

How to Eat Healthy, Lose Weight, and Still Enjoy Food

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No Sugar – Minimal Starch

Eating low-carb will provide you with incredible changes both externally and internally. It is not for everyone, but those who do it are a testament to its benefits. Much of what you have been told about food is wrong. If it were right then 75% of Americans would not be overweight and 1/3 of Americans would not be obese.

1 Getting Started

- This way of eating is about eliminating the food and its breakdown products that your body does not require
- For effective weight loss keep total grams of carbohydrates below 60 per day. Less than 20 grams per day is OK and will result in faster weight loss through ketosis. To achieve ketosis, which is rapid weight loss through liver detoxification, you will need to limit the vegetables you eat and completely eliminate fruit, grains, milk products (not butter or cheese) and nuts.
- Your diet is to be made up exclusively of foods and beverages from the following pages
- If the food is packaged, check the label for carbohydrate count for your meal
 - 2 grams or less for meat and dairy products
 - 5 grams or less for vegetables
- All food may be cooked in a microwave, baked, boiled, stir-fried, sautéed, roasted, or grilled. No fried food allowed.
- Remember, there are no carbohydrates in meat, fish, chicken, fat, and oils.



- I recommend getting a large trash bag and tossing everything in your kitchen that does not support your new diet. Toss the sugar, white flour, cookies and pastries, frozen pizzas, sugary drinks, etc. Or put them in a large bag and give it away to a homeless person. Just get it out of sight! And don't buy any more. Get your family on-board with what you're doing.
- Planning:
 - Plan out in advance your meals and snacks for the week. If you don't make a plan, plan to fail.
 - Once you know what you're going to eat, plan where you're going to buy said food. Regular grocery store, health food store, online, food preparation company, whatever. Then go get it!
 - If you're very time-challenged during the week, prep your food on your day off: chopping, pre-cooking, marinating, etc.



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When you're hungry, eat your choice of the following foods:

Meat

- Beef (hamburger, steak)
- Pork, ham (unglazed), bacon

Fish and shellfish

- Tuna
- Salmon

- Lamb, veal, or other meats
- Meats are nitrate-free, ideally

- Bass
- Trout
- Shrimp
- Scallops
- Crab
- Lobster

Poultry

- Chicken
- Turkey
- Duck
- Any other fowl

Eggs

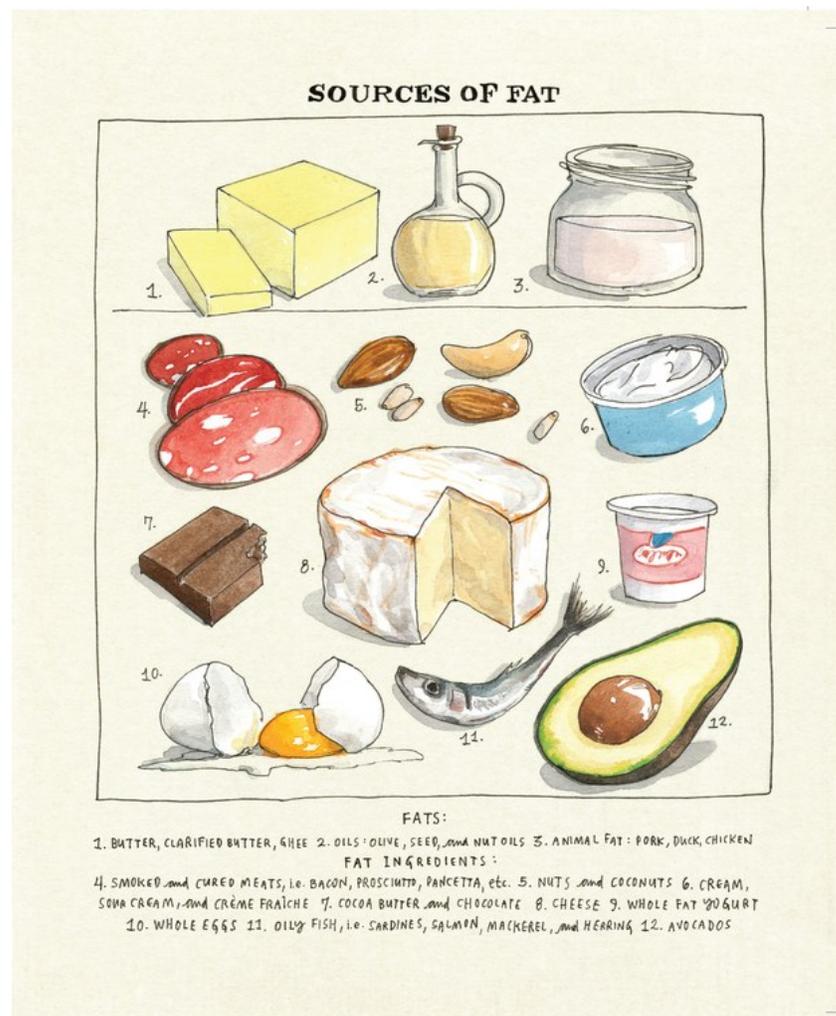
Whole eggs are permitted without restrictions

Fats and Oils

- All fats and oils, even butter, are allowed. Some oils such as coconut oil are better for cooking because they are more stable at high temperatures.
- Olive oil is recommended only for cold salad dressing.
- Avoid margarine and other hydrogenated oils. They contain trans-fats and are not healthy.
- For salad dressing, you can use olive oil with vinegar and lemon juice. You can add spices as needed for flavor.
- Avoid bottled salad dressings. They usually contain bad oils and sugar.

Chopped eggs, bacon, or grated cheese may also be included in salads as a fat source

- Natural, unprocessed fats, in general, are important to include because they taste good and make you feel full
- You are permitted the fat or skin that is served with the meat or poultry you eat as long as there's no breading on the skin
- Do not attempt to go low-fat or no-fat!



