

Tim Noakes on carbohydrates

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It is clear that many South Africans are unhappy with the way they eat or with the unpleasant consequences they perceive to be due to their dietary choices, writes Prof Tim Noakes. Read more about his new high-protein, low-carbs dietary approach, explained in his own words.

There has been an extraordinary recent **media interest** in exactly what Tim Noakes is eating. Some have even asked for the full details of "Tim Noakes's diet". It is clear that many South Africans are unhappy with the way they eat or with the unpleasant consequences that they perceive to be due to their **dietary choices**.

To begin with some initial points. First the eating plan I follow was first prescribed in 1861 by a Harley Street surgeon Mr William Harvey with great success to a corpulent London undertaker, Mr William Banting. Thus it is more appropriately named the Harvey/Banting diet. In time the term to "bant" was introduced into the English language. It referred to the use of this low carbohydrate diet for **weight loss**. Indeed "banting" was the standard treatment for weight loss in all the major European and North American medical schools for nearly 100 years until it suddenly went out of fashion after 1959 when it was written out of all the major medical and nutritional textbooks, to be replaced with its polar opposite, the currently popular low fat, high carbohydrate, "heart healthy" diet.



Dr Robert Atkins re-discovered "banting" in 1974 and his name is now incorrectly used as if he was the first to describe this eating plan. The history of Harvey and Banting's original contribution was re-discovered by Gary Taubes and is described

in Taubes' momentous books *Good Calories, Bad Calories* and *Why we get fat and what to do about it*.

Biological needs

Second the reason why this eating plan has been so extraordinarily effective in my case is because it matches precisely my particular biological needs, perhaps because like Mr Banting, my lineage is from England. In brief I inherited from my father and his lineage, a predisposition to develop adult-onset **diabetes** because I am what is known as "carbohydrate resistant" (CR) and hence "**pre-diabetic**". My biology is such that I am unable effectively to clear from my bloodstream, the breakdown product of ingested carbohydrate, glucose. As a result my pancreas must over-secrete the hormone, insulin, one of whose normal functions is to direct the glucose from the bloodstream into the liver and muscles.

But instead, in my case, under the action of insulin most of the carbohydrate that I ingest is directed into my fat cells where it contributes to progressive weight gain, continual hunger, lethargy and, in time, pancreatic failure and the onset of the irreversible and universally fatal condition, adult-onset diabetes. I am as certain as I can be that this eating plan is the only effective long-term health solution for anyone who shares this Banting/Noakes biology.

The yet to be answered question is: How many South Africans who are unhappy with the effects of their dietary choices on their bodies, share this same biology? If it is a majority, then there are many, many South Africans who will benefit from "banting". If it is a minority, then relatively few will benefit. Since most South Africans are already eating diets high in **carbohydrates**, especially those that are refined, my bias is to believe that many might benefit from this eating plan.

Eating plan for life

The third point is that **this is not a diet**, it is an eating plan for life – it is a life style, it is a new eating behaviour. This is not the way to go for anyone who wishes a quick fix to lose weight and to improve their health by changing their eating patterns for as short a time as possible. Once you "bant", you have to stick with it **for life**. Because those who successfully lose weight on this eating pattern will regain that weight and more within a short time of going back to eating the way they did before – that is, returning to eat the foods that precipitated the problem in the first place.

The point is that the metabolic abnormality (CR) driving the problem is not ever going to normalise regardless of how much weight is lost or even how much exercise is performed. For those of us with CR, our metabolism is the problem and if we want to do the best for our bodies, then we have to change **forever** the nature of the foods that we eat. But I argue that this change is much easier than most would ever believe. Unfortunately it is also the advice that many dieticians may be scared to prescribe for the reason that they have been taught that high fat, low carbohydrate Banting diets full of "artery-clogging" saturated fats are dangerous. But this is an unsubstantiated dogma that does not stand up to an intelligent and independent interpretation of the complete scientific literature.

So those who are unwilling to commit to a life-long change in their eating behaviours

should probably not begin in the first place.

