



FAQs

ALL THE INFO YOU NEED AND MORE...
(WHOLE FOOD LCHF)

*If you would like information on **Not What the Dr Ordered**, our 12 month comprehensive online program, please let us know. We combine an LCHF way of eating with a host of others important factors including fitness, gut health, detox, mindset and more that all work together wonderfully to help create the best version of yourself. Education plays a big part in our program as we equip you to face the world and continue with your brand new healthy habits long after you finish the program. The results from those in our program so far are AMAZING! Bodies are healing, Type 2 Diabetes is being reversed, weight is being lost, moods are improving, depression and anxiety is disappearing, and lifestyles are changing for the better. Not just for those in the program, but their families as well! Kids, partners and friends are all benefitting from NWTDO. So please let us know if you would like to join!*

1. **What does LCHF stand for?** “Low Carb Healthy (or high) Fat”. In this program, we aim for low (refined) carbs, high fat and medium protein. We will be eliminating wheat, grains and most sugar. *Please be aware that a Low Carb, High Fat diet does not adhere to current government dietary guidelines.* It is a permanent lifestyle change and not a ‘diet’.
2. **How is this different to Paleo or Atkins?** Atkins is a ‘diet’ where carbohydrates are eventually reintroduced. Paleo is very similar except that it excludes dairy and generally includes more fruit.
3. While following a low carb, medium protein and high fat diet has many proven benefits and should reduce the risk of heart disease in most people, **there be individuals who may see negative effects.** These can include a steep increase in TOTAL and LDL cholesterol. Please keep tabs on what's going on. If you see a sharp increase and there seems to be cause for concern, there are steps you can take to ‘tweak’ what you

eat. You also need to factor in things like inflammation, age and stress, which are known to impact on cholesterol levels.

4. **Can I ease into it slowly?** Of course, you can do as you choose! But I recommend getting stuck straight into it. It's hard for the body to start to heal or to see any benefits while still eating damaging and inflammatory foods.
5. **Is it suitable for vegetarians?** Generally, if you are a vegetarian, you will need to eat a whole lot of eggs each day! Animal fats are heavily relied on with what we recommend. Please ensure your intake of macro and micronutrients is adequate. If you need help to calculate your nutritional needs, please seek professional advice. **NWTD is not suitable for vegans.**
 - There are few complete sources of protein. A complete protein (or whole protein) is a source of protein that contains sufficient amounts of all nine essential amino acids needed (these are amino acids that the body can't produce on its own)
 - What **protein** can I eat? Broccoli, artichoke, spirulina (add to smoothies with nuts or nut milk), almond and cashew milk, chia seeds, bee pollen.
 - What **veggies** can I eat? A good rule of thumb is this: vegetables that grow ABOVE the ground can be eaten freely, ones that grow BELOW the ground, not so much (especially potatoes!)
 - What **fat** I eat? Coconut Oil, Macadamia Oil, Avocado Oil, Butter, Avocados, Nuts and especially eggs. Eggs are a complete protein and the fat in egg yolks will be a major contributor to your overall fat intake. Eating a lot of eggs is really the only way to be a healthy vegetarian.
 - Legumes are not included in the true LCHF lifestyle; that means avoiding lentils, chickpeas, peanuts, beans and so on. Green Beans are ok.
6. **Is it suitable when breastfeeding?** There have been no specific studies done either way. If you choose to go LCHF while breastfeeding, please watch for signs of ketoacidosis. You'll become very thirsty, get headaches, and feel nauseous, very tired and quite sick. It might be best to keep the carbs in the higher range (below 100g per day). Seek medical advice if you feel unwell at all.
7. **How do I know what my macronutrient (fat, carbohydrate and protein) intake should be?** We give generic calculations, and these should be tweaked according to your

