

The Grayson County Medical Clinic

U-Turn Diet

You should see a doctor before beginning this diet, especially if you are pregnant or taking prescription medicines.

The most important point of the diet is to **get most of your calories from fat**. Fat calories are clean burning which means they produce less inflammation in your body leading to less arthritis, heart disease and inflammatory conditions like allergies, asthma and gout. Fat is your friend, not your enemy!

There are 2 goal levels for carbohydrate: moderate (<50 carbs/day) and intense (<20 carbs/day). If you go above 50 you lose the magic of "ketosis" (your body using fat as its primary fuel). The lower you can keep your carbs the faster you will get better and the more successful you will be.

FATS AND OILS

Ideally 70-80% of the calories you eat should come from fat. The more ways you can find to include fat in your diet, the healthier you will be. *Do not attempt to follow a low-fat diet!*

All fats and oils, even butter, are allowed. Bacon fat, butter, coconut oil, palm oil and Olive oil are especially healthy oils and are encouraged in cooking. Avoid unsaturated vegetable oils like soy, canola and corn, margarine and other hydrogenated oils that contain trans fats.

For salad dressings, the ideal dressing is a homemade oil--and--vinegar dressing, with lemon juice and spices as needed. Blue--cheese, ranch, Caesar, and Italian are also acceptable if the label says 1 to 2 grams of carbohydrate per serving or less. Avoid "lite" dressings, because these commonly have more carbohydrate. Chopped eggs, bacon, and/or grated cheese may also be included in salads, **NO CROUTONS!**

QUANTITIES

Eat when you are hungry; stop when you are full. The diet works best on a "demand feeding" basis—that is, eat whenever you are hungry; try not to eat any more than you need to feel satisfied. Learn to listen to your body. A low carbohydrate diet has a natural appetite-reduction effect to ease you into the consumption of smaller and smaller quantities comfortably. Therefore, do not eat everything on your plate just because it's there.

Meal Timing:

Don't go hungry! You are not counting calories. Enjoy losing weight comfortably, without hunger or cravings. If you are hungry, eat something healthy until you are not.

Eat your first meal when you are hungry. If you wake up and are not hungry **it's OK to skip breakfast**, *it is not the most important meal of the day*. Try to avoid eating for at least 2 hours before bedtime as it can interfere with sleep. A big fatty meal eaten just before sundown can usually make a late meal unnecessary.

EAT AS MUCH AS YOU LIKE OF THE FOLLOWING FOODS:

Meat: Beef (including **hamburger [without the bun]** and steak), pork, ham (unglazed), bacon, lamb, veal, or other meats. For processed meats (sausage, pepperoni, hot dogs), check the label carbohydrate count should be no more than 2 grams per ounce or they might have grain fillers which are on the no eat list). Eat all the bacon and pork rinds (Chicarrones) you want.

Poultry: Chicken, turkey, duck, or other fowl.

Fish and Shellfish: Any fish, including tuna, salmon, catfish, bass, trout, shrimp, scallops, crab, and lobster.

Eggs: Whole eggs are permitted without restrictions.

Fully Fermented Cheeses: Unlimited as long as the carbohydrate count is less than 1 carb per ounce. Includes hard, aged cheeses such as Swiss and Cheddar, as well as Brie, Monterrey Jack, Gouda, Camembert, blue, mozzarella, Gruyere, and goat cheeses. Avoid processed cheeses, such as Velveeta. Check the label; carbohydrate count should be less than 1 gram per ounce. For partially fermented cheeses like cottage cheese, ricotta cheese, cream cheese and yogurt you must carefully count the carbohydrates staying under your 20 carb limit every day. I find it easier to avoid these partially fermented cheeses.

Pickles, Dill or Sugar--Free: Mt. Olive makes sugar--free pickles. Check the labels for carbohydrates and serving size if they are 1 gram of carbohydrate per ounce or less eat as many as you like .

Snacks: Pork rinds/skins; pepperoni slices; ham, beef, turkey, and other meat roll--ups; deviled eggs.

Butter or Mayonnaise: Unlimited. I recommend going to the health food store and getting coconut oil or avocado oil based mayonnaise. Commercial Soy and Canola oil based mayonnaise may also be used but I would limit them to 4 ounces a day because of the high pro-inflammatory omega-6 fatty acid content.