Addiction

For to change one has to rid oneself of an addiction for easily assimilated carbohydrates – an **addiction** that is at least as powerful as those associated with cigarette consumption and some recreational drugs like heroin. It is not easy to give up addictions. And like all addictions, addicts have to take each moment of their recovery one day at a time. In a sense those of us who are unable to metabolise carbohydrates, are never cured of that addiction. We are always in recovery. We have to take each new day of our cure, one day at a time.

But for those who like me are convinced that they have a **really good reason** to change (in my case to avoid dying from adult-onset diabetes – the fate that struck my father and his brother) and are prepared to change what we eat for the rest of our lives, then we may be up for the challenge.

The fourth point is that this is not a “fad” diet - the reason why it works so well is because there are solid biological reasons why it must produce a successful outcome if followed faithfully by those with CR.

Discipline for success

The fifth point is that this eating plan requires some initial discipline to be successful. As I have said, it takes discipline to insure that we do not relapse into our former addiction. Those who will be the most likely fully to commit to this change are those who have the greatest reason for and desire to change. Initially I had the greatest motivation to change – I do not want slowly to degenerate in the demeaning grip of adult-onset diabetes. I then discovered that once I had rid myself of my addictive food choices especially rapidly assimilated carbohydrates, I felt so incredibly good that I would never want to go back to my former eating ways.

So now I have two reasons to stay with this eating plan – a better (but not absolute) prospect of long-term health and the vigorous feelings of a renewed youth.

The point is that the greater one's reasons for change, the more probable it is that one will stay with the plan long enough to see these benefits. For the point is that addictions are incredibly powerful. And at least initially the brain will rebel and produce a range of (fake) symptoms in an attempt to keep one searching for the food choices to which it has become addicted. One has to call the brain's bluff until eventually it relents and these addictive drives are replaced with renewed feelings of vigour and the power of control over one's food choices.

Athletic ability

The sixth point is that many wish to know how this change might affect their athletic abilities since they have been led to believe, not least by my writings in *Lore of Running*, that without a high carbohydrate intake they will be unable to **exercise** properly. What I now understand is that carbohydrates are relatively ineffective fuels for those with CR so that there is no risk that the exercise performance of those with CR will be impaired if they cut their carbohydrate intake as have I. Instead I am

certain that the less carbohydrate that those with CR ingest (both in training and in racing), the better they will perform.

My experiment has shown me that I can do any amount of exercise I wish without increasing my carbohydrate intake. (I walk for 6 hours on the mountain and race up to 21km without needing any more than the 50-75 grams of carbohydrates a day that is already in my diet). We are currently researching a group of serious and some elite athletes who have adopted the Banting diet and who have found that their performances have improved substantially with weight loss and reduction of their carbohydrate intakes both before and **during** racing. We need to understand why this is possible.

Not for everyone

However those who can metabolise carbohydrates efficiently and who have always been lean despite eating a high carbohydrate diet may **not** benefit in any way from this eating plan. I would not advise any athlete who is lean and quite happy with his or her weight and performances to change to this eating plan since it might not make a difference and might even be detrimental.

On the other hand I have noticed that there are a large number of slower finishers in the **Argus Cycle Tour** and in the **Comrades Marathon** who are, to put it scientifically, either overweight - **body mass index (BMI)** greater than 25kg/m^2 or frankly obese (BMI greater than 30kg/m^2). The point is that the BMI is an excellent proxy for whether or not one is eating the right amount of energy each day. If the BMI is greater than 25kg/m^2 in males (somewhat less for females), one is eating more than one should.

For there is also evidence that, within reason, the less one eats, the more likely it is that one will stay healthy for longer. Which raises the question: Why do those with BMIs greater than 25kg/m^2 continue to eat too much even if they are exercising enough to compete in the Argus and the Comrades? The answer in my case was clear. It was not that I was gluttonous or lazy – the more usual explanation. It was because my brain was receiving false signals – based on my CR and the addictive effect of carbohydrates - about how much I really needed to eat. Once I corrected the signalling to my brain by adopting a high fat, low carbohydrate diet, I lost the urge to overeat.

