

*Nutrition for life!*



# HEALTHY FATS & PROTEINS

# YOUR BODY'S BEST FUEL SOURCE!

When taking the step to lower your carbohydrate intake you are reducing your need to persistently fuel on glucose (sugar). While it is commonly thought that you only need glucose as an energy source, this is simply not the case. Your body can use fat as your primary fuel source and rely less on filling your tank up with glucose which ultimately has the most unstable impact on your blood sugar levels along with a range of other factors.

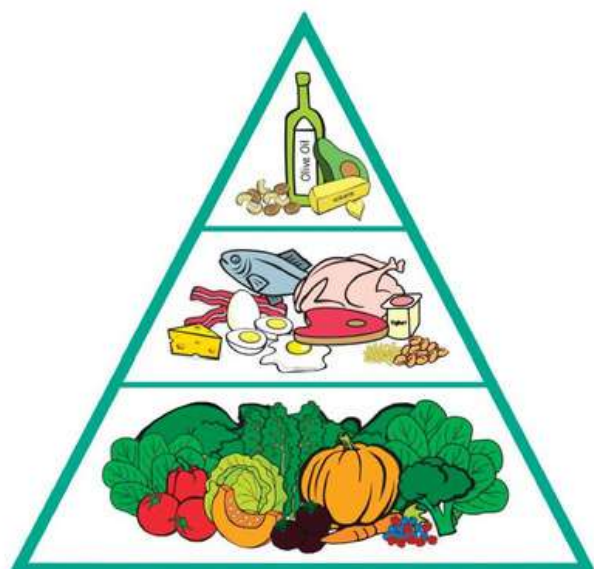
By lowering carbohydrate intake, blood sugars are controlled and insulin levels are minimised. This is incredibly beneficial for those with diabetes (type one or two) and those with insulin resistance.

When you get your blood sugar levels under control hunger will also be under more control leaving you with increased satiety and sustained energy levels throughout the day!

In making the change to lower the consumption of carbs, you will need to strike a balance between consuming healthy low carb foods, healthy fats and proteins.

In this eBook, we will take a further look at two areas you will need to feel confident with when rewiring your body to fuel from fat.

Healthy fats and proteins

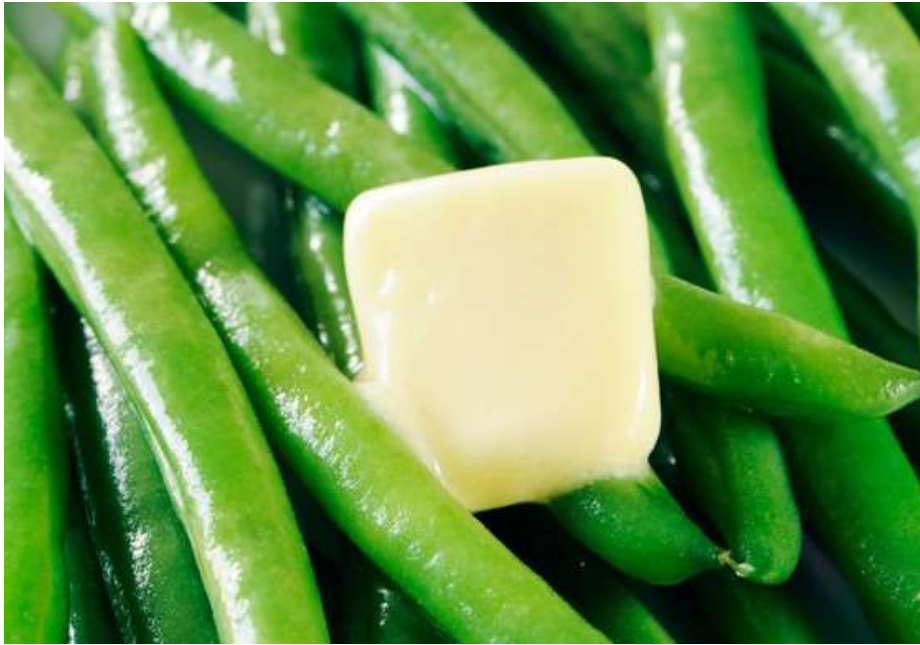


## LOW CARB HEALTHY FAT FOOD PYRAMID

*Nutrition for life!*  
#loveyourhealth

# HEALTHY FAT IS YOUR FRIEND

Healthy Fats are certainly not anything to be feared. To successfully achieve your health goals by eating LCHF you need to love fat! Many of us have been led to believe that all fats are bad. This is simply not the case.



So if Healthy Fats are okay, then what are fats to avoid?

