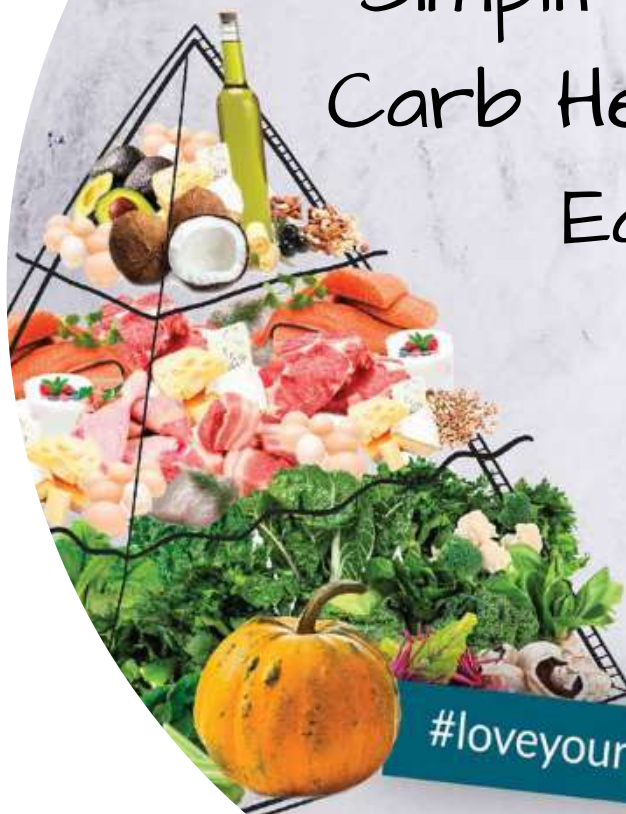


20 TOP TIPS FOR LOW CARB STARTERS

Simplifying Low
Carb Healthy Fat
Eating!



Starting new dietary changes can sometimes feel daunting and overwhelming. We know this can be a struggle. It's really hard to know where to start! We have listed our 20 tips for starting out your Low Carbohydrate Healthy Fat approach, to help you have some direction on where to start first.

20 LOW CARB STARTER TIPS!

1. PANTRY & FRIDGE CLEAN-OUT

This will help you manage temptations and prepare you for meal-prepping basics which are two important aspects of changing your nutrition to better your health.