Overweight cyclists and runners

My conclusion is that there are many overweight or obese cyclists and runners who are eating a high carbohydrate diet because that is what they think they should be eating because they are “athletes” (and *Lore of Running* says that athletes must **maximise** their carbohydrate intakes to optimise their performances).

But they do not understand (as I did not until I switched) that because of their CR, their high carbohydrate diet is simply making them fatter and less healthy, despite all the exercise. If they were to “bant” they would bring their BMIs back to the safer values of 25kg/m^2 . This weight loss would substantially improve their running and

cycling times (by hours) without the need to do even one additional kilometre in training. I reduced my recent best 21km time by 40 minutes in this way.

Children and carbs

The seventh point is that babies particularly should not be placed on high carbohydrate diets since the proper development of their brains (and facial structures) requires that the majority of their calories comes from fat and protein. Yet many baby formulas are full of sugar and carbohydrate and cannot provide the proper nutrients for optimum development during childhood.

Similarly children who are obese already at a young age will most likely have CR and carbohydrate addiction and would benefit enormously by “banting”. There is also growing interest that, at the other end of the age spectrum, the elderly brain (like mine) requires a high fat intake to protect it from the detrimental effects of aging.

Are you carbohydrate resistant?

The final point is how does one determine if one is CR or not. First is the family history. If there is a close family member with adult-onset diabetes, then one is more likely to be CR. Second is one’s weight history. Those who were **heavy (obese)** as children are very likely to be CR. Alternatively a history of progressive weight gain through adult life or with pregnancy or at the **menopause**, and an inability to forestall weight gain when eating a high carbohydrate diet is also very suggestive. Frequent failed attempts to lose weight when following the more usual calorie-restricted but still high carbohydrate diet, is also highly suggestive.

Finally when the CR is advanced it can be diagnosed with certainty with a fasting blood sample that shows elevated fasting glucose, insulin and glycosylated haemoglobin concentrations. If any of these three values is elevated, it is a sure indication that one is heading for adult-onset diabetes and the quicker one adopts a preventive, low carbohydrate diet, the better.

Dietary choices

So now to my dietary choices. Recall that I am profoundly CR so that I must restrict carbohydrates as much as possible to delay the onset of **diabetes** for as long as possible, hopefully for ever so that I will succumb from some other, less destructive (but) terminal illness. So I restrict the intake of the foods listed below. I have found it easiest simply to remove all from my diet. Those with lesser degrees of CR (and carbohydrate addiction) will not need to be as restrictive as am I.

- Sugar (Must be completely removed from your diet)
- All sugary drinks including cola drinks and sweetened fruit juices
- Bread
- Rice
- Pasta
- Potatoes
- Porridge
- Breakfast cereals
- Some high energy fruits like bananas
- All confectionary – cakes and sweets
- Desserts containing sugar and carbohydrates

- Artificial sweeteners and products containing these products (like “diet” colas)
- Vegetable oils containing high concentrations of omega 6 fatty acids

I also warn everyone to be very wary of so-called “low-fat” “healthy” options, yoghurt especially, since these are laden with sugar and so are less healthy than are the full fat options. In fact one needs to check the sugar contents of all the foods that one eats. It is astonishing how many contain **hidden sugar** (which is of course there for a very good reason – for it is addictive, driving the overconsumption of the foodstuffs into which it is added).

I think that most dieticians would agree that none of the foods listed above is essential for health and some like sugar and other refined carbohydrates are definitely unhealthy. Some dieticians argue that whole grain cereals should be included because they are “healthy” but I have had difficulty finding **whole grain cereals** that have not been heavily refined.

It is also clear that allergies to grains and cereals are commoner than is realised and I wonder if some of the benefit I have derived might not be due to removal of some undetected allergens in cereals or grains. Indeed I have “cured” myself completely of two allergic (respiratory) conditions and one gastrointestinal complaint since adopting this eating plan.

