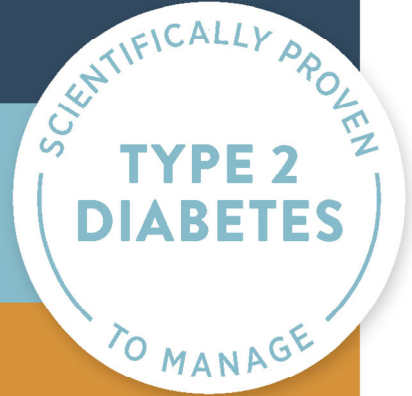




BASED ON THE #1 BESTSELLING LOW-CARB DIET

THE CSIRO LOW-CARB



DIABETES

DIET & LIFESTYLE

SOLUTION



PROFESSOR GRANT BRINKWORTH AND DR PENNIE TAYLOR



BASED ON THE ORIGINAL SCIENCE
BEHIND THE WORLD-RENOWNED
CSIRO LOW-CARB DIET



PROVEN WEIGHT LOSS
AND REDUCED RELIANCE
ON DIABETES MEDICATION



80 RECIPES, EXERCISES,
MEAL PLANS, AND
SHOPPING LISTS

Why do we need to worry **ABOUT TYPE 2 DIABETES?**

Type 2 diabetes is a progressive disease that affects the body's ability to metabolise glucose (sugar) and maintain optimal blood sugar levels. Without appropriately controlling blood sugar levels and managing symptoms, including through diet and exercise, type 2 diabetes will gradually promote a series of health complications in the individual, including heart disease, high blood pressure, failing eyesight, poor circulation resulting in increased risk of infection and damage to vital body organs. Type 2 diabetes has also been closely linked to the development of dementia and Alzheimer's disease, which is also on the rise in Australia. In addition to having to endure the worry and discomfort of multiple symptoms, individuals with type 2 diabetes often need multiple time-consuming and costly health interventions. This can include medications that may have many negative side-effects and do not necessarily provide the long-term solution. Consequently, individuals with type 2 diabetes might find their enjoyment of life impeded in numerous ways.

At a societal level, the dramatic increase in people affected by type 2 diabetes is linked to the rise in our consumption of highly processed foods and the commensurate jump in our obesity levels. Around 1.7 million Australians have diabetes, many of whom are undiagnosed and unaware of their condition, with many more regarded as having pre-diabetes. Because of the diversity and nature of the symptoms, the cost to the community of caring for individuals with type 2 diabetes is enormous.

Why is this the right way **TO DEAL WITH TYPE 2 DIABETES?**

While many factors contribute to the development of type 2 diabetes – such as age, gender and family history – lifestyle factors are fundamental drivers. What we eat and drink, whether we smoke, whether we exercise and how much sedentary time we spend in our daily lives – these all play a major part in determining our vulnerability to the disease. The positive side of this is that these factors are firmly within our control. That said, we often don't act to improve our health because we don't know what to do. One of the biggest hurdles to developing new habits is the confusion generated by the sheer amount and variability of the information available.

Very few diet products – from books to seminars to online programs – are based on high-quality science. In this environment, it becomes difficult for many of us to know what information to trust and adopt. In contrast, the CSIRO Low-carb Diet was tested rigorously in the 2012-14 randomised controlled trial, and the findings have been supported by more than 20 years of research by other CSIRO studies and research from leading institutions around the world.

We hope this book will make a difference to how Australians understand, prevent and manage type 2 diabetes.

THE DIET *in practice*

The CSIRO Low-carb Diabetes Diet & Lifestyle Solution is an energy-controlled, nutritionally complete eating plan based on eating whole, nutrient-dense core foods that provides 50–70 grams of high-quality carbohydrate a day, with proportionally balanced amounts of protein and healthy fats to meet your individual needs. This amount of carbohydrate is equivalent to 3–4 pieces of bread, about 1 cup of rice, or 2 cups of fresh fruit salad. In Australia, we have grown used to consuming much higher levels of carbohydrate, as a result of the increasingly processed nature of discretionary foods in our diet, which typically features bread, rice, pizza, pasta, burgers, pastries, biscuits, desserts and sugary drinks – inexpensive foods, easily prepared, that often include high amounts of added sugars.

As with any changes to your lifestyle, implementing the low-carb diet for daily use can be challenging initially, although many users have reported adapting quickly to the eating plan, not least because they start to see and enjoy benefits quite quickly, such as increased energy and wellbeing, improved sleep and mood, weight loss and – importantly for those with type 2 diabetes – improved blood sugar control with reductions in reliance on medication.

What's in **THE BOOK?**

When people are well informed about their health and how to take control, their motivation to make improvements increases. To this end, *The CSIRO Low-carb Diabetes Diet & Lifestyle Solution* provides detailed information about type 2 diabetes. It explains the risks and how the disease develops, how it impacts our health, how it is treated and monitored by healthcare professionals, and the vital role of diet and exercise in its management. As above, all the information in the book is based on rigorous CSIRO clinical trials and backed by research from around the world. The practical component of the book contains detailed information with an easy-to-use self-help guide on how to implement the diet and exercise program in your lifestyle. There are visual guides of ingredients to give readers a sense of which foods are high or low in carbs, protein and healthy fats. The twelve weekly meal plans will give those new to the program a clear sense of how the diet works across the day, while 80 recipes show how the diet works, meal by meal. As well, the fully photographed exercise plan provides step-by-step instruction, showing you how to gain full benefit from the low-carb diet.