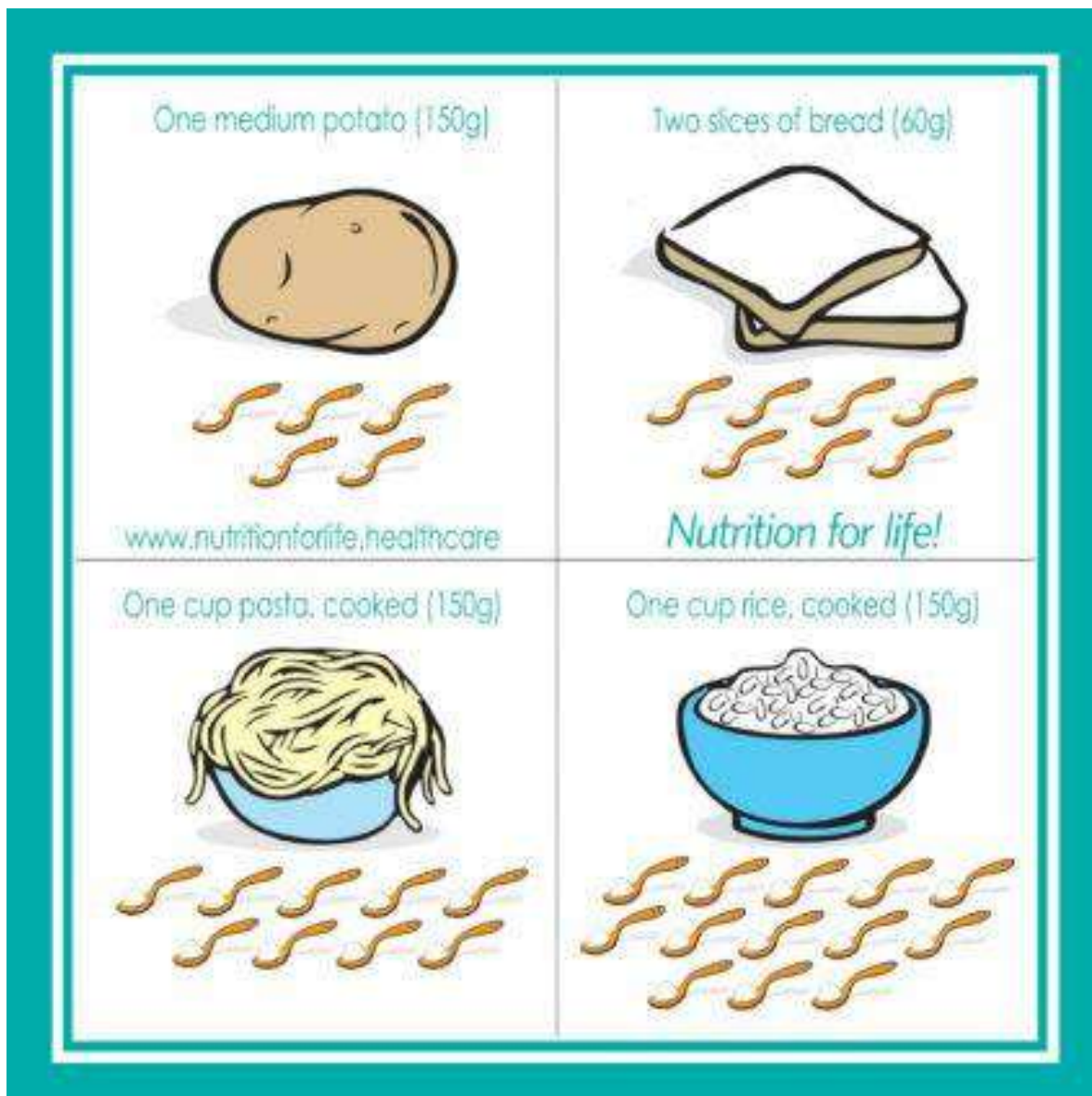
2. DECIDE ON WHAT YOU WILL EAT

Focus on what you will eat and not on what you cannot. Obviously, you will need to learn what is in and what is out but make this about what can you eat, rather than already giving yourself a feeling of "missing out on something"



3. CUT THE MAIN 4

When we refer to the "main 4" we mean the high-carb white fillers. These starchy carbs do not hold much if any nutritional value. There is no essential nutrients and by reducing them will give you a great start at Low Carb eating. The big 4 are: rice, pasta, bread & potato



'Image from Nutrition for Life's Online Program'

The teaspoons of sugar represents the amount of blood glucose produced by your body when consuming these refined carbohydrates.

4. SET YOUR GOALS

Give yourself direction. Ask yourself what it is that you really want to achieve? Rather than decreasing your goal, increase your effort. If your health has been placed down the priority ladder than step up, make your goal for health to be a priority.

5. PLAN YOUR MEALS

Think ahead for the next week and plan out your meals. This will help you know what you will be eating and assist with your shopping requirements and time you need to meal prep. Write it down so you don't have to keep thinking about.



6. RECORD YOUR INTAKE

Keeping a food diary, whether on paper or using an APP such as Easy Diet Diary will help you monitor how you go. If you need to speak with a professional then you also have this as a tool to assist in your sessions.

DAY	BREAKFAST	LUNCH	DINNER	Additional for that day Suggestions
MONDAY	Smoothie	Tuna, olive oil – salad (fetta, pepitas, lettuce, grated carrot, cucumber, lime juice, olive oil dressing)	Butter Chicken with Cauli Rice Extra greens served on the side	Long black x 1 Tea or herbal tea x 1 Kombucha x 1 Apple cider vinegar x 1
TUESDAY	Greek Yogurt + almond slithers and shredded coconut	Leftover Butter Chicken	Lamb Chops – cooked in olive oil + butter Served with buttered greens	Boiled cold egg x1 Long black x 2 Tea x2 Apple cider vinegar x1
WEDNESDAY	Easy Omelette Smoothie	Tuna, olive oil – salad (fetta, pepitas, lettuce, grated carrot, cucumber, lime juice, olive oil dressing)	Cabbage and mince casserole using up grated vegetables	Boiled cold egg x1 Long black x 2 Tea x2 Apple cider vinegar x1
THURSDAY	Smoothie	Leftover Casserole	Baked chicken drum sticks in vegetables	Long black x 1 Berries & Cream Apple Cider Vinegar x 1 Herbal tea x 1
FRIDAY	Granola + Greek Yogurt	Cold meat, cucumber and cheese	Fathead pizza base and leftover toppings	Long black x 2 Herbal tea x 1 Glass of Wine
SATURDAY	Fried eggs, spinach, halloumi, pepitas, mushrooms Olive oil + butter	Leftover pizza	Salmon + greens and cauliflower mash	Long black x 2 Tea x2 Apple cider vinegar x1 Glass of Wine
SUNDAY	Granola + Greek Yogurt	Fried eggs, spinach, halloumi, pepitas, mushrooms Olive oil + butter	Pork Belly with baked cauliflower, greens, sweet potato	Long black x2 Dark Chocolate 3 pieces Apple Cider Vinegar x 1 Herbal tea x 1

'Example image from Nutrition for Life 's Online Program'

7. REALISTIC EXPECTATIONS

We help people make healthy eating a lifestyle change, so if you are deciding to do this, set your expectations as long term and be realistic that progress will be steady over a long period of time should you commit.

8. KNOW YOUR TRIGGERS

Are you an emotional eater? Boredom eater, social eater?

If you have certain triggers which may sabotage your newly forming healthy habits, identify what they are and make an action plan for yourself.

9. NO-STRESS MEASUREMENTS

Whether measuring your waistline or jumping on the scales... know that this does not define your overall progress. Avoid doing this daily. Your weight can vary from day to day .

Weekly/ fortnightly as a general rule and if you do not wish to do this then that is also okay.