Making choices

However the real point is that if one is as CR as am I, one has to make choices of (i) how much carbohydrate one wants to eat each day. I limit myself to between 50-75 grams a day as that is the amount that allows me to regulate my body weight effortlessly without hunger – and (ii) which carbohydrate sources will provide that scanty amount of carbohydrate. I have chosen to get my miserly grams of carbohydrate from highly nutritious vegetables and dairy produce, not from whole grain cereals. Others might be advised to make a different choice.

As a result, I restrict my food choices to the following food and beverage groups:

- Eggs – from free range hens
- Fish – an excellent source of omega 3 fatty acids
- Meat – not processed and preferably from sources that are organically raised eating grass. This group includes biltong, preferably game or ostrich.
- Dairy Produce – milk, cheese and yoghurt – all full cream and from organically fed cows.
- Vegetables – mainly leafy, low carbohydrate sources like lettuce but also including broccoli, tomatoes, mushrooms, onions, avocado and many others. The choice is based on their nutrient value and their low carbohydrate content.
- Nuts – especially macadamias, walnuts and almonds but specifically excluding the non-nuts, peanuts and cashews which are high in carbohydrates.
- Fruits – only those which have a lower carbohydrate content like berries and apples.
- Water, tea and coffee (all unsweetened)!

I eat my fill from these food groups and am no longer hungry. In fact my preferred choice is now to eat a “proper meal” only once every 12-24 hours. I wonder whether humans are truly designed by our evolutionary history to eat large meals, three times every 12 hours (during the day).

Omega-3 fatty acids

I also currently supplement my eating with **omega-3 fatty acid capsules** (1.6 - 2 g/day). The value of omega-3 supplementation seems to be universally accepted. I am also experimenting with supplementation of a range of vitamins but this is still a work in progress as is my choice of the best vegetables and salads to limit the CR and two other medical tendencies that genetic testing has revealed.

I do not believe that I have the final answers and am continually reading the scientific literature and the internet and tweaking my diet. I will continue to modify my eating by studying the literature, eating differently for periods and seeing if I notice any differences in how I feel, in my blood markers and in my running performances. But the basic pattern of severely restricting my carbohydrate intake remains completely non-negotiable.

Obviously it is stupid to go to the trouble of changing one's eating plan but continuing to do other behaviours that are unhealthy. So **smoking** is not allowed and **lots of exercise** is encouraged – 30 to 60 minutes a day of sweating exercise on most days of the week. Proper sleep and control of stress are obviously very important as well.

The benefits of low-GI carbs

I am only too aware that we are all different and whereas too much carbohydrate and cereal and too little fat in the diet was clearly my problem, there are others who may have trouble with **dairy produce** or meat and may find it difficult to eat enough of these foodstuffs to replace enough carbohydrate in their diets for there to be a noticeable difference in the way they feel.

I also appreciate that there is little biological reason why those without CR would benefit from this eating plan. Indeed for reasons that I do not yet fully understand, there clearly are many who will lose weight by doing **the exact opposite** from what I have proposed, that is by replacing the fat and rapidly assimilated carbohydrates in their diet with an abundance of slowly absorbed, **low GI** carbohydrates. But many of those who are interested in "my" diet have probably already tried that option and found that it does not work for them.

Consult a dietician

A number of people have asked me to provide a specific eating plan. I am reluctant to do that because I am not a professional dietician and I do not see this as my role. Instead my advice is that one should **consult a registered dietician** for help. I appreciate that there are dieticians who are reluctant to prescribe the Harvey/Banting diet because it conflicts so absolutely with what they have been taught to be true. But perhaps if enough South Africans approach enough dieticians and tell them they want to "bant", we may be able to influence their profession to reconsider the scientific basis for what they believe so ardently to be true. And to consider that perhaps there is more than one single eating plan for all who wish to lose weight.

Finally the internet is full of information about the low carbohydrate revolution. Type in low carbohydrate or Paleo diet into Google and start searching. I list below a few (in no special order) and include books that may be helpful.