individual requirements. I suggest the ketogains calculator found at

<http://ketogains.com/ketogains-calculator/>

8. **How do I keep track of my macronutrient intake?** I suggest MyFitnessPal.
9. **Isn't saturated fat dangerous?** No! There are many studies that saturated fat is not dangerous, it's actually our bodies preferred fuel source! Saturated fat being dangerous is an out-dated and disproven theory.
10. **Will all that fat give me high cholesterol?** Cholesterol is a natural substance made by the liver. Eating a low carbohydrate, high-fat diet lowers small dense LDL (the bad stuff). Eating sugar, bad fats and excess carbohydrates increases small dense LDL.
11. **What fat can I eat?** Fats that are found in nature are more stable and less likely to become damaging. Any fat from animals like lard, duck fat, ghee and butter, as well as coconut oil, olive oil, avocado and macadamia nut oil. Oils and fats all have different smoke points (the point at which the oil becomes damaged and toxic) so some are ok for high heat, some for medium and others need to be kept cold.
12. **What fat can't I eat?** Polyunsaturated fats, trans fats, hydrogenated or partially hydrogenated oils including margarine; Vegetable oils, vegetable fats, and Seed oils (safflower, sunflower, canola, grapeseed, cottonseed, corn).
13. **Will I lose weight faster if I reduce fat AND carbohydrates?** NO! I cannot stress this enough! Your body needs fat and if you starve your body (which you will if you cut both carbs and fats) all sorts of problems can arise (including hypothyroidism). Fat will make you feel fuller for longer, reduce your cravings, improve your energy and make everything so much better!
14. **Don't we need carbohydrates to fuel our bodies and brains?** No. Our bodies preferred fuel source is saturated fat! *Carbohydrate is the only macronutrient we don't need in order to survive.*
15. **How low do I go with my carbs?** It is different for everyone according to current health and goals. **100-150 grams per day** is pretty good for maintaining, and for people who exercise quite a bit. **50-100 grams per day** should lead to automatic weight loss, and is a good maintenance range for people who don't exercise that much. **20-50 grams per day** should get you into ketosis and is recommended for those whose bodies need to heal. You should lose weight pretty quickly without feeling too hungry.
16. **What are net carbs?** Net carbs is the total carb count AFTER the fibre has been subtracted. Fibre is a carbohydrate that the body can't digest; therefore it does not

raise your blood sugar levels or trigger an insulin response. In food labels from Australia, Europe or Oceania the fibre has already been deducted from the carb count. In other countries, such as the USA you will need to subtract the fibre from the carbs to get your total NET carbs. Be aware of this when using food entry apps that have international entries such as MyFitnessPal.

17. **What are refined carbs?** Refined carbohydrates are forms of sugars and starches that don't exist in nature. They do come from natural whole foods, but they have been altered in some way by processing to "refine" them. Processing methods include industrial extraction, concentration/purification, and enzymatic transformation.
18. **How much sugar should I eat?** The least amount as possible is my recommendation! The World Health Organisation recently halved its recommendation for daily intake from 10 teaspoons (about 40g) to 5 teaspoons, following reviews of the scientific evidence of the link with obesity. I would recommend between **5-9 tsp. of sugar per day** or less for adults. **The recommendations for children under 2 years old are now ZERO (0) tsp. per day. So not even fruit juice is recommended for young children.**
19. **What's natural sugar? What's added sugar?** Naturally occurring sugars - these are found in milk, fruit, vegetables and legumes. They are eaten in smaller quantities, along with many nutrients. Added sugars - these have been refined from plants such as sugar cane. They can be added to food or drink in large amounts or used to make cakes, biscuits and soft drinks. Added sugars may not come with helpful nutrients and can increase the energy of a food or drink. So they are sometimes called 'energy dense' and 'nutrient poor'. Please know that ALL sugar will spike your blood glucose levels, natural or added. Read the labels on everything and keep an eye out for anything suspicious. Sugar will be quite obvious as it often say SUGAR. But there are other sneaky ways that food companies can 'break down' the sugar content into smaller amounts and use different words to describe it. Such as 'grape mist, fruit juice concentrate, treacle and many, many others.
20. **What about fruit?** My advice would be to cut out fruit as much as possible, especially as we are trying to break your addiction to sugar. The natural sweetness in sugar can easily stimulate your desire for more sweets. Your body might be able to handle it one day, but not yet (if you are just beginning). Basically, once your addiction is broken and you are healthy again, the sugar in fruit is ok if kept to a minimum and as long as the fruit is eaten as a whole (not just juice, for example). But remember, fruit is always a

better choice than a chocolate bar! And avoid dried fruit, as it contains much more sugar than you realise.

