SMART Life Real Food

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BUTE HOUSE MEDICAL CENTRE

HATTERS HEALTH NETWORK

Disclaimer

Education and Information
Not replacement of standard care from your GP surgery/clinicians.

Mentimeter

Instructions

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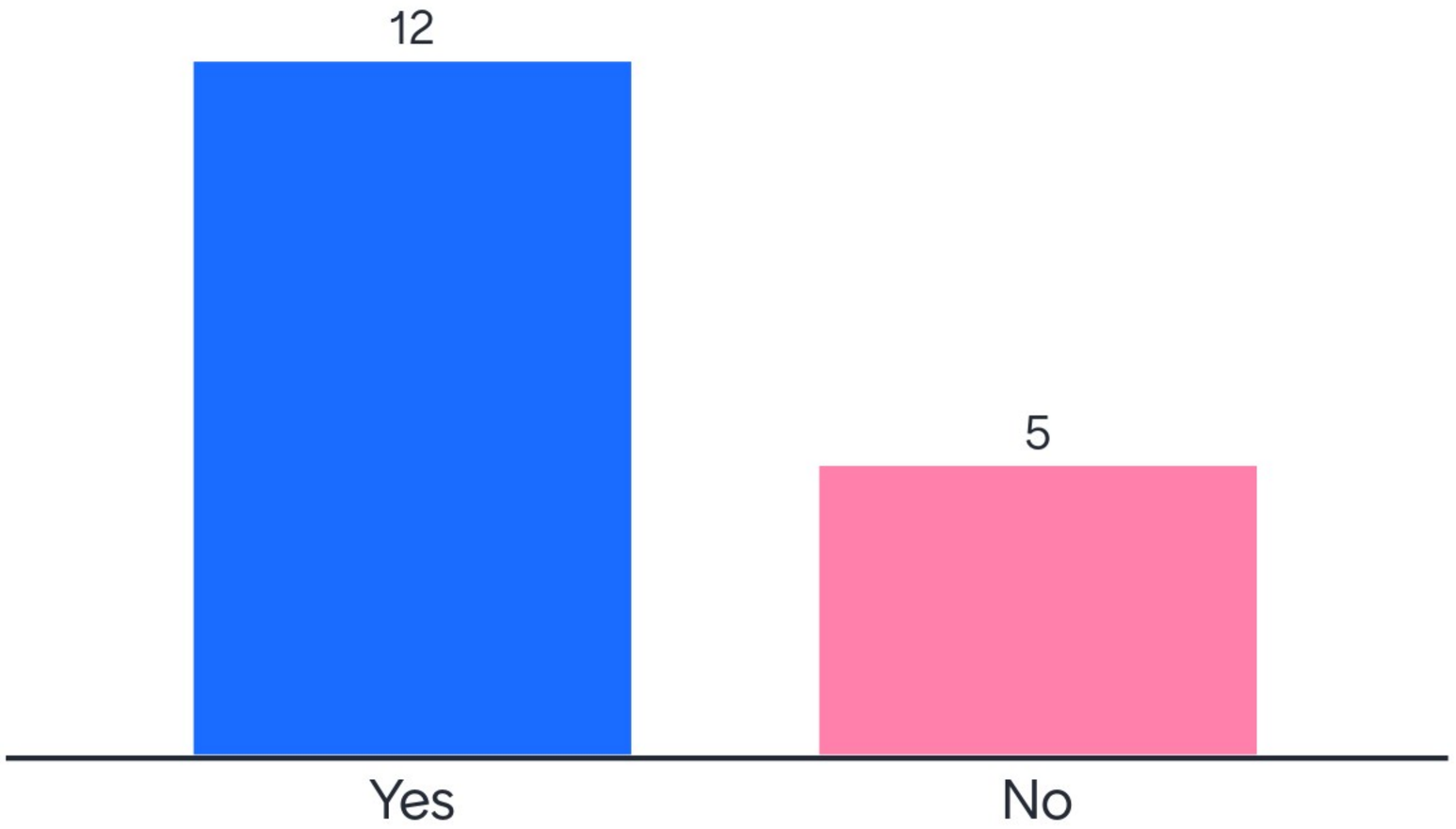
Did you attend session last week?

Mentimeter



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Anything changed?

Mentimeter

Did not attend

I have not attended a previous session

Increased exercises

More aware of sugar in foods and sugar spikes

Reading the ingredients on food labels more

Reduced sugar

Reduced processed food

More awareness in sugar consumption

Going for a walk

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Anything changed?

Mentimeter

more exercise

Eating more fresh fruit.

Eggs

Cut out fizzy drinks improvement in a blood sugar test. Increased exercise

Try to make an effort to think what I am going to eat.

