

The Skinny on LCHF

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

**BEST
SELLER!**

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The skinny on LCHF

This (skinny) section is the cheat's guide for those who wanted to start yesterday, or those who don't have time to read the whole book (at least right now - we suspect you'll be back!). Or even those who just want to know what all the fuss is about.

Here we give you all the basics to help you get started, straight away.



What is LCHF?

- LCHF typically stands for Low-Carb, High-Fat, but we have renamed it Low-Carb, *Healthy*-Fat. We feel that 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!
- The LCHF lifestyle encompasses a way of eating that embraces whole foods - 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.

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?
- Break free of that 'tired and run-down' feeling? Do you have a busy lifestyle, feel permanently exhausted and regularly end up reaching for quick, unhealthy food?
- Live better for longer? Do you simply want to 'be the best you can be' in health and in life? Do you want to be able to provide food for yourself and your family that is tasty, nourishing and easy?

If you find yourself nodding your head when you read this list, then LCHF is definitely for you.

Why LCHF works

- If you gain weight easily, feel lethargic, stressed and are out of shape, the chances are you are insulin resistant and intolerant to carbs (more detail 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.

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, chicken, 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

- 01 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.
- 02 Cut the carbs (down . . . not out)**
Sugar and grains are not good for you (yes, that means bread, even if it is whole-grain). Just how low you go depends on your personal tolerance to carbs, or degree of insulin resistance.
- 03 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.
- 04 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'.
- 05 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.
- 06 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.
- 07 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.
- 08 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.
- 09 Adopt the 'three-meal' rule**
You, like us, are human. Humans make mistakes. We do, and we expect you will fall off the wagon. That's okay, as long as we can help you jump back on again. We run the three-meal rule: there are three 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 okay.
- 10 It's not just about the food**
News flash from the Professor 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-three 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 nutritional 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 good-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 and an olive-oil-based dressing

DINNER

Steak with blue-cheese sauce served on courgette 'noodles', green beans and carrots drizzled with olive oil

SNACK

Berries with yoghurt and/or cream

Like anything done well in life, the devil is in the detail - that's why we have combined not only the what (to do), but more importantly the how (you can achieve it), and finally the why (you would do it). This book is designed to be the definitive tell-me-everything-I-need-to-know guide to living the LCHF lifestyle.

WTF? Bread

This is a moist, spongy bread that always delivers. It is delicious when used for sandwiches, and also toasts well. Just be careful with the heat when toasting, as it will darken quicker than traditional bread.

Makes	1 loaf (14 slices)	Per serve	2 slices		
Prep time	10 minutes	Carbs	1.2 g	Fat	25.3 g
Cook time	30 minutes	Protein	8.6 g	Energy	268 Cal (1123 kJ)
Difficulty	●●●				

