

# Pre Operative Care

*From your preeminent Medical Concierge in Antalya*



LOW CARB DIET

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# LOW CARB DIET

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## WHAT IS LOW CARB?

A low carb diet (also called LCHF diet) means that you eat fewer carbohydrates and a higher proportion of protein and fat. This can also be called a keto diet. However, not all low carb diets result in ketosis.

For decades we've been told that fat is detrimental to our health. Meanwhile, low-fat "diet" products, often full of sugar, flooded supermarket shelves. This coincided with the beginning of the obesity epidemic and, in hindsight, was likely a major mistake. While the proliferation of low-fat products doesn't prove causation, it's clear the low-fat message didn't prevent the increase in obesity, and we believe that it has contributed.

Studies now suggest that there's little reason to fear natural fats.

Instead, on a low carb diet you don't have to fear fat. Simply minimize your intake of sugar and starches, make sure you are getting adequate protein — or even high amounts of protein — and you can eat enough natural fat to enjoy your meals.

When you avoid sugar and starches, your blood sugar tends to stabilize, and the levels of the fat-storing hormone insulin drop, which may make it easier to burn fat stores in the body.

In addition, the higher protein intake and presence of ketones (if eating very low carb) may make you feel more satiated, thereby naturally reducing food intake and promoting weight loss.

## WHY DOES MY IMPERIAL CARE RECCOMEND A LOW CARB DIET?

Following a traumatic event, the body will protect itself with inflammation and swelling. After surgery, the body will increase blood flow to the area of trauma, which naturally transports added nutrients and encourages healing. However, too much swelling delays healing and can negatively affect your post-procedure result. Proper diet decreases overall inflammation in the body pre and post-surgery. This coupled with any exercise routine that firms muscle and burns calories will promote better healing and a better surgical result.



PRE OPERATIVE CARE – LOW CARB DIET

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Please note that operations such as breast reduction, breast augmentation, tummy tuck and liposuction are not weight loss tools. If weight loss is desired, it is best to reach your weight goal prior to surgery. This will ensure optimal results and surgical outcomes.

## THE BASICS

Low carb diets have been associated with several health benefits and are often used to support weight loss and manage blood sugar levels.

There are several types of low carb diets, and they differ based on the amount of carbs permitted each day. A typical low carb diet usually contains less than 26% of total daily calories from carbs. For those following a 2000-calorie diet, this equals fewer than 130 grams of carbs per day.

Generally, low carb diets limit foods high in carbs or added sugar, including sweets, starches, and refined grains.

However, the foods you're permitted on a low carb diet can vary depending on your daily carb allotment. Even higher carb foods like fruits, starchy vegetables, and whole grains can fit into some low carb diets in moderation.

Here are a few of the most popular low carb eating patterns:

**Ketogenic (keto) diet:** This low carb, high fat eating pattern limits daily carb intake to less than 10% of total calories, or around 20–50 g of carbs. In addition to decreasing your carb intake, the keto diet also encourages using high fat ingredients like avocados, olive oil, full-fat dairy products, and coconut oil.

**Atkins diet:** This low carb, high protein diet is typically divided into multiple phases, which vary in terms of your daily carb allowance. During the first phase of the Atkins diet, carb intake is limited to 20–40 g per day, depending on which plan you choose. Over the duration of the diet, your intake gradually increases but typically doesn't exceed 100 g per day.

**South Beach diet:** In addition to reducing carb intake, the South Beach diet encourages lean meats and heart-healthy fats. During the initial phase, grains and fruits are also off-limits. However, these foods are gradually added back into the diet during the second and third phases of the plan.



**Paleo diet:** Designed to mimic the eating patterns of our hunter-gatherer ancestors, the Paleo diet encourages foods like meats, fruits, and vegetables. The paleo diet isn't intended to be a low carb diet, but it's naturally low in carbs as it eliminates many carb-rich foods, including grains, legumes, and dairy products.

**Dukan diet:** The Dukan diet is a restrictive, low carb diet that's high in protein and low in fat. It encourages "pure protein" like lean meats. It's divided into four phases designed to help you reach your weight loss goals.

## WHAT SHOULD I EAT?

Those who wish to follow the LCHF diet should stick to eating lean meats, fish, vegetables that grow above ground, eggs, and natural fats. It is important to stay away from sugar and starchy foods such as bread, pasta, rice, beans, and potatoes.



Sticking to these foods will make it fairly easy to stay on a firm low-carb diet, with fewer than 20 grams of carbs a day. Our recommendation is to take no more than 30 grams of carbs a day in order to be successful on this type of diet.

## WHAT SHOULDN'T I EAT?

Here's what you should not eat: foods that are high in sugar and starch. These include foods like potatoes, pasta, rice, beer, bread, soda, and candy.



## HEALTHY LOW CARB SNACKS

If you get hungry between meals, here are some healthy, easy-to-prepare, low carb snacks that can fill you up:

- A piece of fruit;
- Greek yogurt;
- One or two hard-boiled eggs;
- Baby carrots;
- Leftovers from the previous night;
- A handful of nuts;
- Some cheese and meat.



## EATING AT RESTAURANTS

Following a low carb diet while dining out can be challenging. Not only are the portion sizes often very large, but some restaurant foods are served with condiments, sauces, or side dishes that are high in added sugar or carbs.

However, at most restaurants, it's fairly easy to make your meals low carb.

Here are a few tips to get started:

- Opt for a meat- or fish-based main dish.
- Choose plain water instead of sugary soda or fruit juice.
- Get extra vegetables or a side salad instead of bread, potatoes, or rice.
- Check the menu ahead of time to find options that can fit your daily carb allowance.
- Ask for sauces, condiments, or dressings on the side so you can control your portion sizes.
- Consider taking half of your meal to go to reduce the amount of carbs in your meal.