Beans

Took measurements

Not attended last week

yes

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S.M.A.R.T Life

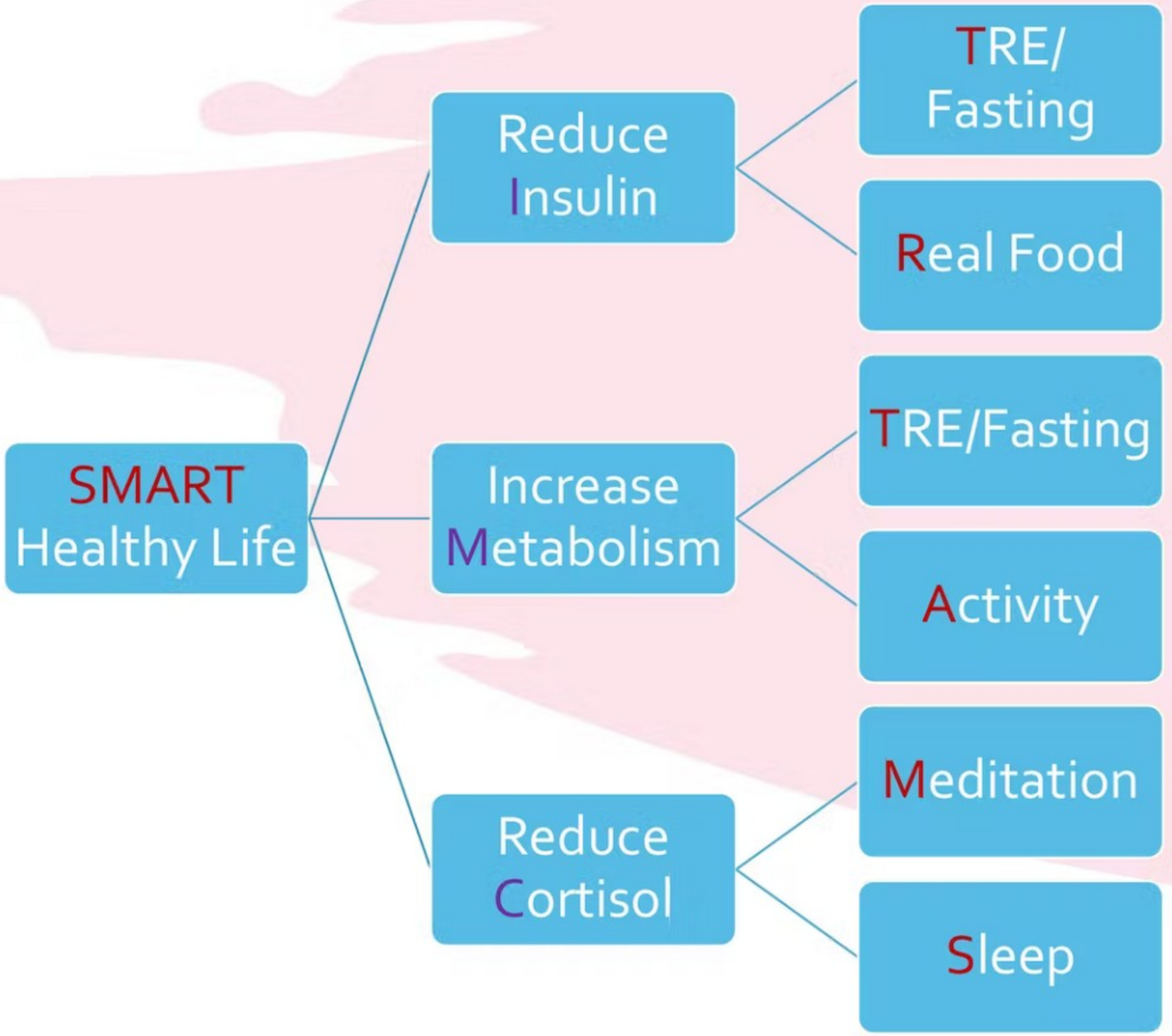
SLEEP

MEDITATION

ACTIVITY

REAL FOOD

TIME RESTRICTED EATING.


SMART Healthy Life
Reduce Insulin
TRE/ Fasting
Real Food
Increase Metabolism
TRE/Fasting
Activity
Reduce Cortisol
Meditation
Sleep


Mentimeter
Memory Lane
K2 SMART LIFE Dr Kunal Kothari

New world problem – Fast Food

Genetics can not change in one generation so what changed

What were the food choices of your grandparents

Ultra-processed Food

- More than 5 ingredients
- In a box with energy label
- Long shelf life
- High in Glucose/Fructose/Omega6
- Low in Nutrients
- Usually, refined carbohydrates with lots of sugar/sugar alternatives with seed/vegetable oils

Metabolic disease burden

25.3% of adult living in UK have obesity. (1 in 4 adults)

Highest level of obesity in Europe

90% of people with type 2 Diabetes are obese.

Diabetes rate doubled over last 15 years

Currently approximately 4 million people in UK have Diabetes

- Diabetes
- Obesity
- Hypertension
- Stroke
- Myocardial Infarction

Food is fuel

- Do you go to certain petrol pumps only to refill your car as you worry about the quality of the gas/petrol you are going to get it from there?

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Real Food

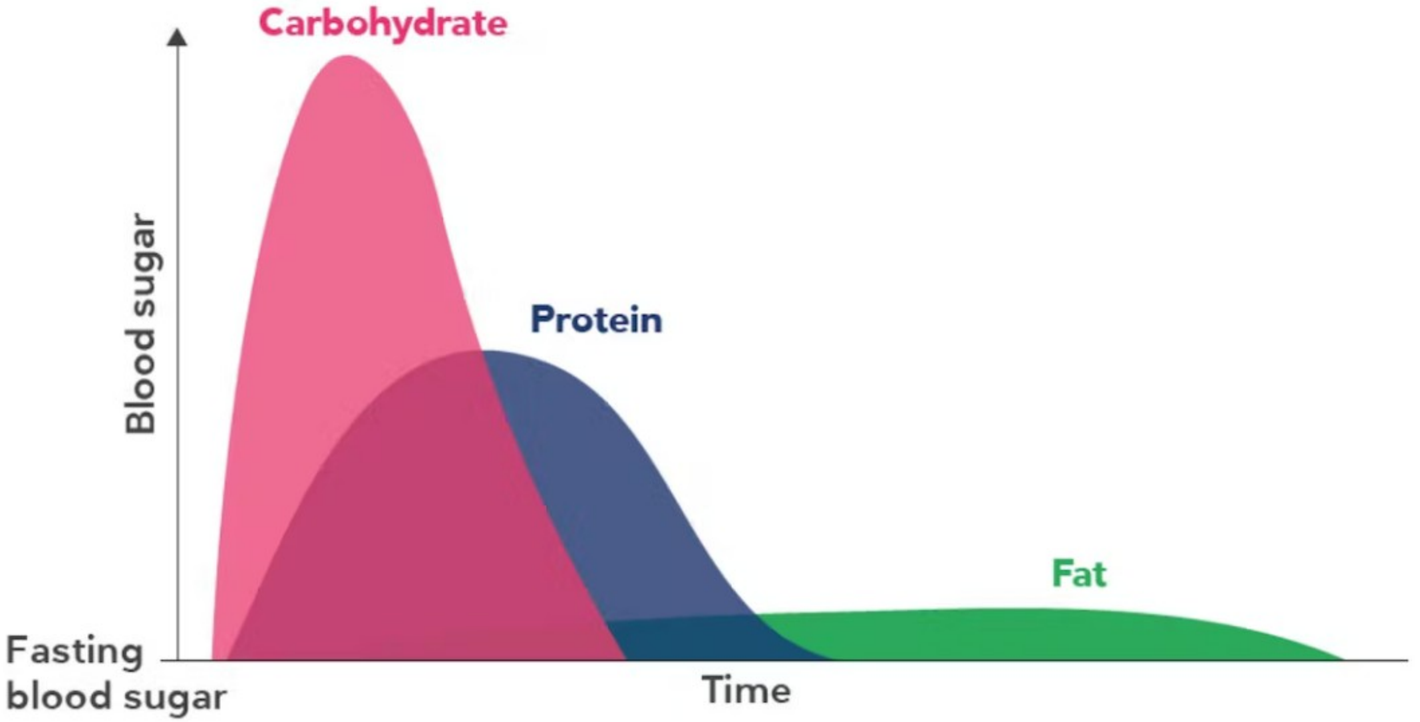
Real Food

- No Chemicals
- No artificial additives
- Not processed
- Not coming from a box
- No need for an energy label
- If you can see it and recognise it, it is Real!