PLANT FOODS:

First **there are no “essential” plant based foods** and many humans societies like Eskimos, the Plains Indians of North America, the Maasai of Uganda and the Siberrian Reindeer herding Nenets have lived vigorous healthy lives for millennia consuming almost no plant foods. One easy way to break the sugar addiction is to eat the foods in the boxes above with just plant spices and the occasional garnish and there will be no need to count carbohydrates or be tempted by sugar. This is called **Zero Carb and is a very healthy alternative to carb counting**. If you can't do without your plants and fruit you will have to be vigilant not to let too many carbs slip in while consuming the foods below.

Salad Greens: 2 cups a day. Includes arugula, bok choy, cabbage (all varieties), chard, chives, endive, greens (all varieties, including beet, collards, mustard, and

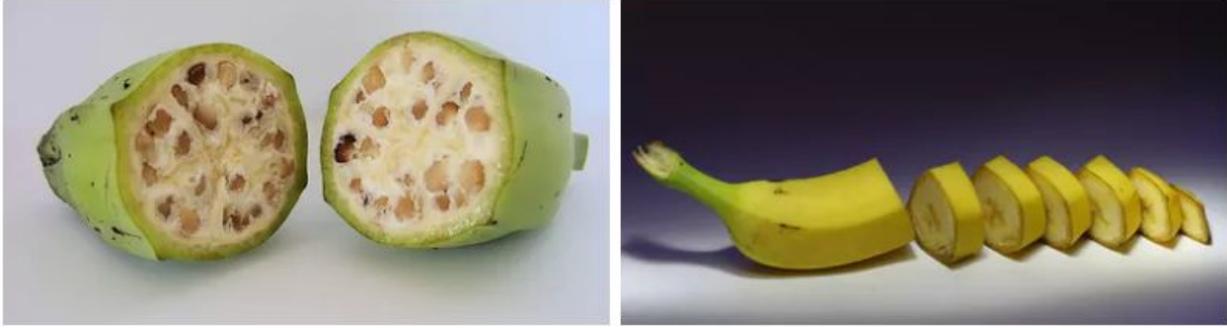
turnip), kale, lettuce (all varieties), parsley, spinach, radicchio, radishes, scallions, and watercress. (If it is a leaf, you may eat it.)

Vegetables: 1 cup (measured uncooked) a day. Includes artichokes, asparagus, broccoli, Brussels sprouts, cauliflower, celery, cucumber, eggplant, green beans (string beans), jicama, leeks, mushrooms, okra, onions, pepper pumpkin, shallots, snow peas, sprouts (bean and alfalfa) sugar snap peas, summer squash, tomatoes, rhubarb, wax beans, zucchini.

Here is a list of low carb vegetables with the net carbs per 100 g (3 ½ ounces):

1. Avocado – 2 g. Not just low carb, but also full of nutritious fat.⁹ Technically a fruit, but most people are likely to think of it as a vegetable.
2. Broccoli – 4 g. Another great option that can replace pasta, rice or potatoes. Just fry it in butter or add some cheese for great-tasting side dishes.
3. Zucchini – 3 g. Try our zucchini fries or zucchini chips. Zucchini can also be used to make low-carb pasta, like in this low-carbonara.
4. Spinach – 1 g. An extremely low-carb vegetable, spinach is full of vitamins and minerals and can be used many ways.¹⁰ It pairs beautifully with eggs, such as in our popular frittata.
5. Asparagus – 2 g. Revered as both a food and medicine – and aphrodisiac – by the ancient Egyptians, Greeks and Romans up to medieval times, asparagus is one of the world’s oldest cultivated vegetables.¹² Nutritious and delicious!¹³ Try it wrapped with prosciutto and grilled, or in other tasty recipes
6. Kale – 3 g. Hardier than spinach, less watery, but just as nutrient-rich, kale can stand up to mincing, sautéing, baking, and much more.¹⁴ Cut into ribbons, it makes a great noodle substitute for zesty sauces.
7. Green beans – 4 g. Frenched, diced and tossed in a salad, fricasseed and more, green beans taste great especially with added fats like butter, an olive-oil vinaigrette, or bacon.
8. Brussels sprouts – 5 g. Nutty, filling and nutritious, they are especially good roasted with olive oil and garlic, or with bacon.¹⁶ Or steam and serve with a cheese cream sauce.