21. **What about lactose (natural sugar found in dairy)?** 4.7g per 100g of natural yoghurt is lactose; this is just over 1 tsp. So if you see a number higher than this listed on the label, you will know it has ADDED sugar, and to avoid it. Please read labels for sneaky hidden sugars (fruit juice concentrate anyone?)
22. **Can I eat dairy?** Yes! You can (if you aren't intolerant). Just watch the carbohydrate content. Take milk for example. It is much higher in carbohydrates (sugars) than say, cream. If you are struggling to lose weight, cutting back on your dairy intake MAY help.
23. **What sort of meat can I eat?** Any meat really. Aim for organic, pasture raised, grass fed where possible. Choose the fattier cuts of meat (thighs over breast) and skin on. Avoid processed meats like salami and deli meats unless you can be sure they are from a good source.
24. **How much protein should I eat?** This is a medium protein way of eating. An average of 1-1.5g per kg of your bodyweight per day is recommended. Any more than that and gluconeogenesis can cause your glucose levels to rise. Please use ketogains to calculate your macros.
25. **How many eggs can I eat?** The myth of eggs causing high cholesterol has been disproven – there is no link between saturated fat and heart disease. Eggs are fantastic for your health (just keep an eye on your protein intake.)
26. **Can I drink diet soft drinks?** No. This is a NATURAL way of eating, diet soft drinks are far from being natural. Try kombucha or water kefir instead.
27. **How much water should I drink?** Always choose filtered water where possible, and drink when you are thirsty. Excess water consumption can put extra strain on the kidneys and may dilute the salts in the blood.
28. **I'm not overweight, is LCHF ok for me?** LCHF is not a way of eating just for weight loss. Losing excess body fat is simply a side effect of the body becoming healthy again. LCHF has been shown to reduce inflammation, reduces our risk of heart disease, stroke, Alzheimer's, dementia and all other metabolic diseases.
29. **Is LCHF ok for kids?** Yes! It is the healthiest way of eating for everybody, children included. My kids eat the same as I do (with less protein as I exercise a lot). They are educated when it comes to nutrition; they respect food and love the taste of natural whole foods. They have treats when we are with other people (I call these 'polite')

carbs), as they don't need to be known as the 'fussy kids'. At home desserts and treats are minimal, but always natural and unprocessed. Processed snacks or 'treats' are best kept out of the house – now and forever!

30. **Is LCHF damaging to the thyroid?** No, generally not if you replace the carbohydrates with fat. If you remove both carbs AND fats from the diet, things can get messy.
31. **Can I still drink alcohol?** Sure. Just be selective with which TYPES of alcohol. Avoid beer and sweet drinks. Red or dry white wine and pure liquor are better choices. Any alcohol does put added stress on the body and can slow down results, so always think about this carefully before picking up that drink.
32. **I'm on a budget – how can I afford this?** Add up your current budget. Be realistic with how much you spend already. Add up all the snacks, takeaways, coffees, drinks, cafes, chocolate bars etc. You can't say something is more expensive if you aren't realistic about what you are spending each week already. Include ALL foods and drinks. Eating LCHF, eventually you will end up eating, snacking and grazing less, which means less spending on food. Freeze foods that are about to go off. Make use of your leftovers. STOP buying snacks, takeaway food, processed food and sweets. If you can't afford organic and free range, don't! We know it's better for us, but just buy the best quality you can afford. Buy in bulk where possible. Grow your own veggies if you can. Buy frozen fruit and veggies if it's cheaper. Pack your lunch, don't buy it. Grate your own cheese. There are many ways to save money.
33. **Why is my friend losing weight more quickly than me?** Everyone is different and has a different degree of damage to the body that needs to be repaired. Weight loss is the side effect of the body becoming healthy again. Some people can take up to 10 months to see serious weight loss, other can lose straight away without a worry. Genetics can also play a big part. The genes that are responsible for obesity or a predisposition to gain weight seem to also be the genes that determine how we respond to the carbohydrates in our diet, how much insulin we were secrete in response, how sensitive our lean and fat tissue is to that insulin and other variables as well. So some of us can eat a carbohydrate rich meal and easily burn all the calories in it, others simply don't. The focus here is REGAINING HEALTH. Fat loss is simply a wonderful side effect. The good news is that MOST people lose weight fairly quickly with LCHF.
34. **What about 'gluten-free'?** Do not eat gluten free products unless they are wheat free or grain free (and check the sugar/carb content!). By removing gluten from wheat, it is

usually replaced with rice starch, cornstarch, tapioca starch etc. Although they are now gluten free and may cause the same immunological response, the carbs will still break down to glucose and still cause an insulin spike and still cause hunger, fat storage, and gain weight (and the muffin top). But please remember, if you are not insulin-resistant, a little of the above is ok. Although it is high in carbs and devoid in nutrients, a little here and there is ok. But DO NOT use it all the time