What do we need to eat?

- Complex carbohydrates – Slow release of energy
- Sugar/refined carbs – Fast release of energy
- Proteins – Growth and repair of the body
- Fats- Long term energy store and insulation

Higher the blood sugar, higher the insulin release



Real Food

- Protein 0.6gm to 1gm/kg
  4cal/gm
  Mod Insulin response
- Fat
  9cal/gm
  Mild Insulin response
- Carbohydrate
  4cal/gm
  Highest Insulin response
- **Total Carb<130gm/day**

Minerals & Vitamins

- **Minerals**

  Iron/Zinc/Magnesium
- **Vitamin C** – Boosts the immune system
- **Calcium/Vitamin D** – making strong teeth and bones
- **Fibre**- Keeps our intestines healthy
- **Water** – Needed for almost everything

Aim

Eat	Add	Limit	Avoid
Adequate protein	Healthy fat Minerals/vitamins	Complex carbs	Sugar Refined carbs

If Protein Intake is not Enough:

- **Scenario 1**

You feel more hungry.

Body tries to reach daily requirements by making you eat a lot.

This can cause obesity/type 2 diabetes.

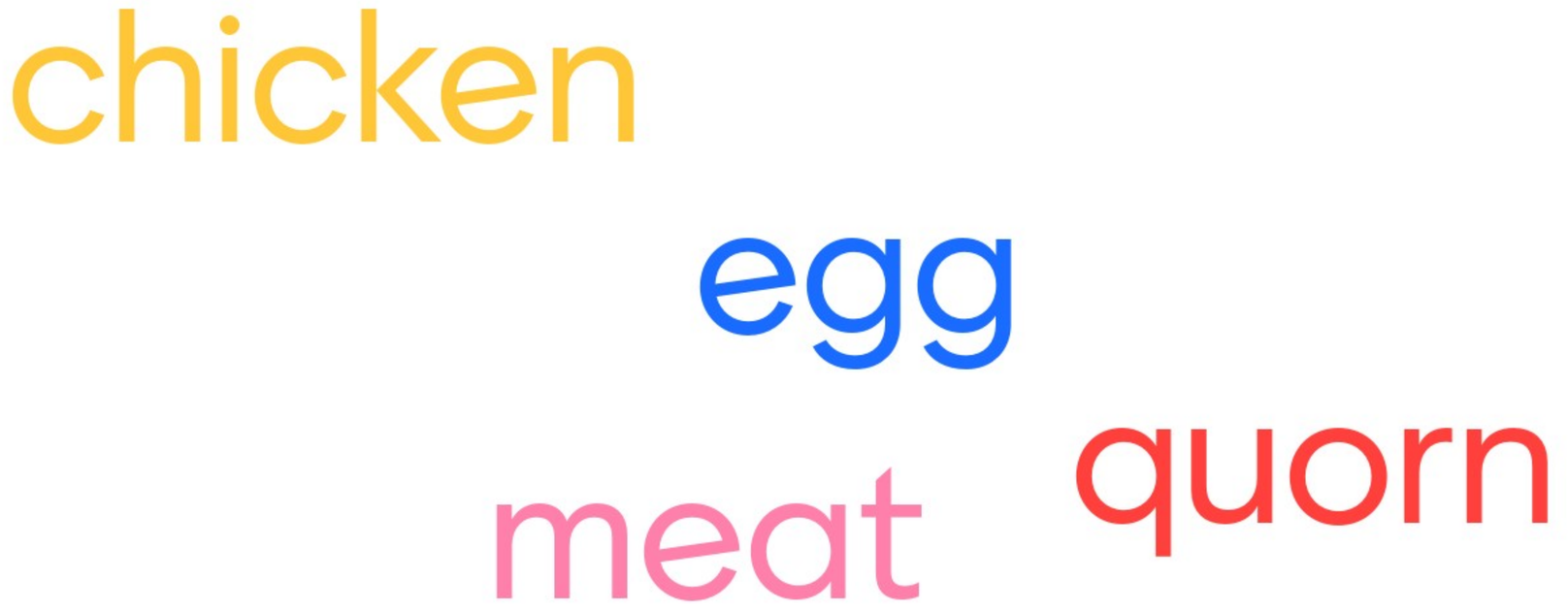
- **Scenario 2**

Body doesn't increase uptake.

It will be as conservative as possible in using protein.

This can cause issues like recurrent illness, weak muscles and bones and hair loss.

Examples of protein rich food



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Prioritise Protein

Meat

Fish

Sea foods

Eggs

Vegetarian Sources of Protein

- Tofu
- Paneer
- Cheese
- Yogurt
- Nuts & Seeds
- Legumes
- Lentils

Seeds

- Good source of Omega 3
- Sunflower seeds
- Sesame seeds
- Flax seeds
- Chia seeds
- Pumpkin seeds

Nuts

- Walnuts
- Macadamia
- Pistachio
- Almonds
- Cashew

Rainbow Veggies

Rainbow Vegetables

- Different colours contain different phytonutrients
- Gut microbiomes love fibre from plants
- Helps with inflammation
- Builds immunity
- Controls mood
- Helps with digestion of Vitamins