Fruit: Modern fruits are not in any way “natural”. They have been carefully crossbred over 1000s of years to maximize sugar and starch content and minimize seeds and fiber. For example the banana - before and after:



So, most fruits are very high in sugar and carbohydrate content and should be avoided. There are a few fruits that can be included in moderation but you will really have to keep an eye on the total daily carb count. Here's a list:

1. Raspberries – Half a cup (60 grams) contains 3 grams of carbs.
2. Blackberries – Half a cup (70 grams) contains 4 grams of carbs.
3. Strawberries – Eight medium-sized (100 grams) contains 6 grams of carbs.
4. Plum – One medium-sized (65 grams) contains 7 grams of carbs.
5. Clementine – One medium-sized (75 grams) contains 8 grams of carbs.
6. Kiwi – One medium-sized (70 grams) contains 8 grams of carbs.
7. Cherries – Half a cup (75 grams or about 12 cherries) contains 8 grams of carbs.
8. Blueberries – Half a cup (75 grams) contains 9 grams of carbs.
9. Cantaloupe (melon) – One cup (160 grams) contains 11 grams of carbs.
10. Peach – One medium-sized (150 grams) contains 13 grams of carbs.

Nuts: Remember, peanuts and cashews are not nuts. They are both very high in carbohydrate and should not be eaten on a low carb diet. Just 2 handfuls of either peanuts or cashews put you over your 20 gram per day carbohydrate limit. If you do want to eat nuts there are some much better choices. Here are 7 good choices along with the net carbohydrate counts for 100g (3 ½ ounces or about 3 handfuls):

1. Pecan nuts – 100 g (3½ ounces or about three handfuls) contains 4 grams of net carbs.
2. Brazil nuts – 100 g contains 4 grams of net carbs.
3. Macadamia – 100 g contains 5 grams of net carbs.
4. Hazel nuts – 100 g contains 7 grams of net carbs.
5. Walnuts – 100 g contains 7 grams of net carbs.
6. Peanuts – 100 g contains 8 grams of net carbs.

7. Almonds – 100 g contains 9 grams of net carbs. Almonds can also be ground into almond flour. Its neutral flavor makes it a good substitute for high-carb flours, and it's used in many low-carb recipes for bread or even pizza.

Bouillon: 2-3 cups daily—as needed for sodium replenishment. Clear broth (consommé) is strongly recommended, unless you are on a sodium--restricted diet for hypertension or heart failure.

FOODS ALLOWED IN LIMITED QUANTITIES:

Cream: up to 4 tablespoonfuls a day. Includes heavy, light, or sour cream (not half and half).

Olives (Black or Green): up to 6 a day. Avocado: up to 1/2 of a fruit a day.

Lemon/Lime Juice: up to 4 teaspoonfuls a day.

Soy Sauces: up to 4 tablespoons a day. Kikkoman is a low carb brand. Check the labels of other brands.

CARBOHYDRATES ARE WHAT YOU MUST AVOID:

On this diet almost no sugars (simple carbohydrates) or starches (complex carbohydrates) are eaten. The only carbohydrates encouraged are the nutritionally dense, fiber--rich vegetables listed above.

Sugars are simple carbohydrates. *Avoid these kinds of foods:* white sugar, brown sugar, honey, maple syrup, molasses, corn syrup, beer (contains barley malt), milk (contains lactose), flavored yogurts, fruit juice, and fruit.

Starches are complex carbohydrates. *Avoid these kinds of foods:* grains (even "whole" grains), rice, cereals, flour, cornstarch, breads, pastas, muffins, bagels, crackers, and "starchy" vegetables such as slow--cooked beans (pinto, lima, black beans), carrots, parsnips, corn, peas, potatoes, French fries, potato chips and sweet potatoes.

