



Trying a New Approach



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Diabetes Management Program



Why I Changed My Approach

- 2011 – Read “Why We Get Fat”
by Gary Taubes
- Tried it myself.
- Discovered my Carb Addiction.
- Found dependable LCHF resources:
 - DietDoctor.com
 - AuthorityNutrition.com
 - “A Bitter Truth” youtube video
 - Livin’ La Vida Low Carb blog/podcast
- Started working with my patients





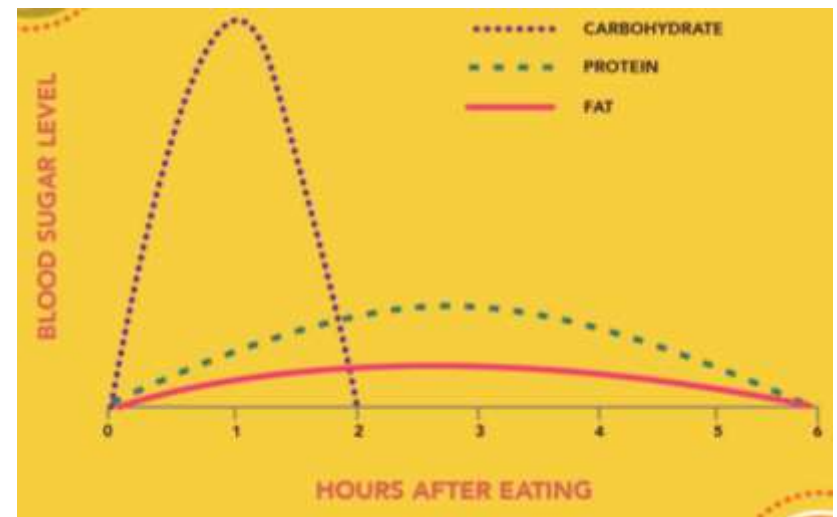
My New Approach





The “Bad News”

- I explain why carbs are the main focus.
- Connect the dots of Insulin Resistance:
 - Diabetes
 - Weight
 - Cholesterol
 - Hypertension
 - COPD
 - Depression/Anxiety
 - NALFD
- Carb Counting
 - Determine carb allowance – Low to Moderate
 - No Carbs Alone





The “Good News”

- Free Foods: Proteins, Fats, Non Starchy Veggies
 - No serving sizes!
- Food Quality
 - Focus on whole, less processed foods
- A different conversation about Fat and Heart Disease
- Emphasize Fats for BG control, Satiety and Taste!





My Results



The results are in...

- 59 patients
 - Not including: GDM or no f/u.
- 44 lost weight
 - 8 lost 20-63.5 lbs.
 - All reduced carbohydrates
- 15 gained weight
 - 7 gained 5-10.5 lbs.
 - Did not reduce carbohydrates



Top of the Pack

- 63.5 lbs lost
- Seen: 12/12/14 to 10/22/15
- Following LCHF, intermittent fasting

- 46.8 lbs lost
- Seen: 3/16/15 to 8/18/15
- Following LCHF

- 44.2 lbs lost
- Seen: 2/26/15 to 8/11/15
- Following LCHF





A1C Reductions (no changes in meds)

- 9.5% to 5.6% (-3.9%)
 - Seen 12/11/14 to 4/23/15
 - Lost 9.2 lbs
(Currently lost 50 lbs)
 - Moderate Carb

- 11.3% to 6.1% (-5.2%)
 - (A1C currently 8.5%, w/o follow up)
 - Seen 8/29/14 to 11/21/14
 - Lost 6.0 lbs
 - Low to Moderate Carb





Medication Reductions

- Decreased Levemir 30 units to 0!
 - Seen 3/24/14 to 9/17/14
 - Lost 27.6 lbs.
 - Moderate Carb
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- Decreased Levemir 35u/140u to 15u/76u
 - A1C 8.2% to 6.7% (-1.5%)
 - Seen 6/16/15 to 9/21/15
 - Less hypoglycemia!
(No longer chasing highs and causing lows)
 - No change in weight
 - Moderate carb





Trouble Areas

1. Not cutting carbs far enough
 - Finding personal “Carb Tolerance Level”
2. Not carb counting appropriately
 - Just guessing/assuming
3. Not willing to give up sweets/starches
 - “I can’t live without my...”
4. Food Addiction and triggers
 - We are a nation of addicts





Trouble Areas

5. Cutting carbs, but not increasing FAT!
 - Hunger and Cravings

6. Lack of options.
 - Alternative products
 - RECIPES!
 - AlldayIdreamaboutfood.com
 - IbreatheImhungry.com
 - Google: Low Carb, Paleo, Keto, Fat Bombs



Conclusion

- Shifting focus from limiting fat to controlling carbs has been very rewarding for me and my patients.
 - Tangible results
 - Less confusing
- Emphasizing fats allows conversation about flavor and satisfaction with food.