Vegetables

Above ground

Below ground

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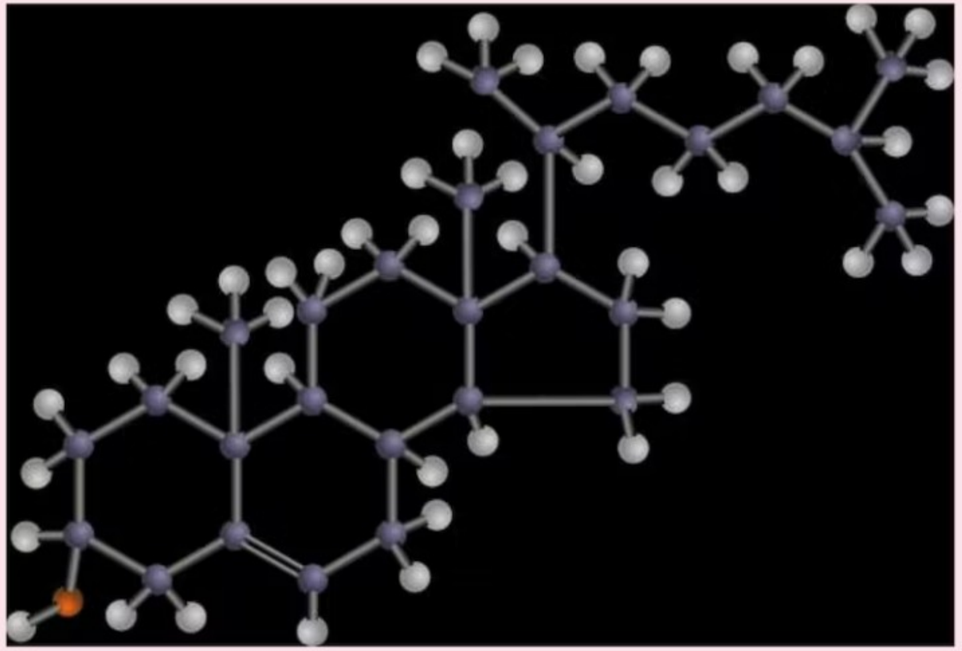
FAT

What is the first word that comes in your mind when you think of FAT?



Do we need fatty food?

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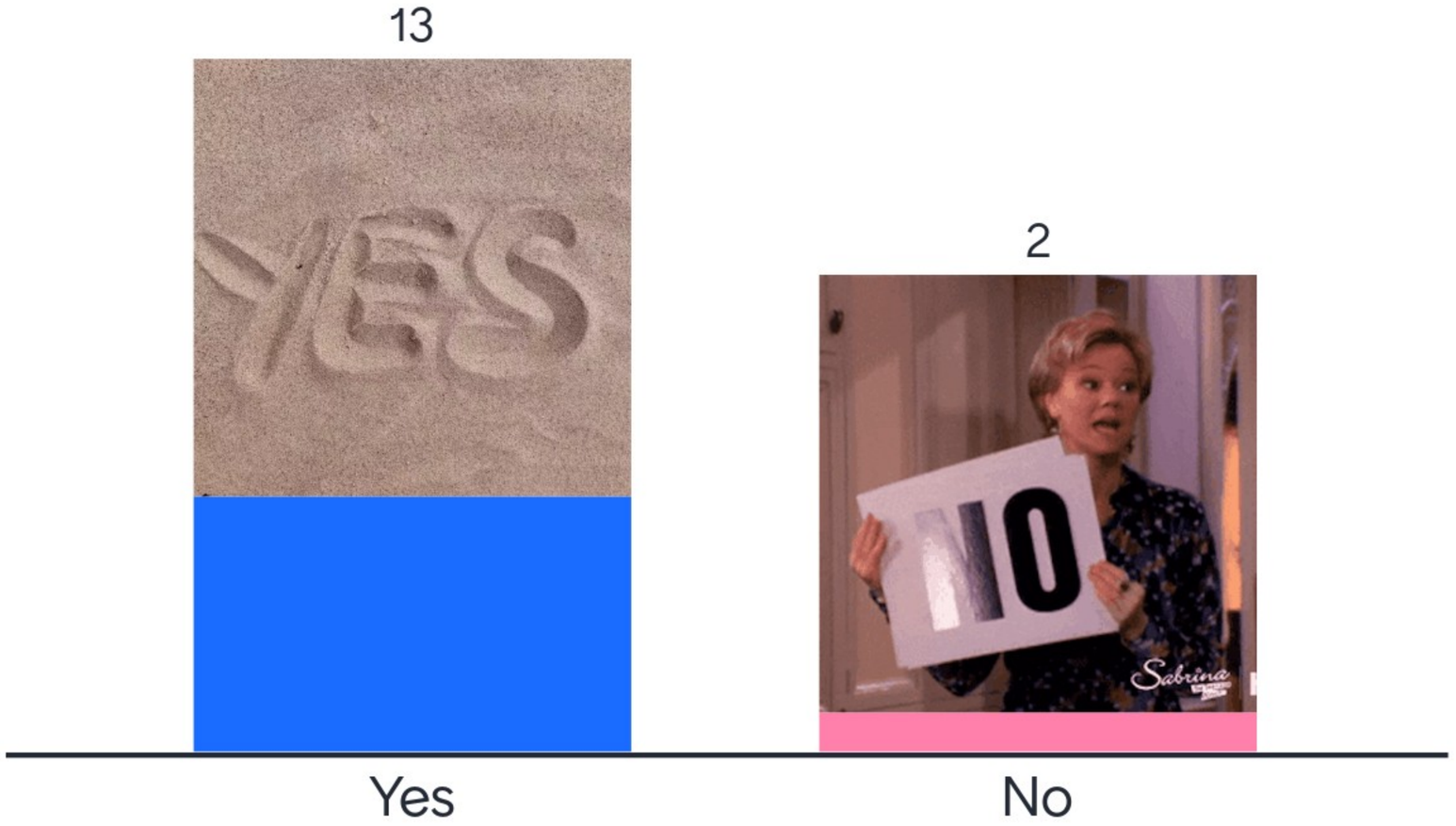

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Fat is Essential

- All cell membranes are made up of fat – Lipids
- Major hormones from Cholesterol
- Brain is mainly fat
- Vitamin A/D/E/K Fat soluble
- Not all Fats are bad

Healthy Fats

- Ghee
- Butter
- Coconut Oil
- Avocado
- Olive oil
- Double cream
- Greek Yogurt
- Whole milk
- Eggs
- Cheese

