



the Fasting Method

Nutrition 101, Part 1

Outline

1. Macronutrient response to insulin
 2. Carbohydrates

Part 2: Dietary Fat, Fruit, and Sweeteners



Macronutrients and Insulin

What are macronutrients?

- Main building blocks of our meals
- Used across all cultures and cuisines
- Carbohydrates
- Protein
- Dietary Fat



Carbohydrates

- Complex carbohydrates – naturally occurring
- Processed carbohydrates – man made or interfered with their natural state
- First and foremost an energy source
- Completely dependent upon insulin



Protein

- Not a direct energy source
- Primarily a building block – only need so many!
- Extra converted to glucose via gluconeogenesis in the liver
- 0.6 – 1.2 g per kg of body mass



Dietary Fat

- Body fat and dietary fat are two different things!
- Hormone building blocks, nutrient absorption, fuel source
- Negligible insulin response



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Carbohydrates

Carbohydrates: Eat Mostly

- Leafy greens
- Fibrous, non-starchy vegetables
- Fruits like olive and avocados



Carbohydrates: Occasionally

- Nuts, seeds and their butters
- Tubers
- Quinoa
- Berries, apples and pears
- Coconut and almond flour



Carbohydrates: Limit

- Sweetened beverages, i.e. juices, sodas, etc.
- Rice, including brown rice
- Grains and their flours
- All other fruit
- Corn (high fructose corn syrup)
- Sugars and sweeteners



How to Make Yellow and Red Light Carbs “Safer”

Don't ever eat them “naked”

Dress them up in fat, protein,
fiber and vinegar

Eat them last!

30% reduction in glucose
levels!



the Fasting Method

Nutrition 101, Part 2

Outline

1. Dietary Fat Sources
2. Fruit (Fructose) and Sweeteners



Dietary Fats

In general...

1. Natural unprocessed fats are a healthy part of the diet, providing essential fatty acids and helping to keep you full.
2. The terms 'saturated' or 'unsaturated' fats refers only to their biochemical properties and provide little information about whether fats are healthy or unhealthy.
3. All natural sources of fats contain both saturated and unsaturated fats.
4. Generally, fats that are close to their natural form are healthy, where those fats that are highly refined and processed are not healthy.

Natural Dietary Fats: Eat Liberally

- Meat: Any kind (preferably grass fed)
- Poultry and eggs (preferably free-range, hormone-free and organic grain-fed)
- Fish and seafood (preferably wild, not factory farmed)
- Oils (buy organic when you can): Avocado oil, extra-virgin olive oil, MCT oil (made from the fatty acids found in coconut oil, palm kernel oil and certain dairy products), and macadamia nut oil
- Dairy: Unprocessed cheese and full fat dairy, ghee and butter
- Nuts: Macadamia, pine, almonds walnuts, pecans, brazil nuts - avoid cashews and pistachios
- Seeds: Chia seeds



Refined Dietary Fats: Avoid

- Margarine
- Oils: Vegetable, corn, canola, grape seed, cotton seed, safflower seed, sunflower seed, soybean, peanut oils
- Processed cheeses: Cheese slices wrapped in plastic, canned/spray cheeses, cheese found in tubes and boxes
- Processed meats: Bologna, hot dogs



How to Add Fat

1. Select a fatty protein sources, such as chicken thighs instead of a chicken breasts
2. Sauces made from healthy fats, such as bearnaise sauce, chimichurri, herb and garlic butter, and mayo easily add tons of flavor to your dishes
3. Flavored extra virgin olive oils can be drizzled over salads or steamed vegetables
4. Add a side of avocado or mix some nuts and seeds into your salads and vegetable dishes
5. Add full fat dairy – like cream, sour cream or crème fraiche to add texture to your dishes

Fruit (Fructose) and Sweeteners

Fruit

1. Fruit is sometimes called nature's candy - best eaten occasionally rather than daily
2. Sweet fruits contain natural sugars called fructose that play a role in causing insulin resistance.

Fruits: Eat Liberally

- Avocados
- Olives



Fruits: Eat Occasionally

- Berries
- Apples
- Pears



Fruits: Avoid

- All other fruits
- Especially bananas and oranges
- Juices



Unsweetened Juices

Would you ever eat 12 oranges in 30 min or less?



Sweeteners

- Natural or artificial – all raise insulin levels even in the absence of glucose levels
- May make cravings worse and stimulate the appetite, sabotaging weight loss efforts.
- Especially important on fasting days, where the goal is to drive insulin levels down.

Artificial & Natural Sweeteners to Avoid:

* better options

- Acesulfam-K
- Agave
- Allulose
- Artificial Sweeteners (Aspartame, Acesulfame K, Saccharin, Sucralose, Splenda, etc.)
- Beet Sugar
- Cane Sugar
- Sugar alcohols (erythritol, xylitol)
- High fructose corn syrup
- Malt
- Stevia
- Sucralose
- **Coconut Palm Sugar***
- **Honey***
- **Maple Syrup***
- **Monk Fruit***