THIS MEANS YOU CANNOT EAT ANY OF THE FOLLOWING FOODS!: Bread, tortillas, pasta, potatoes, sweet potatoes, rice, beans, peanuts, peanut butter, corn, cornbread, grits, any cereal made from grains, oats, oatmeal

SWEETENERS AND DESSERTS

If you feel the need to eat or drink something sweet, you should select the most sensible alternative sweetener(s) available. Available alternative sweeteners are: Splenda (sucralose), Nutra--sweet (aspartame), Truvia (stevia/erythritol blend), and Sweet 'N Low (saccharin). Avoid food with sugar alcohols (such as sorbitol and maltitol) for now, because they occasionally cause stomach upset, although they may be permitted in limited quantities in the future. (Would recommend you stay away from all artificial sweeteners if able or use Stevia)

BEVERAGES

Drink as much as you would like of the allowed beverages, do not force fluids beyond your capacity. The best beverage is water. Essence--flavored seltzers (zero carbs) and bottled spring and mineral waters are also good choices.

Caffeinated beverages: Some patients find that their caffeine intake interferes with their weight loss and blood sugar control. With this in mind, you may have up to 3 cups of coffee (black, or with artificial sweetener and/or cream), tea (unsweetened or artificially sweetened), or caffeinated diet soda per day.

ALCOHOL

At first, avoid alcohol consumption on this diet. At a later point in time, as weight loss and dietary patterns become well established, alcohol in moderate quantities, if low in carbohydrates, may be added back into the diet.

IMPORTANT TIPS AND REMINDERS

The following items are NOT on the diet: sugar, bread, cereal, flour--containing items, fruits, juices, honey, whole or skimmed milk, yogurt, canned soups, dairy substitutes, ketchup, sweet condiments and relishes.

Avoid these common mistakes: Beware of "fat--free" or "lite" diet products, and foods containing "hidden" sugars and starches (such as coleslaw or sugar--free cookies and cakes). Check the labels of liquid medications, cough syrups, cough drops, and other over--the--counter medications that may contain sugar.

LOW--CARB MENU PLANNING

What does a low--carbohydrate menu look like? You can plan your daily menu by using the following as a guide:

Breakfast:

Meat or other protein source (usually eggs)

Fat source —This may already be in your protein; for example, bacon and eggs have fat in them. But if your protein source is "lean," add some fat in the form of butter, cream (in coffee), hollandaise sauce, mayonnaise or cheese.

Low--carbohydrate vegetables (if desired)—This can be in omelet or a breakfast quiche.

Lunch:

Meat or other protein source

Fat source -- If your protein is "lean," add some fat, in the form of butter, salad dressing, cheese, cream, or avocado.

1 to 1 ½ cups of salad greens or cooked greens

½ to 1 cup of vegetables

Snack:

Low--carbohydrate snack that has protein and/or fat.

Dinner:

Meat or other protein source

Fat source—If your protein is "lean," add some fat in the butter, salad dressing, cheese, cream, or avocado. 1 to 1½ cups of salad greens or cooked greens

½ to 1 cup of vegetables

A sample day may look like this:

Breakfast:

Eggs and/or Sausage and Bacon

Consider melting 2 ounces of butter with 2 ounces of salsa and using it as a gravy.

Add an ounce or 2 of sour cream

Lunch

Grilled hamburger patty with cheese on top of salad greens and other vegetables, with bacon, chopped eggs, and salad dressing

Snack

Pepperoni slices and cheese cubes or Pork rinds dipped in queso cheese sauce (less than 2 grams of carbohydrate per ounce brand)

Dinner

Steak or fish filet with tartar sauce, a green vegetable with lots of butter or cheese sauce and some sliced tomatoes with mayonnaise.

READING A LOW--CARB LABEL

Start by checking the nutrition facts.

- Look at serving size, total carbohydrate, and fiber.
- Using the total carbohydrate content only is recommended.
- If you are not too insulin resistant you may have success subtracting the fiber from total carbohydrate count to get the "effective or net carb count." For example, *if there are 7 grams of carbohydrate and 3 grams of fiber, the difference yields 4 grams of effective or net carbohydrates.*
 - No need to worry—at this point—about calories or fat.

- The effective carbohydrate count of vegetables should be 5 grams or less.
- The effective carbohydrate count of meat or condiments should be 1 gram or less per ounce.
- Also check the ingredient list. Avoid foods that have any form of sugar or starch listed in the first 5 ingredients.

Sugar by any other name is still sugar!

All of these are forms of sugar: sucrose, dextrose, fructose, maltose, lactose, glucose, honey, agave syrup, high--fructose corn syrup, maple syrup, brown--rice syrup, molasses, evaporated cane juice, cane juice, fruit-- juice concentrate, corn sweetener.