Insulin Resistance

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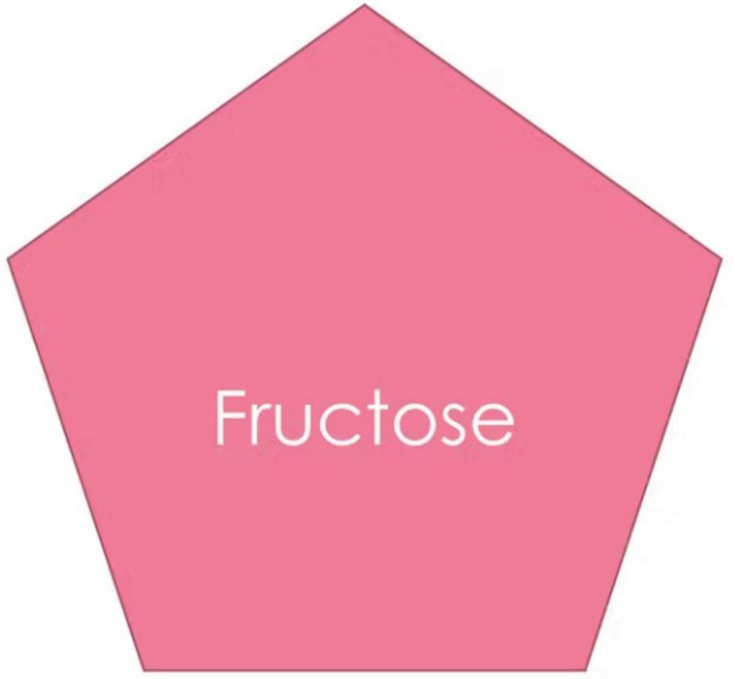
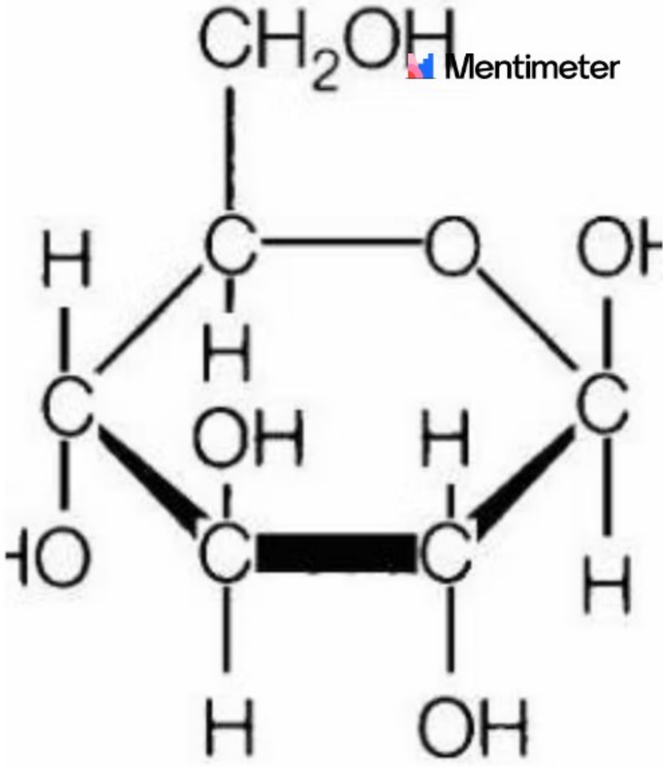
Where do you think the sugar comes from your diet?

K2 SMART LIFE Dr Kunal Kothari

Sugar (Sucrose)

Glucose + Fructose – White table sugar





A Starch Molecule




Fructose

- Natural fruit sugar
- High Fructose Corn Syrup
- 30% of Fructose end up as FAT – VLDL & TG

- Fructose

- Directly processed in the Liver


STOP
Sugar
Caramel
Cane Sugar
Buttered Syrup
Dextrose
Fructose
Maltose
Corn Syrup
Brown Sugar
Beet Sugar
Agave Sugar
Diastatic Malt
Galactose
Maltodextrin
Diastase
Cane Juice
Corn Syrup solids
Fruit Juice Concentrate
Dehydrated Cane Juice
Demerara Sugar
Confectioners' Sugar

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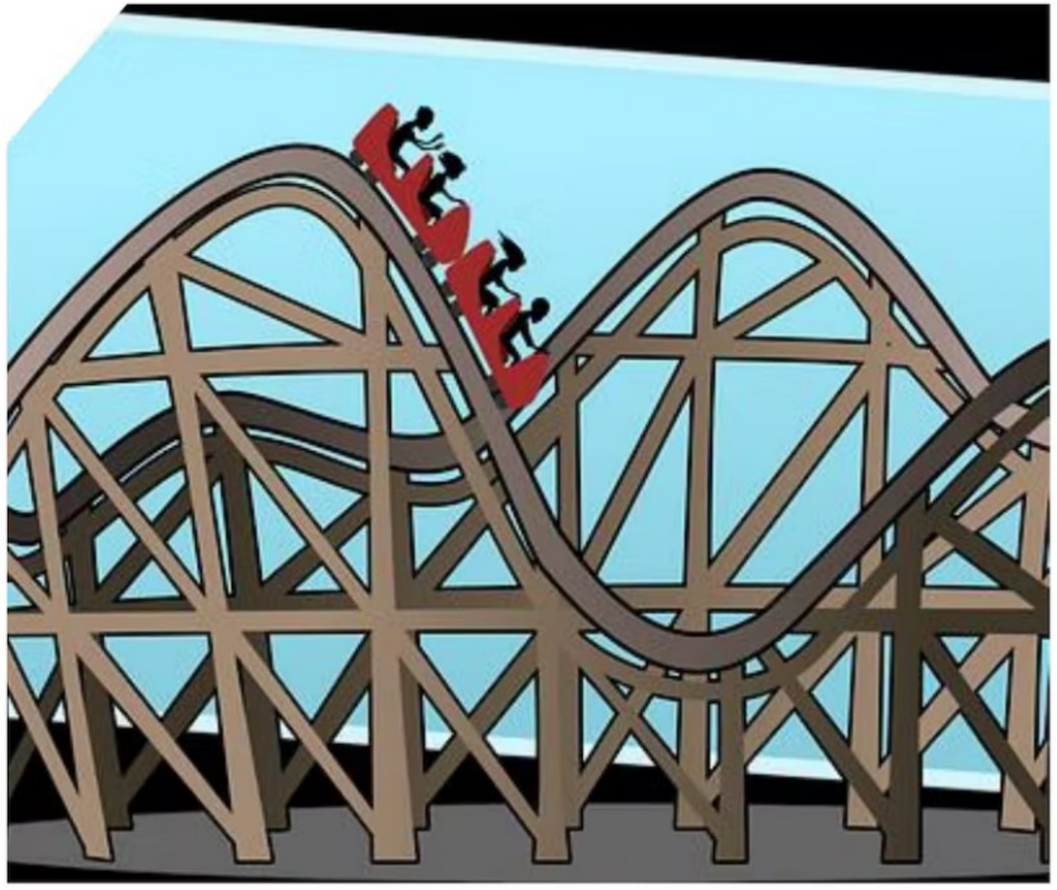
Sugar Roller Coaster