35. **What about 'low carb' biscuits/pasta/bread?** I'd say no. There are too many bad ones out there. I wouldn't risk it.
36. **Do I need to count calories?** No, that's one of the best parts of LCHF! Simply eat when you are hungry and stop when you are full. Calories act completely differently in the body. Some prompt our body to store fat and some don't. Saturated fats, for example, have twice the calories (9 calories per gram) of carbohydrates or proteins (4 calories per gram), but they are not stored in our fatty tissue. But, excess carbohydrate prompts our body to store fat. This is why a low-fat, low-calorie diet can actually make us fat.
37. **Is LCHF ok if you've had your gallbladder removed?** Yes, this generally seems to be ok. You may need to increase your consumption of fats gradually so the body can adapt. If the fat is undigested, it will probably come straight out the other end!
38. **Will LCHF cause gallstones?** Low Fat diets are usually responsible for gallstones as the bile stays put in the gallbladder if it's not needed. If you eat lots of fat, the bile ducts and the gall bladder will be flushed out frequently probably reducing the likelihood of the formation of gallstones. So if you have gallstones already, there is the risk of short-term pain.
39. **I've been eating LCHF and now I feel unsettled in my gut.** When getting used to a different way of eating, you will always feel it in the gut first. As the environment changes, the gut flora will need to adapt and certain issues may arise. Give it time to settle down and if you have any questions, please get in contact with a health professional. I still get an upset tummy if I eat too much fat!
40. **I've been eating LCHF and now I feel like I'm getting the flu.** Commonly known as 'keto-flu'. Dizziness and headaches and a lack of energy are quite common during the first week as your body adapts to its new fuel source. You may also experience shivers, sweats, cramping, irritability, heart palpitations, and muscle pain. If you find symptoms persisting longer than a week there could be a few reasons. Check with your local health practitioner if symptoms persist. It could be:

- a. Certain medication. Low carb diets can lower blood pressure and if you are taking any medication, please work carefully with your local health practitioner and adjust medication accordingly.
- b. Dehydration – try drinking more water, adding salt to your food and drinking bone broth.
- c. Not lowering carbs enough and getting stuck in the 'grey zone'

41. **What is ketosis (nutritional ketosis)?** A (natural) state at which the body has an extremely high fat burning rate. Once we have no glycogen stored in our liver to be used as fuel, the body starts to break down stored fat cells to use for energy. Ketones are just the by-product or fuel created by the break down of those cells. This is not to be confused with ketoacidosis, which is what happens to diabetics when they don't get enough insulin to regulate their glucose levels. It is life threatening and completely different to ketosis.

1. We are eliminating most sugar (natural and added). Natural alternatives such as stevia will replace sugar when necessary.
2. We are eliminating wheat and gluten (including whole grains)
3. We are eliminating processed foods and eating WHOLE FOODS
4. We are eating HIGH FAT, MEDIUM PROTEIN and LOW CARB.
5. Do not eat unless you are hungry. This goes for every meal.
6. Do not snack unless you absolutely need too. Snacking is NOT recommended and if you are eating enough fat at each meal, you shouldn't be hungry in between.
7. Do not cut back on healthy fat during this program – this can lead to health problems and WILL NOT speed up the weight loss process.
8. Food preparation may be required for some weeks (For example: week 1 requires 1-2 litres of bone broth to be prepared as a base for many of the weeks meals)
9. We recommend you calculate and track your macros in order to make sure you're getting enough nutrients (see FAQ).
10. Some people are intolerant to certain foods and are unaware of the intolerance and the impact it can be having on weight loss. (Eggs, nightshade, FODMAP etc.) The only way to find out is to follow an elimination protocol. Please seek further assistance if you think this might be the reason your weight loss has stalled.

11. It is suggested that nuts are activated before consumption (Google how to activate nuts or buy them already activated).
12. If you are tracking your macros, be aware that net carbs is the total carb count AFTER the fibre has been subtracted. Fibre is a carbohydrate that the body can't digest; therefore it does not raise your blood sugar levels or trigger an insulin response. Always enter your macros into MFP using 'net carbs' after the name of the food e.g. "Broccoli Net Carbs".
13. Butter is always unsalted (unless you find butter with sea salt or pink salt) and grass fed where possible (Kerry Gold is wonderful!)
14. Salt used is always Himalayan rock salt (no table salt at all)
15. Eggs are free range/organic where possible and L or XL
16. Dairy is always full-fat and as natural as possible
17. Use coconut cream/oil/almond milk/coconut milk etc. if dairy is a problem for you
18. Daily consumption of fermented foods is recommended
19. Fruit is best left until after lunch and is always better when eaten with a healthy dollop of fat (cream/butter etc). Limit your daily intake of fructose to 15g or less. (Google fructose content in fruit)
20. Calorie counting is an ineffective way of losing weight. DISREGARD the amount of calories or when MyFitnessPal tells you that you have eaten too much saturated fat.
21. DO NOT compare calories 'burned' during exercise to calories consumed. Calories are all dealt with differently in the body. Fat has more calories, but fat CAN'T make you fat. Sugar, carbohydrates or too much protein will make you fat.

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