When it comes to fat consumption you need to avoid artificial trans fats. These types of trans fats come from processed foods e.g. fast food takeaway, deep fried foods, cakes, pies, creamy biscuits, crackers, donuts and margarine.

Bad fats are oxidized during production by using high temperatures which creates free radicals.

Bad fats promote inflammation and this is exactly what we do not want for your health!

**HEALTHY FAT SHOULD  
BE YOUR FRIEND**

Chew the '*healthy*' fat!

# HEALTHY FAT FOOD LIST

Avocado  
Hard butter  
Ghee  
Lard  
Full cream milk  
Full dairy cream  
Tallow  
Oils; coconut virgin oil,  
extra virgin olive oil  
Coconut milk  
Coconut cream  
Eggs  
Cheeses (soft/hard)  
Olives  
Chia seeds  
Dark chocolate  
Pepitas

Fatty fish  
Full-fat yogurt  
Coconut yogurt  
Halloumi cheese  
Cream cheese  
Pork  
Bacon  
Beef  
Lamb  
Chicken  
Cold meats  
Almond meal  
Cocoa butter  
Cocoa powder  
Desiccated coconut  
Nuts; walnut, cashew,  
peanuts, almonds

**DON'T FOCUS ON HOW  
MUCH YOU EAT**

Focus on what you eat &  
respond to your fullness  
signals!

# HOW MUCH FAT?

Including healthy fats into your way of eating will mean knowing lots of easy solutions to include in each meal. But how much fat should you include? This is a common question people want to know about when starting Low Carb Healthy Fat eating. To answer this simply, it will depend on your health goal e.g. weight gain, general health or weight loss and your total daily energy requirement, so if you already lead an active lifestyle then your daily fat requirements might be higher than someone else of your build who leads a more sedentary lifestyle and wants to lose weight.

If you are **not** noticing the results that you want from an LCHF approach then it is important to seek individualised and professional support so that you can better understand what type of macro nutrient balance is best to meet your needs!

The message here is to include healthy fats in your meals!



**IT IS NOT THE FAT THAT  
MAKES YOU FAT**

It's the sugar

# OUR TOP TIPS FOR MORE FAT

Using full fat, plain dairy products.

Cooking with small amounts of olive oil, butter, coconut oil or ghee.

Choosing high fat cuts of quality grass-fed meat.

Enjoying baked chicken with the skin on.

Adding avocado as a side to your breakfast or into a salad.

Adding cream into scrambled eggs instead of milk.

Drizzling macadamia or olive oil over your salad.

A small dollop of herb & garlic butter on top of grilled meat.

Snacking on small amounts of nuts and seeds.

*If you are including enough healthy fats into your meals, you should find that you are less hungry between meals and do not need to snack.*



**IT IS NOT THE FAT THAT  
MAKES YOU FAT**

It's the sugar

*Nutrition for life!*  
#loveyourhealth

# HEALTHY FAT EATING

## On The Plate!

### BREAKFAST

Omelettes are a great way to include healthy fat. Add cheese or olive oil or butter

### LUNCH

Salads can offer a jam packed healthy fat option. Add tuna, avocado, nuts, seeds and olive oil dressing

### DINNER

Try lamb chops dipped in greek yogurt with a side of baked cheesy cauliflower and lots of greens

## SKIP THE DIET

Just eat real food!

# PROTEIN IS IMPORTANT

**But moderation is key!**

Proteins are made up of building blocks called amino acids. While we talk about protein requirements, really the body needs amino acids. Amino acids cannot be stored for long-term energy. Any protein eaten in excess needs to be converted to glucose or fat for storage so getting the balance right on a low carb healthy fat approach is important. The average adult following a Low Carb Healthy Fat approach needs about 80grams of protein per day, depending on many factors.

Your body uses protein to build and repair tissues. You also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood.





# ABOUT US

Nutrition for Life Healthcare helps people to reach their full health potential by teaching them the principles and application of LCHF.

LCHF is Low Carb Healthy Fat and it embraces a real food eating approach where a person is to reduce/ eliminate their processed food intake, including sugars and refined carbs and foods with inflammatory promoters.

## WHY LCHF?

This way of nourishing your body with the right macro-nutrient balance that will help you control your blood sugar levels, hormones and promote the use of fat as an energy source. If weight loss, increased energy and stress control are your needs than LCHF eating should be your next step.

## JOIN A PROGRAM

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](https://nutritionforlifehealthcare.com.au)

Phone 61+ 03 6301 9096

email: [info@nutritionforlifehealthcare.com.au](mailto:info@nutritionforlifehealthcare.com.au)

*Nutrition for life!*  
#loveyourhealth