- Highest insulin response

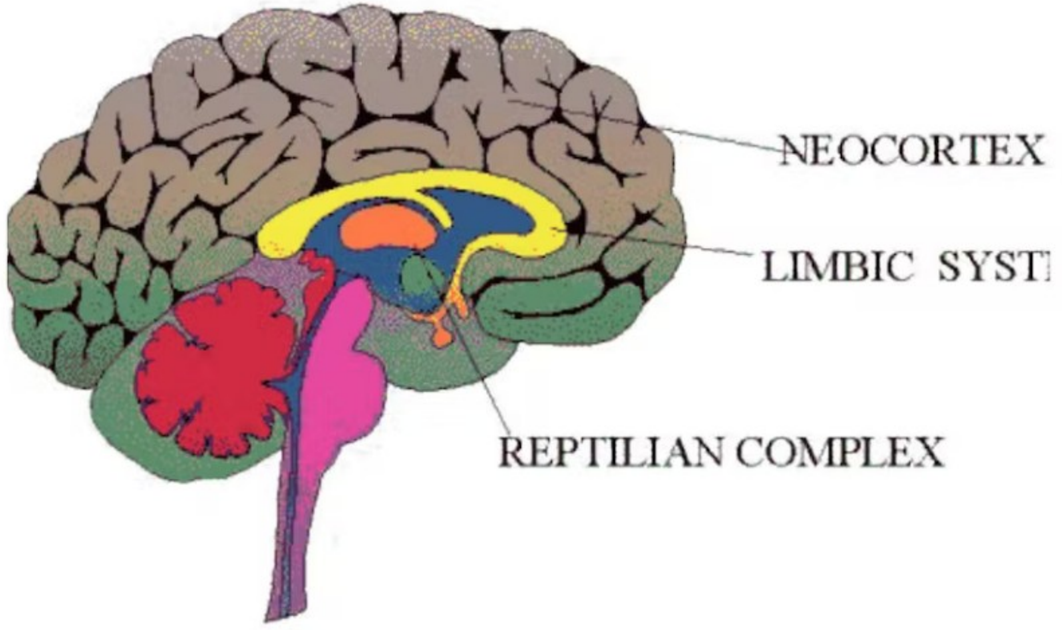


Sugar Addiction

- Dopamine Kick

Why do we crave sugar?

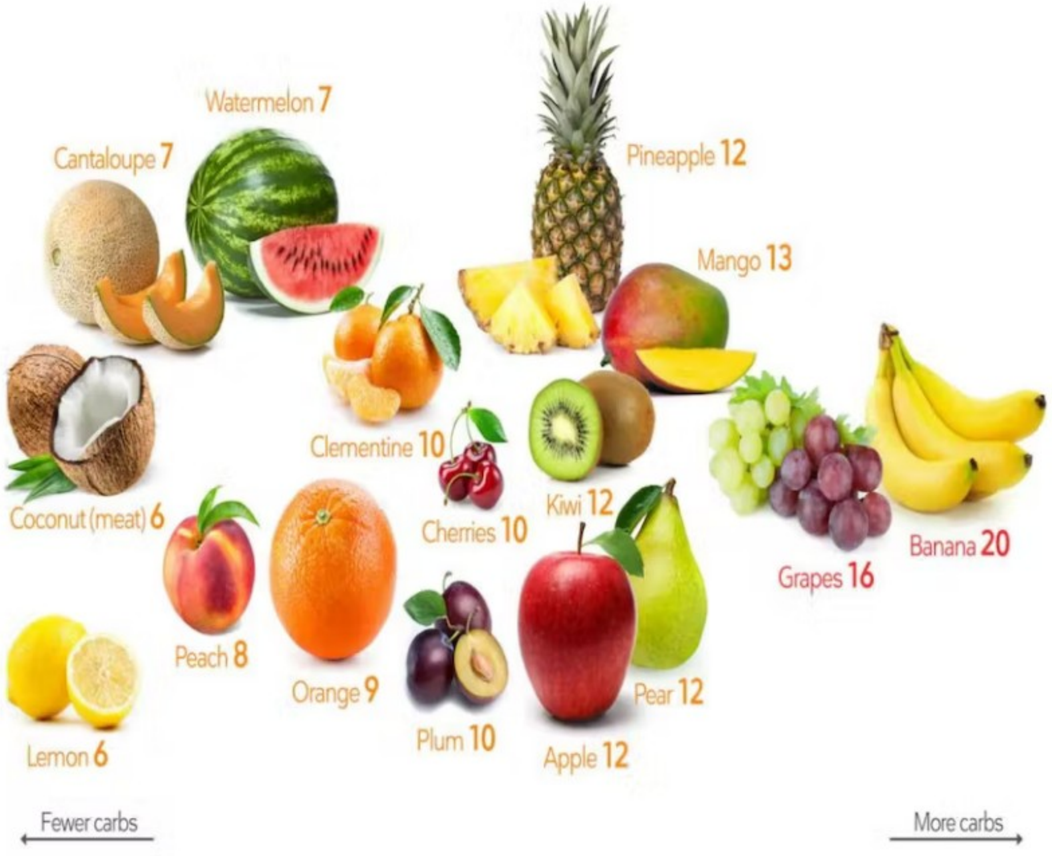
Why do we crave sugar?