INGREDIENTS

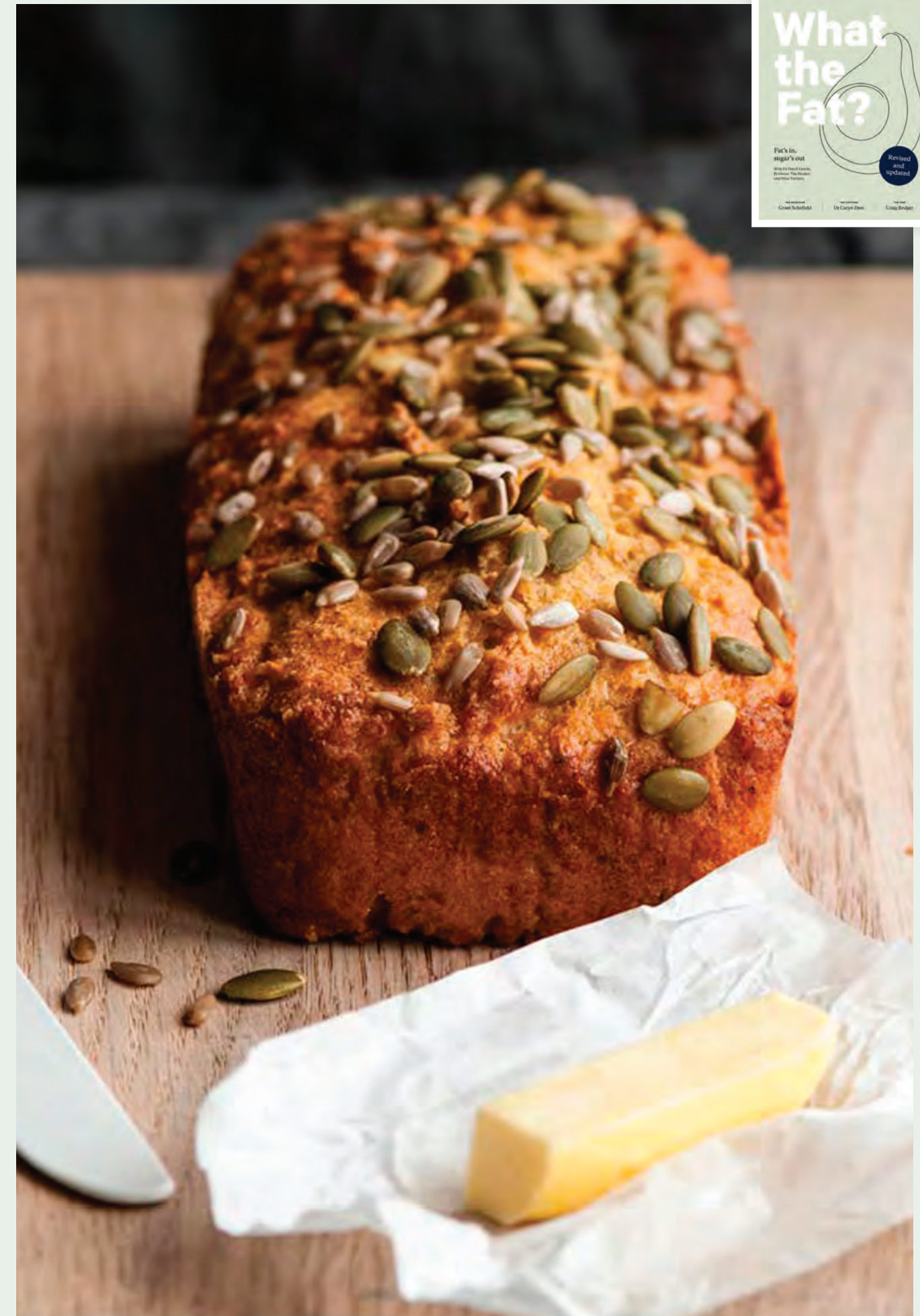
4 eggs, whisked
½ cup sour cream
¼ cup extra virgin olive oil
(or melted butter)
1½ cups ground almonds
¼ cup ground psyllium
husk
2 tsp baking powder
1 tsp salt

METHOD

Pre-heat the oven to 180°C, and grease a medium-sized loaf or cake tin - a silicon or other non-stick loaf tin works best.

Place all the ingredients in a bowl, stir to combine, and allow to stand for 5-10 minutes for the batter to stiffen a little. Transfer the batter to the tin and bake for 25-30 minutes until the loaf is springy and a knife inserted into the middle comes out clean. Leave to cool on a wire rack.

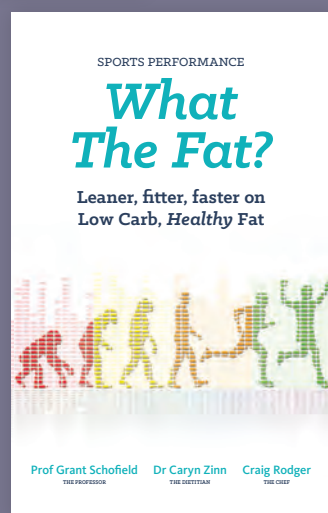
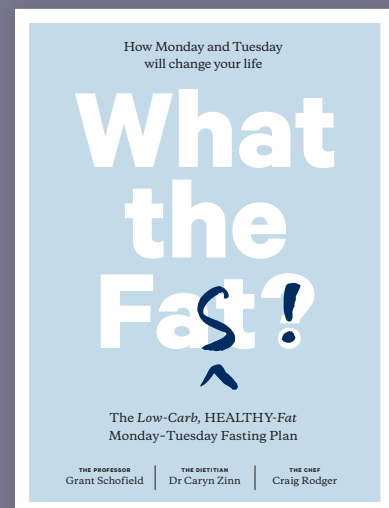
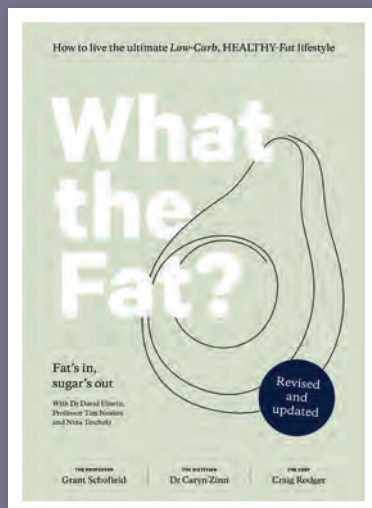
Slice as desired and keep the remainder of the loaf in the fridge for up to 7 days. You can also store slices in the freezer, in whatever portions work for you and your family, separating them with greaseproof paper to stop them sticking together.



What the Fat? Fat's In, Sugar's Out

It's time to flip the pyramid and break free of the fat phobia.

This book 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.*



Available online at
www.whatthefatbook.com
or at all good book stores.

Blackwell&Ruth.