- Gary Taubes – *Good Calories Bad Calories* and *Why we get fat and what to do about it*. Perhaps two of the most important health books of the past 50 years.
- Mark Sisson – *The Primal Blueprint* – Book and internet site.
- Dr Westman and colleagues - *New Atkins Diet for the New You* – Book and internet site.
- Pierre Dukan – ***The Dukan Diet*** – Book and internet site.
- Loren Cordain – *The Paleo Diet* – Book and internet site.

For extra motivation to see what can be achieved in a short space of time try this:

The Brentwood Diet

Incidentally I am aware of a medical colleague in Cape Town who lost 100kg in 1 year, going from 175 to 75kg as she overcame her carbohydrate addiction. Such is the power of this eating plan when followed by those with severe CR.

Finally I believe we are rapidly approaching a tipping point when the value of this eating plan will become more universally accepted. The Scandinavian countries – which already have the healthiest people in the world - are rapidly adopting this eating pattern to the extent that Norway has run out of butter! (Norwegians have always eaten high-fat diets and are perhaps the world's healthiest nation).

Good luck!

*(Written by Prof Tim Noakes, OMS, MD, DSc, PhD (hc). University of Cape Town and Sports Science Institute of South Africa. He discusses this topic in his latest book **Challenging beliefs - Memoirs of a career** (co-authored with Michael Vlismas)*

- (Health24, March 2012)

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Your Comments

VryeDenker

2012/03/08

Comment #1

.
So basically, the foods I like to eat the most is the best for me?
What a glorious day!

Gideon

2012/03/08

Comment #2

About carbs

Since I left varsity and started working I grew more and more fatigued even though I exercised 3 times a week, took vitamins, ate 6 small meals a day etc. I even went to a dietician, a specialist, homeopath, blood tests - the whole whole 9 yards.

Then some of my friends started doing crossfit and they advocate the Paleo diet (caveman diet).

Although I don't follow it to the letter I've been experiencing some of the best energy since I since school. The whole cholesterol hype is overrated.

Eugene

2012/03/08

Comment #3

Worked for us

About 3.5 years ago my wife and I went on a high fat, low calorie diet (heaven: red and white meat, biltong, nuts, cream). I lost 13kg and she lost +-10kg in 3 months. Since then we have made it a lifestyle, and although we do indulge in all those no-no's regularly, we have maintained our weight over the last 3 years as the core of our eating plan is correct.

Pierre 2012/03/08

Comment #4

Removal of full cream from the shelves...

Totally agree with Dr Tim, as I fit into this category and have tried to cut out of my eating plan what he lists above. We did the same with our baby girl but found retailers simply don't stock Full cream yoghurt. Woolworths had a good range but then got rid of it sighting " No demand" , we challenged them and they brought in a range with caramel etc for kids....Other retailers just don't stock the product as I believe it is damaging to their bank balances....I lost almost 15kgs.

Maarten

2012/03/08

Comment #5

Does work

I went from 118kg down to 103 in 3 months. That is from a 42 to a 38 in pant sizes. I keep to the basic and I do indulge every now and again. But still manage to keep my weigh. Not only the weight, but I feel a LOT better. More energy and much less niggles.

BettyK 2012/03/08

Comment #6

Cured my hypothyroidism

I read " Why we get fat" about a year ago and immediately followed his eating plan. I have slowly lost 15kg, dropped 3 dress sizes and am still losing. After 3 months my GP did full blood work. I'm the healthiest I've been in years. Plus, the diet has kickstarted my thyroid again (I have suffered from hypothyroidism for 7 years). I am now off medication completely. I drink no milk but use thick cream instead and only recently started eating berries. My mind is sharper and I

have loads more energy

Dean 2012/03/08

Comment #7

Wonder what dieticians and Discovery think

I wonder what dieticians and medical aid companies like Discovery think of this. They (Discovery) have been advocating fat free, no meat (except fish), no milk product diets with their PnP Vitality cards deals. And dieticians have been doing the same. I wonder what they think about all of this and whether they are taking note because they could be making people less healthy and potentially killing them

ELZIE BOUWER

2012/03/08

Comment #8

DR TIM NOAKES'S WAY OF EATING

How can one apply this way of eating when you have high cholesterol (inherited)

Simon Fishley

2012/03/08

Comment #9

Alcohol

I note the Prof Noakes does not include alcohol in his no-no list. I wonder if he is a teetotaler or if he has the odd dop here and there.