10. DON'T PLAN TO SNACK BUT HAVE A BACK-UP PLAN

Eating low carb healthy fat meals is the aim and a reduction in overall snacking should be naturally occurring. But depending on your energy needs and requirements, snacking may be a requirement. Plan for this and have low carb snacks like nuts, cheese, veggie sticks on hand.

11. GET IN TUNE WITH HUNGER/ FULLNESS

Listen to your body and eat only when feeling hungry. Eat slowly if possible and stop when satisfied. Chew and enjoy your food. If you are still satisfied from your last meal there's no need to eat just because it's lunch time.

12. HYDRATE CONSISTENTLY

Hydration is important anytime, but particularly when coming off a diet of highly processed foods, sugars, and carbs. Sip water throughout the day. Aim for between 2-3 L of water.

13. UP MAGNESIUM

Magnesium is an essential mineral for your cells. It will help you absorb nutrients from food. Magnesium will help manage detoxing headaches and it also will help with hormone balance. Grab a high quality magnesium supplement in conjunction with eating foods containing this mineral.



15. INCLUDE SALT

Our body requires a certain amount of sodium. When reducing your refined Carbohydrate intake in packaged food, you will reducing your salt intake too. To ensure you are reaching your sodium intake, you can add a little Sea or Pink Himalayan salt to your meals.

16. EATING OUT CAN STILL HAPPEN

Change where you eat out if it simply does not offer healthy options. It is not worth ruining all your healthy eating habits. Otherwise, make sure you pick the lower carb options. Look online ahead at the menu if possible & plan before you go. Ask the staff, "What are your Low Carb options" Don't be afraid to ask if you can swap the chips for green vegetables.

17. CHECK FOOD LABELS

Always check your food labels. Many products have hidden sugars. Aim for under 10g per 100g serve of carbs on food labels and look out for nasty additives in the ingredients list.

Classic Fruit & Nut Muesli

	Per serving (45g)	Per 100g
Energy	855 kJ 204 kcal	1899 kJ 454 kcal
Protein	5.0 g	11.0 g
Fat, total	9.4 g	20.9 g
– Saturated	1.5 g	3.4 g
Carbohydrate	23.3 g	51.8 g
– Sugars	5.7 g	12.7 g
Sodium	6 mg	14 mg

Ingredients: Whole Grain Oats, Fruit 10% (Sultanas, Raisins, Currants, Coconut 1%), Golden Syrup, Nuts 9% (Almonds, Pecans), Seeds 8% (Sunflower Seeds, Pepitas, Sesame Seeds), Sunflower Oil, Oat Flour, Cinnamon.

Nutrition for Life Breakfast Mix

	Per serving (50g)	Per 100g
Energy	1331 kJ 318 kcal	2662 kJ 636 kcal
Protein	8.5 g	17.0 g
Fat, total	29.5 g	59 g
– Saturated	5.6 g	11.2 g
Carbohydrate	3.5 g	7.0 g
– Sugars	2.2 g	4.4 g
Sodium	5 mg	10 mg

Ingredients: Nuts 70% (Almonds, Cashew Nuts, Macadamia Nuts, Hazelnuts, Pecans), Seeds 20% (Pumpkin Kernels, Sunflower Seeds), Coconut 10%, Cinnamon.

'Image from Nutrition for Life's Online Program'

18. EAT MORE GREENS

Leafy Greens are a Lower Carb vegetable and contain plenty of fiber along with vitamins and minerals that are great for your repair and optimal health. If are going for seconds at dinner, then stick with the greens!

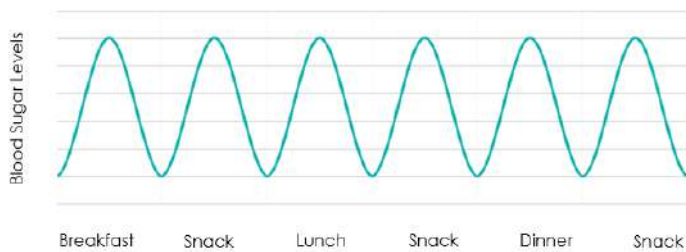


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#loveyourhealth

19. DON'T FEAR THE FAT

Now you have reduced your refined carbohydrate intake, your body will be smart enough to look for another energy source. Healthy Fats included in your diet will be the ultimate fuel to meet your daily energy needs. Fuelling on fat will help you maintain a stable blood sugar level throughout the day, helping to prevent insulin spikes. Stick to Natural Fats, avoid heated and processed oils.

Blood sugars over the day on a HIGH carb/sugar diet



Blood sugars over the day on a LOW carb diet



'Image from Nutrition for Life's Online Program'

20. BE CONSISTENT

Stick with the changes you are making. Eventually, you will be fat-adapted and burn fat more effectively. You will form better habits, improve your health, feel better, lose weight and make this your lifestyle long-term.

If you would like to learn more about Low Carbohydrate Healthy Fat guidelines, strategies and how to succeed in implementing the right changes and making them last. We have figured all this out for you in our Online Program.

To read more go to



nutritionforlifehealthcare.com.au

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