Spirit comparison – Diet Doctor

https://www.dietdoctor.com/low-carb/keto/alcohol-guide

Fruits/Drinks – Diet Doctor
https://www.dietdoctor.com/low-carb/keto/fruits



Fruits

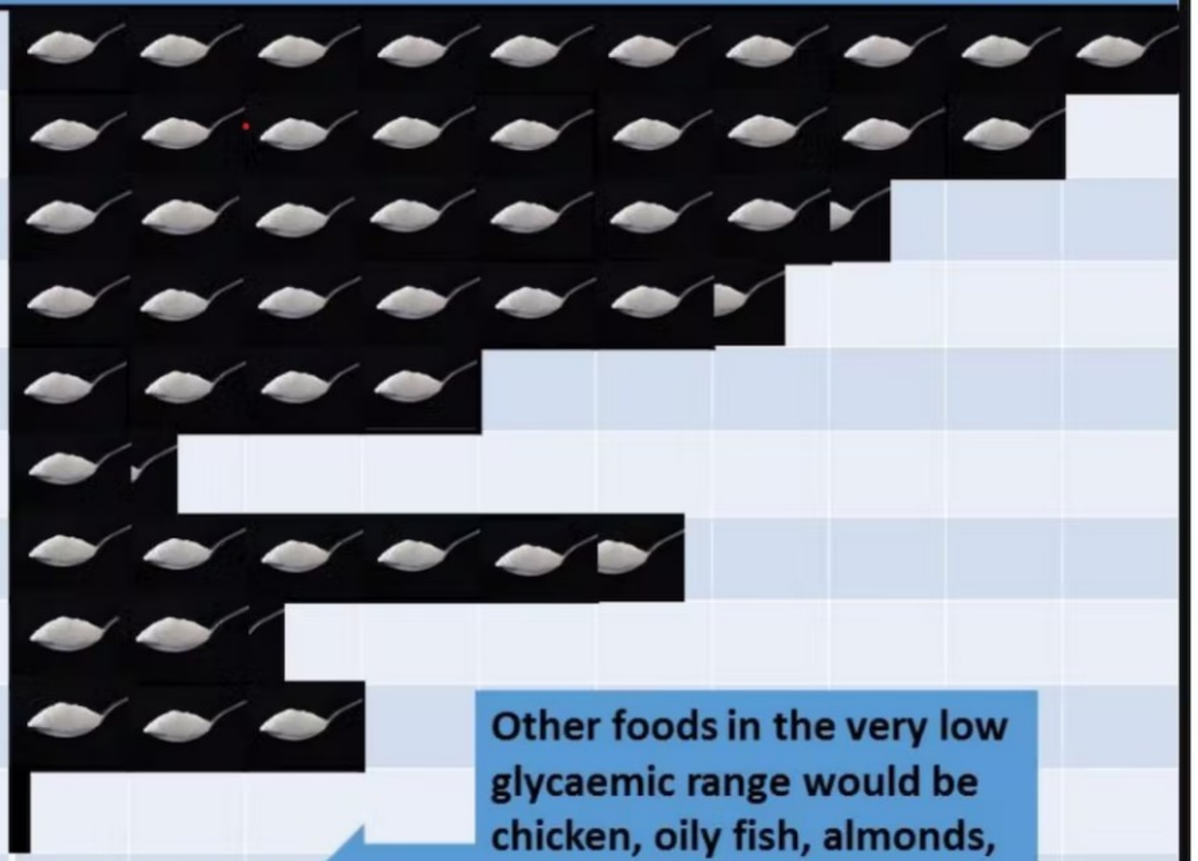
- Seasonal
- Mild to Mod intake if already Type 2 Diabetic
- Super fruits - Berries

Dates/Honey/Maple Syrup/Jaggery

Artificial Sweetners

- Answer in the name
- Can be producing same brain response though zero calorie
- Best to avoid in early stages

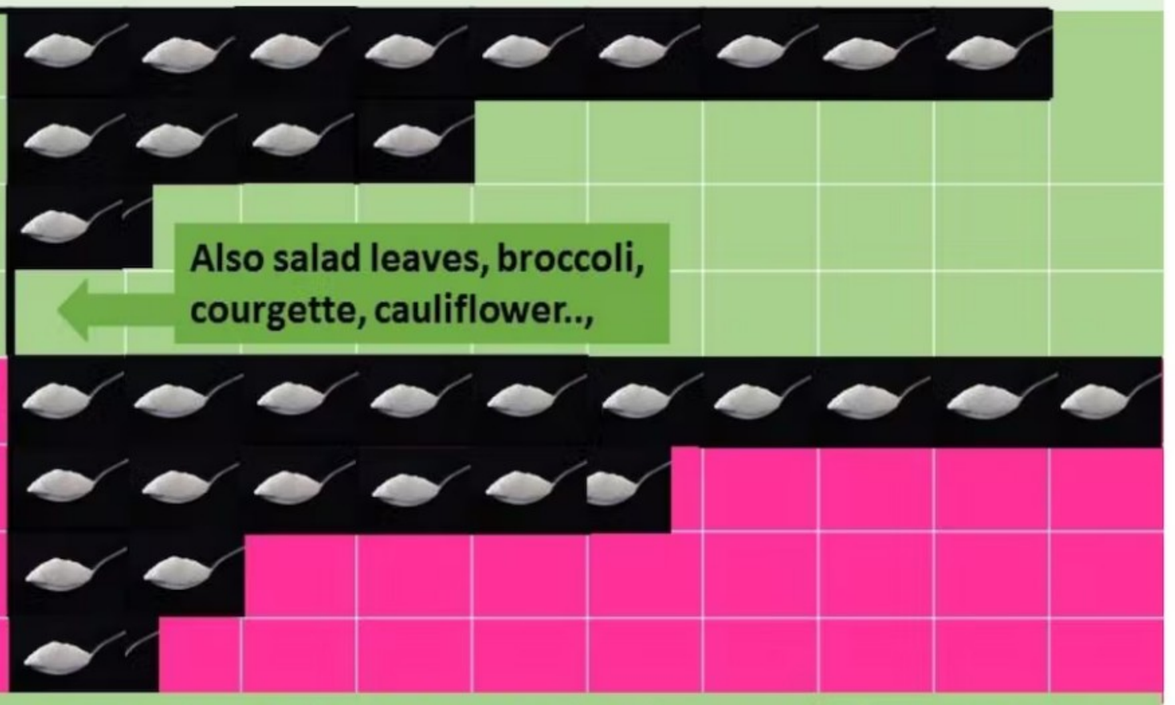
Food Item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?
Basmati rice	69	150	10.1
Potato, white, boiled	96	150	9.1
French Fries baked	64	150	7.5
Spaghetti White boiled	39	180	6.6
Sweet corn boiled	60	80	4.0
Frozen peas, boiled	51	80	1.3
Banana	62	120	5.7
Apple	39	120	2.3
Wholemeal Small slice	74	30	3.0
Broccoli	15	80	0.2
Eggs	0	60	0



Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese, meat

Using the Glycaemic Index to predict how fruit & veg affect blood glucose

Food Item	Glycaemic index	Serving Size g	How might each food affect blood glucose compared to one 4g teaspoon of table sugar
Potato boiled	96	150	9.1
Sweet corn	60	80	4.0
Frozen peas,	51	80	1.3
Cabbage	10	80	0.1
Raisins	64	60	10.3
Banana	62	120	5.7
Apple	39	120	2.3
Strawberry	40	120	1.4



As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP

Things to avoid – as alternatives available

- Fizzy Drinks – Zero sugar or diet versions included.
- Fruit juices
- Certain breakfast cereals
- All Vegetables & Seed oils
- Processed Food
- Milk chocolates

Drinks

- Water
- Mineral Water
- Green Tea
- Vegetable/bone Broth
- Coffee – Black or with cream, whole milk, coconut oil, butter
- Tea with whole milk no sugar or sweeteners
- Herbs & Spices

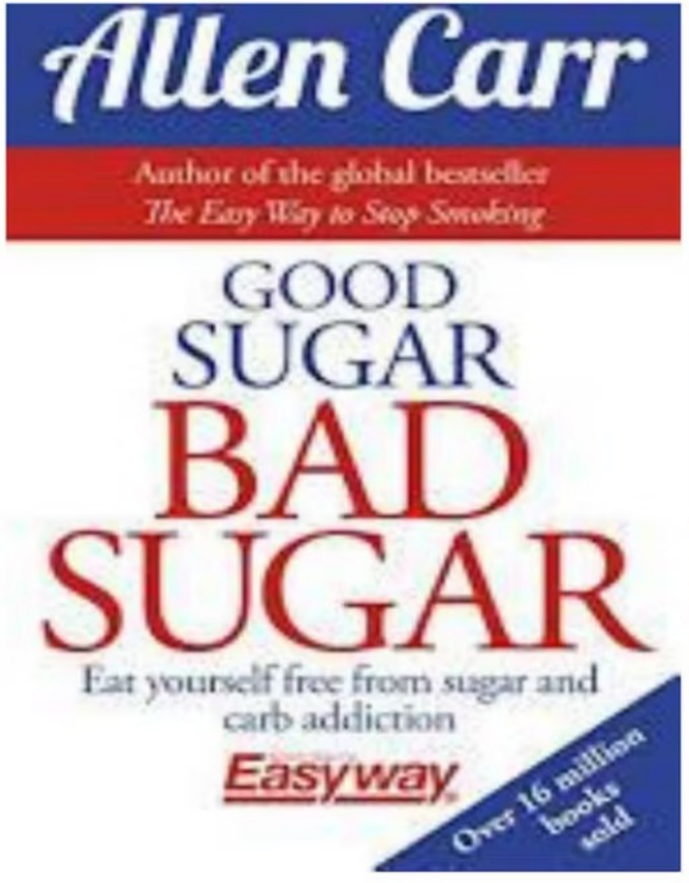
Complex Carbs

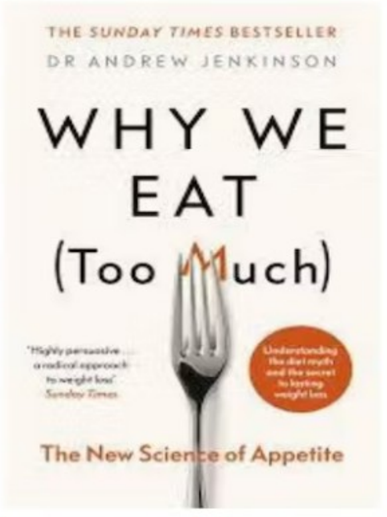
- Put some clothes on your carb!

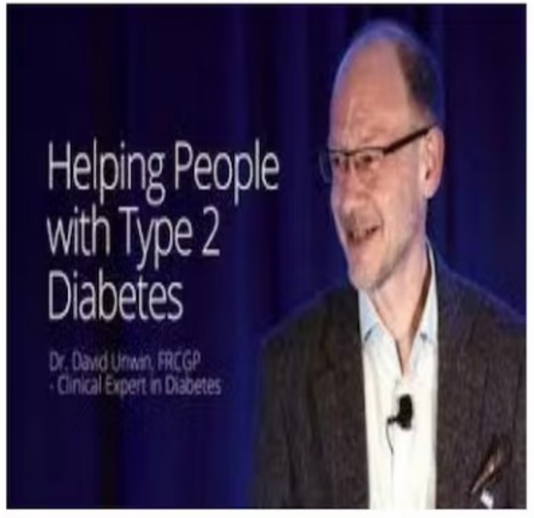
Summary

Food	Good	Bad
Sugar	Fruit	White Sugar High Fructose Corn Syrup Artificial sweetners
Carb	Whole grains – with lots of Fibres	Refined Flours
Fat	Natural	Refined Oils

Resources


Allen Carr
Author of the global bestseller
The Easy Way to Stop Smoking
GOOD SUGAR
BAD SUGAR
Eat yourself free from sugar and carb addiction
Easyway
Over 16 million books sold


THE SUNDAY TIMES BESTSELLER
DR ANDREW JENKINSON
WHY WE EAT (Too Much)
The New Science of Appetite


Helping People with Type 2 Diabetes
Dr. David Unwin, FRCGP
Clinical Expert in Diabetes


Diet Doctor


Public Health Collaboration

Home Work

Stop Sugar for 3 weeks

Stop all processed food for 6 weeks

Check your waist circumference

Have you stopped snacking?

Start looking at replacements for the avoidable food.

Mentimeter

Thank You

- Next Session Time Restricted Eating - Intermittent Fasting & Gut Health