are you are insulin resistant and intolerant to carbs (more details about this later). LCHF is the best lifestyle approach for managing insulin resistance.

➜ When you can control your blood sugars and the hormones that control your energy levels and weight (especially insulin), your body will respond by working as it was designed to – as a fat-burning machine!

➜ Weight control will become effortless, your energy levels will be better, and you will feel great – free at last from the low-fat calorie counting way of living that left you hungry, sick and tired.

What raises glucose and insulin levels? Carbohydrate, of course. We all vary in how we respond to and tolerate carbs. Finding your particular carb-tolerance level means your blood sugar and insulin will be well controlled.

Why should YOU do it?

LCHF has many different advantages, both for yourself and for your family. Here are the top five you might identify with. Do you want to:

- Lose weight and keep it off for good? Have you tried to lose weight before and for a moment believed you were successful, but then put the weight back on again (along with some more)?
- Have a healthy relationship with food? Do you constantly feel hungry and beat yourself up when you eat foods you “shouldn’t”??
- Improve inflammatory health conditions? Do you suffer from aches and pains and inflammation for which you have to rely on medications for improvements?

What is LCHF?

➜ LCHF typically actually stands for Low Carb High Fat, but we have renamed it: Low Carb Healthy Fat. We feel this better reflects what it’s all about. While we do want you to eat more fat than you are probably used to, the emphasis is on healthy sources of fat. LCHF is not a “diet”, it is a way of life. This book teaches you what you need to know to live the LCHF lifestyle; it covers the benefits you’ll reap and the reasons behind the stunning successes from eating and living the Low Carb, Healthy Fat way. Come, join us!

➜ LCHF encompasses a way of eating that embraces whole foods; that is, foods that are minimally processed and generally don’t come in packages. If you truly embrace this way of eating, it will naturally end up being lower in carbohydrate and higher in fat than the current, mainstream way of eating. LCHF is a fulfilling and satisfying way of eating that is full of benefits for health. While there is an element of restriction (as there is with whatever you do in life), it is not about deprivation.

What will I eat?

- Good-quality carbs from whole foods that are minimally processed, such as vegetables (lots of non-starchy ones), fruit, dairy products and the occasional legume (beans and pulses).
- Protein from minimally processed meat, fish, eggs, dairy products, nuts, seeds and legumes (beans and pulses).
- Fat from whole, minimally processed plant and animal sources, including avocado, olive oil, nuts, fatty fish, dairy products and coconut products.

What shouldn't I eat?

- Refined and processed junk foods containing sugar.
- Refined, nutrient-poor, packaged carbohydrate-based foods, including most grains such as breads, cereals, pasta, rice, muesli bars and crackers.
The 10 rules

1. Go low “HI”
   Replace processed foods with stuff that was recently alive – foods low in the Human Interference (HI) factor. Real, actual food is the foundation of the LCHF lifestyle.

2. Cut the carbs (down…not out)
   Sugar and grains are not good for you (yes, that means bread, even if it is wholegrain). Just how low you go depends on your personal tolerance to carbs, or degree of insulin resistance.

3. Virtuous vegetables
   Vegetables are good for you. Eat lots of them, at each meal if possible. The good news is you can add fats such as olive oil or butter to make them taste even better.

4. Make fat your friend
   Sugar is out, total carbs are low, protein is moderate, and, because you have to get your energy from somewhere, fat is in. We will show you how to overcome “fat phobia”.

5. Put protein in its place
   You need protein for life, but once you have more than your body needs, it gets converted into sugars by the liver. LCHF is not a high-protein diet. Many people stall in their progress because they are overdoing the protein.

6. Eat on cue
   The whole point of LCHF is that your body will now be able to send and receive the messages it needs to stay in shape, to tell you when you are full, and to energise you.

7. Sort your support
   Other people matter. Surround yourself with helpers, ask for support, and don’t be afraid to request exactly what you want when you are out and about. Yes, it feels odd to order a burger without the bun the first time, but you will be amazed at how much people will help someone on a life mission.

8. Diligence, not effort
   Relying on your “won’t power” (effort) – like avoiding the chocolate cookies in your pantry – is futile. Instead, rely on being organised and having a ready supply of the right foods around you (diligence) in the first place.

9. Adopt the “3-meal” rule
   You, like us, are human. Humans make mistakes. We do, and we expect you will fall off the wagon. That’s OK as long as we can help you jump back on again. We run the 3-meal rule: there are 3 meals a day, 21 meals in a week. Let’s get most of them right, knowing that three meals off the wagon a week is OK.

10. It’s not JUST about the food
    News flash from the Prof and Dr Obvious: other things also affect your health – exercise, booze and cigarettes, drugs, stress, sleep, and much more. We will help you understand how these fit (or don’t fit) into the LCHF lifestyle.

Our top 3 FAQs

- Will LCHF be bad for my health?
  No, the exact opposite. Eating nutrient-dense whole foods with good-quality fats, while reducing nutrient-poor carbohydrate foods, promotes good health and may even reduce or eliminate some existing health issues.

- Is LCHF a fad diet?
  Definitely not. LCHF more closely mimics what humans have been eating the entire time they have been on the planet. It helps work around some of the problems of modern life that cause insulin resistance and then poor health. The real problem diet is the one recommended by the current nutrition guidelines promoting a low-fat, high-carb way of eating that causes more harm than good. Just look at the world’s obesity and diabetes stats.

- How can a diet that eliminates an entire nutrient be legitimate?
  Firstly, we don’t eliminate an entire nutrient. Fat and protein are essential nutrients, meaning the body cannot produce them – without them, we get sick and die. However, carbohydrate is not an essential nutrient and the body produces enough for our needs. So we encourage a reduction in carbs from the massive amount modern humans eat. We definitely include some carb foods, such as fruit, vegetables and dairy products. These foods also provide a rich source of other great nutrients, such as fibre, vitamins and minerals, and are good sources of quality protein and fat. Foods such as pasta, rice, crackers, breads and cereals provide little nutrient value; i.e., very few micronutrients (vitamins and minerals) and minimal protein and fat. These are clearly not the best sources of carbs for the body.

Just one day eating the LCHF way

Here’s a snapshot of a typical day eating the LCHF way.

**Breakfast**

- OMELETTE
  - with capsicum, tomato, mushrooms, spinach and cheese
  - (cooked in olive oil, butter or coconut oil)

**Lunch**

- SALAD
  - with a range of veggies, including leafy greens,
  - tinned salmon, avocado, nuts and seeds
  - olive oil-based dressing

**Dinner**

- STEAK
  - with blue-cheese sauce served on “courgette noodles”,
  - green beans and carrots drizzled with olive oil

**Snacks**

- BERRIES
  - with yoghurt and/or cream

Like anything done well in life, the devil is in the detail – that’s why we encourage you to read What The Fat? This book is designed to be the definitive “tell me everything I need to know guide to successfully live the LCHF lifestyle”. 
It’s time to flip the pyramid and break free of the fat phobia. What The Fat? is more than just a diet plan or a cookbook – written by the Fat Professor, the Whole-food Dietitian and the Michelin-trained Chef – it’s a new way of eating that will change your life. For good.

To guarantee your copy in the first limited edition print run – pre order now at www.whatthefatbook.com. By doing this not only will you be one of the first people to get your hands on the book – we will also have yours personally signed by all 3 of our authors. PLUS you’ll receive a personal invitation to attend the book launch at LOOP restaurant in May.