



LOW CARB LIFE

8 WEEK COURSE STARTS 28/02/19
6-7PM

UPSTAIRS AT TOWER HILL RESOURCE CENTRE

Open to all patients and their families, this is a FREE support group that helps Type 2 diabetics and anyone looking to explore the benefits of a low carb diet for health and well-being.

RSVP your attendance by contacting Gemma Ray on
gemma.ray@knowsleyccg.nhs.uk or text/call 07525 496668



Today's Guest Speaker: Andy Bishop

How I reversed my Type 2 diabetes with a low carb lifestyle

Andy is the Liverpool ambassador for the Public Health Collaboration. He is passionate about empowering fellow diabetics to take preventative care of their health and explore the positive potential of a low carb diet.

Follow Andy on Twitter - @Type2Rebel



LOW CARB LIFE

What can you expect from the group?

The Low Carb group is run by volunteers from Dr Maassarani & Partners and the team at Care Merseyside - our social prescribing charity.

Taking only 20 patients in any one intake, this 8 week course will help you learn more about carbohydrates and the effect on Type 2 diabetes. Our next course starts on 28/02/19 from 6-7pm.

Each week has a theme to follow. We'll take you through a short presentation, have an open discussion, examine food and labels, watch videos or taste some delicious low carb snacks. Occasionally we will be joined by experts and those who have experienced a low carb transition for a better quality of life.

Maybe you would like to bring along the person closest to you - your spouse or sibling or son/daughter? It's a lot easier maintaining a diet with reduced carbs when you're doing it with the support of your loved ones.

We do need to point out that while we may be joined by medical professionals at our sessions, this group is run by non-medical volunteers and you enter into the group voluntarily.

We advise from experience, not prescribe from expertise.

What will I need to do?

If you'd like to get a head start before 28/02/19 firstly please make sure you;

- Go and get your bloods done. This will give you a baseline reading for all the different tests that are monitored when you have Type 2 diabetes.
- Please ask for a blood form from reception and attend a phlebotomy drop-in service.. Clinics run here at Tower Hill Primary Care Resource Centre every Thursday from 12:30 - 3pm. In St Chad's they operate Mon-Fri 8:30am - 12:15pm. An early clinic is available at Nutgrove Villa in Huyton from 7am to 8:30am.
- Take your starting weight and measure your chest, waist at belly button, waist at widest point, hips and thigh. Make a note of them somewhere safe.
- Take some 'before' pictures. These are for nobody else but you and you will be glad you did them! Take a front, side and back picture ideally in underwear or shorts and vest.

Learning what you're actually eating right now

Before we get going on the 8 week group you might be an eager beaver and want to make a start straight away.

No problem! Don't try and run before you can walk though. With any diet there's a tendency to want to go all in and change everything at once. This is a sure fire way to failure so we'd rather you take it slow and steady and get results at a consistent pace than give up after two weeks.

If you want to make a start you can begin by noting what you're eating. Your optional assignment ahead of the 8 week group is to start to read labels and packets. Start to look at the carbohydrate content of your foods. If you are cooking with or eating fresh fruit and vegetables then you can look up their nutritional values and carbohydrate value online. www.Myfitnesspal.com is a good one or download the app to your mobile phone.

To be low carb you will probably aim to eat around 50-100g of carbs per day. Would you even know how much that would be or what it would look like?

Get used to knowing information on your food labels. Simply noticing the value of carbs in your favourite foods is a great start.

Nutrition Facts	
Serving Size 3 pieces (90g)	
Servings Per Container about 3	
Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 490mg	20%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 6g	
Vitamin A 4%	Vitamin C 8%
Calcium 0%	Iron 10%

Serving Size for this product is 3 pieces.

The number in parenthesis shows the **weight**. One serving weighs 90 grams when using a food scale.

There are 3 servings in the whole package.

One serving, which is 3 pieces of this product, provides 30 g of carbohydrate.

Dietary fiber is part of the total carbohydrates. Fiber does not digest so you can subtract the grams of fiber from the total carbohydrate grams.

The grams of sugar are already included in the total carbohydrate count. The natural sugars in milk and fruit, along with added sugars are all grouped together.

Consider using technology

There are low carb apps and websites on the market in a range of prices. One excellent app that is supported by our friend, local GP David Unwin is the Low Carb Program App from diabetes.co.uk



It's around £30 for the year to access the app

Track your blood glucose, mood, weight and more

Daily articles on the latest research, best recipes and more

Track your health from anywhere, anytime

Other good sites to reference

There are lots of good websites dedicated to low carb education, recipes and inspiration. Here are some of our favourite:

www.dietdoctor.com

Diet Doctor is jam packed full of instructional and educational videos from doctors and other leading professionals from all over the world. It's easy to follow and there's lots of free information on there.

<https://phcuk.org/>

The Public Health Collaboration is what our speaker Andy Bishop represents in our area. It is a charity dedicated to informing and implementing healthy decisions for better public health.

www.ditchthecarbs.com

A great resource for recipes, FAQs, meal plans and more.

www.carbsandcals.com

This is a real eye opener this website! It will clearly show you how many carbs and calories are in your food - whatever your portion size.

Go to this page on the website

<https://www.carbsandcals.com/resources/register> to download 50 free PDFs showing the carb and calorie values of many foods.

So what's next?



If you are willing to learn, open your mind, listen and give low carb a try then we are willing to have you on board the group!

The group is strictly limited to 20 people (not including partners who may be invited down to also listen and understand).

If you know you can commit to all 8 hours of the course, taking place every Thursday 6-7pm in Tower Hill, then either let Shane, Brit or Cathy from Care Merseyside know. Alternatively, email me gemma.ray@knowsleyccg.nhs.uk to secure your place.

We don't charge for the low carb group but we may ask for small donations to Care Merseyside to help us cover drinks.

Once you have secured your place, join us from Thursday 28th February upstairs at Tower Hill to begin the 8 week course.

Please feel free to bring along any low carb foods you discover on your journey and I will endeavour to bring a low carb snack to the group each week for you to try.

WhatsApp

If all our final 20 members have access to WhatsApp or they are able to download it, we will use this for group accountability. Alternatively, Facebook groups are another platform that can be utilised.

In joining the group you are agreeing to help keep one another accountable and motivated in between the sessions. I will be emailing you various tips, recipes and mindset exercises to help build your mental resilience and strengthen your transition.

If you are ready to join, let one of the Care Merseyside team know or get in touch gemma.ray@knowsleyccg.nhs.uk