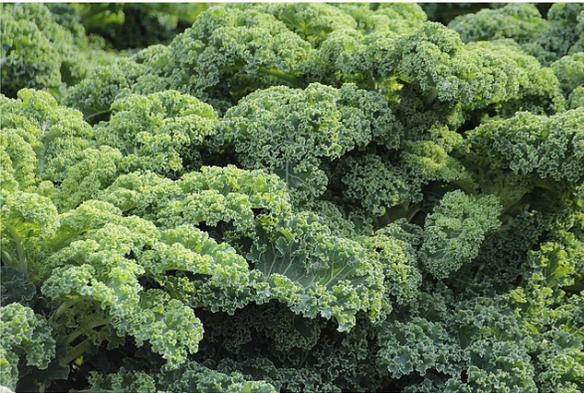
Beverages

- Drink as much water or carbonated (plain) water as you like
- Maximum 3 cups per day of coffee (black or with cream, no sugar)

- Maximum 6 cups per day of black or green tea
- Herbal tea (raspberry tea, orange tea, spice tea, peppermint tea, etc.) is allowed

Remember...

- You do *not* have to avoid the fat that comes with the above foods
- You do not have to limit quantities deliberately, but you should stop eating when you're full



Food that must be eaten every day

(remember total carb count per day is less than 60)

Salad Greens

- | | |
|---------------------------------------------------------------------|--------------|
| ○ Arugula | ○ Kale |
| ○ Bok choy | ○ Lettuce |
| ○ Cabbage | ○ Parsley |
| ○ Chard | ○ Radicchio |
| ○ Chives | ○ Radishes |
| ○ Endive | ○ Scallions |
| ○ Greens (all varieties including
beet, collard, mustard greens) | ○ Watercress |

Fibrous Vegetables

- | | |
|-------------|-------------------|
| ○ Artichoke | ○ Brussel sprouts |
| ○ Asparagus | ○ Bamboo shoots |
| ○ Broccoli | ○ Bean sprouts |

- Cauliflower
- Celery
- Celery root
- Cucumber
- Okra
- Eggplant
- Fennel
- Mushrooms
- Okra
- Pepper
- Sprouts
- Sugar snap peas

If you notice headaches or fatigue, you need salt. Add more sea salt or bone broth (2 cups daily) to your diet.



Foods allowed in limited quantities

Cheese

- Up to 4 ounces per day
- Swiss, cheddar, brie, blue cheese, mozzarella, cream cheese, goat cheese
- Avoid processed cheese like American cheese or Velveeta (or “queso” 😊)
- Check the label. Carb count should be less than 1 gram / serving.

Cream

- Up to 4 tablespoons per day
- Includes heavy cream, light cream, sour cream or mayonnaise

Fatty vegetables

- Olives – black or green; up to 6 per day
- Avocado – up to ½ of one per day

Condiments

- Lemon or lime – up to 4 tablespoons per day
- Soy sauce – up to 4 tablespoons per day
- Garlic and onion – as desired

Pickles

- Dill or sugar-free only – up to 2 servings per day
- Check the label for carbohydrates (sugars) and serving size

Snacks

- Pork rinds or skins
- Pepperoni slices; beef or deer jerkey (no sugar or nitrates added)
- Deviled eggs
- Raw nuts (salted is OK, but no honey-coated or sugary nut butters; read the label); limited to ½ cup per day nuts OR 2 tablespoons plain nut butter

Fruits

- Less than 1 cup per day total of berries, apples, pears, watermelon, or peaches

Milk

- Less than 1 cup per day total of your choice of full-fat and plain yogurt, full-fat plain milk or unsweetened varieties of almond milk or coconut milk

Grains

- Less than 1 cup per day of quinoa or brown/wild rice (not white rice)
- OR 1 slice of Ezekiel bread

Beans

- Less than 1 cup per day of beans or lentils (with no sugar added)

Root vegetables

- Less than ½ cup per day of carrots, sweet potatoes (no extra sugar added), beets, potatoes, parsnips

Sweeteners

- Stevia only
- Avoid sorbitol and malitol (alcohol sugars)

Note: best are with no additives, but if you can't, as time progresses we will work on improving quality of choices.

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THE PRIMARY RESTRICTION: CARBOHYDRATES

While eating low-carb, you're avoiding sugars (simple carbohydrates) and most complex carbohydrates



Avoid anything containing

- White sugar
- Brown sugar
- Fructose, corn syrup, or any kind of syrup
- Honey
- Agave nectar
- Molasses
- Beer
- Flavored yogurts
- Fruit juices

Avoid anything containing

- “Whole grain” bread
- White bread
- Bagels
- Chips
- Cereal
- Flour
- Cornstarch
- Pastas
- Muffins
- Crackers

No alcohol

Quantities

- Eat when you're hungry and stop when you're full
- Learn to listen to your body.
- Do not eat everything on your plate just because it's there.
- Stop counting calories and stop weighing yourself. You'll be able to tell your results from how your clothes feel, how good you sleep, your energy, and your blood work from your doctor's checkup.
- If you're hungry in the morning, have a nutritious low-carb meal to start your day.

Avoid these common mistakes

- Beware of food marked "fat free" or "lite" diet products. These foods have hidden sugars and preservatives that are not good for you.
- Avoid foods marked "great for low-carb diets" or "gluten-free". It's usually just junk food. Just buy real food.

I realize that this way of eating goes against the conventional thought, but it is based on the physiology of the human body. Your weight and blood results will reflect this.

Not sure of the carbohydrate content of a certain food? Search the USDA food nutrient database online. Or google "____(food)____ carbohydrate content" to find out.