We hope this book will make a difference to how Australians understand, prevent and manage type 2 diabetes. It is natural to experience the diagnosis of any disease as a major life-setback. It is our hope that the information contained here will help and inspire individuals with type 2 diabetes, and those diagnosed with pre-diabetes, to make the kind of lifestyle changes that can promote dramatic improvements in health and overall enjoyment of life.

Rosemary potato *and* chicken bake

GRAMS CARB
15
PER SERVE

🍴 Serves 4 ⌚ Preparation: 20 minutes
🕒 Cooking: 40 minutes 🍳 Difficulty: Low

400 g washed potatoes, very thinly sliced into rounds
400 g lean chicken breast stir-fry strips
¼ cup rosemary leaves
2 tablespoons olive oil
2 cloves garlic, crushed
2 bulbs baby fennel, cored and thinly sliced lengthways
2 bunches broccolini, trimmed
80 g Gruyere cheese, finely grated
2 bunches rocket, trimmed
¼ cup (60 ml) oil-free Italian dressing

Preheat the oven to 220°C (200°C fan-forced).

Place the potato, chicken, rosemary, oil, garlic, fennel and broccolini in two roasting tins and toss to combine and coat well. Season with freshly ground black pepper. Bake, turning occasionally, for 25–30 minutes or until cooked and golden. Sprinkle with the cheese, then bake for a further 10 minutes or until the cheese has melted.

Remove the tins from the oven, add the rocket and dressing and toss to combine. Serve straight from the tins at the table.

UNITS PER SERVE

BREADS, CEREALS,
LEGUMES, STARCHY
VEGETABLES
1

DAIRY
1

LEAN MEAT,
FISH, POULTRY,
EGGS, TOFU
1

LOW-CARB
VEGETABLES
2

MODERATE-CARB
VEGETABLES
1

HEALTHY
FATS
2





One-pan lemony chicken and vegetables

GRAMS CARB
6
PER SERVE

🍴 Serves 4 ⌚ Preparation: 25 minutes, plus 5 minutes resting time
🕒 Cooking: 25 minutes 🍴 Difficulty: Low

600 g lean chicken breast fillets,
cut into 2 cm pieces
Finely grated zest and juice of
1 large lemon
2 cloves garlic, crushed
¼ cup (60 ml) olive oil
600 g broccoli florets
2½ cups (300 g) shredded red
cabbage
½ cup (125 ml) salt-reduced chicken
stock
1 cup frozen baby peas
300 g baby spinach leaves
80 g parmesan, finely grated

Combine the chicken, lemon zest, garlic and 1 tablespoon oil in a large bowl. Season with freshly ground black pepper.

Heat a large deep non-stick frying pan over high heat, add the chicken in three batches and cook for 3 minutes each. Transfer to a clean bowl.

Heat the remaining oil in the pan and return to high heat. Add the broccoli and cabbage and cook, tossing, for 3 minutes or until starting to soften. Return all the chicken to the pan.

Pour in the stock and stir well, then cover and cook, tossing occasionally, for 10 minutes. Remove the pan from the heat and stir through the peas and lemon juice. Rest the baby spinach on top and stand, covered and untouched, for 5 minutes or until the spinach has wilted. Sprinkle with the parmesan and serve.

UNITS PER SERVE

BREADS, CEREALS,
LEGUMES, STARCHY
VEGETABLES
0

DAIRY
1

LEAN MEAT,
FISH, POULTRY,
EGGS, TOFU
1.5

LOW-CARB
VEGETABLES
2

MODERATE-CARB
VEGETABLES
1

HEALTHY
FATS
3



Thai mushroom stir-fry *with* cauliflower omelette rice

GRAMS CARB
10
PER SERVE

🍴 Serves 4 ⌚ Preparation: 25 minutes
🕒 Cooking: 10 minutes 🍳 Difficulty: Medium

Olive oil spray, for cooking
12 x 55 g eggs, whisked
500 g fresh cauliflower rice (see note)
2 tablespoons sunflower oil
2 tablespoons fresh Thai herb paste
600 g mixed mushrooms (field, portobello, shiitake, button), thickly sliced
2 bunches (6 pieces) baby bok choy, leaves separated
½ cup coriander leaves

Lightly spray a large non-stick frying pan with the olive oil and heat over high heat. Add one-quarter of the whisked egg and swirl to coat the base of the pan. Cook, untouched, for 2 minutes or until the egg has just set. Carefully slide the omelette onto a board. Repeat with a little more oil spray and the remaining egg to make four omelettes in all. Roll up each omelette to form a log and slice into rounds. Set aside.

Lightly spray the pan with a little more olive oil, add the cauliflower rice and cook, stirring occasionally, for 2 minutes or until heated through. Return the egg strips and toss through, then remove the pan from the heat.

Meanwhile, heat the sunflower oil in a large non-stick wok over high heat. Add the herb paste and mushroom and stir-fry for 1 minute. Add the bok choy and 2 tablespoons water and stir-fry for 2 minutes or until just tender.

Divide the cauliflower omelette rice among bowls and top with the mushroom mixture. Sprinkle with the coriander and serve.

Note: You can purchase fresh cauliflower rice in the fresh produce section at your local supermarket. If unavailable, use the frozen variety instead.

UNITS PER SERVE

BREADS, CEREALS,
LEGUMES, STARCHY
VEGETABLES
0

DAIRY
0

LEAN MEAT,
FISH, POULTRY,
EGGS, TOFU
1.5

LOW-CARB
VEGETABLES
2

MODERATE-CARB
VEGETABLES
1

HEALTHY
FATS
4