I have been following a restricted carb diet, essentially exactly what he describes here, since 9 Feb and I am already 8Kgs down. I have more energy than before, I sleep better and I fit into clothes I have not worn for years. I will be going for a cholesterol test soon as there is a history in my family and I want to be careful.

Margaret

2012/03/08

Comment #10

@Elzie Bouwer

From what I've read, dietary cholesterol has very little impact on serum cholesterol.

Morne 2012/03/08

Comment #11

Lost 50 kg in 5 months

I have followed the Atkins diet and lost 50kg in 5 months, I also started exercising. 70% is what you eat, exercise only lets you lose faster. Went from 44 pants to 26, from 4 XL to XL.

Weight from 145 to 95 and it is staying off

LJ 2012/03/08

Comment #12

Seriously

Prof Noakes does not look that healthy - too skinny and frail, unless he's already 90 - then he looks great!

I would suffer from severe depression if I had to cut all of that out of my diet - rice, pasta, potatoes - come on!!! (don't mind the desserts - i don't have a sweet tooth)

A word of caution

2012/03/08

Comment #13

Please be cautious and prudent

I must caution readers, to please, please be prudent when you read these kinds of claims. As respected a scientist as Prof Noakes is, HE IS NOT A DIETICIAN, and has, to the best of my knowledge, never done research on any of the claims he is making. Rather, he is using books published by heretics, not scientists (Taubes is a physicist, not even a medical man) to make these claims based on his story. Much of what he says IS A FAD, it's been around for decades (continued below)

Caution warned

2012/03/08

Comment #14

Be cautious

(Continued from above), and Prof Noakes is being reckless and irresponsible with this advice. Certainly, his advice has some merit, don't get me wrong, but to make the blanket statmetns he makes needs much more evidence. Most of what he says to exclude is common sense anyway - we all know that sugar in excessive amounts is bad for us, and so are processed foods. But he is extreme in his views, and I fear that many will fail and be in real trouble if they take his advice to the letter (cont)

Calories matter, not carbs

2012/03/08

Comment #15

Calories matter

Oh, and a last thing - i'd be willing to be that if Prof Noakes analyzes his diet, he'll find that his daily calorie intake is way below what he uses. In other words, he is losing weight BECAUSE HE IS RESTRICTING CALORIES. This is what the scientific evidence shows (don't listen to one man, rather listen to the research findings). We know that the Sureslim

and Atkins diet and others like it do work because they cut calories. That's all it. Don't believe this hype, be critical and think!

Betty K 2012/03/08

Comment #16

@ Calories matter, not carbs

I agree with you that you need to exercise caution (I am eating this way with my doctors full support) but don't agree about calorie intake. I have never weighed or measured my food & follow Taubes rule - eat when you're hungry, stop when you're full. I recently joined www.fitbit.com & have been recording my calorie intake - I eat way more calories than they recommend to lose weight, yet the weight is still melting off. I eat delicious food & eat butter and cream everyday, and never go hungry.

joysutten

2012/03/08

Comment #17

Tim Noakes views on carbs.

Hi, thought you should read this, it might explain why you are always tired.

Adele 2012/03/08

Comment #18

Thank you Tim Noakes

18 months ago my doctor diagnosed me with type 2 Diabetes and

prescribed a high protein no carb diet. I started feeling a lot better almost immediately. However it was not easy as diabetics, friends of diabetics etc. bombarded me with advice, telling me that my doctor was totally wrong. I persevered, lost 14 killograms and my sugar levels are well under control without any medication.

I think Tim Noakes has vindicated my doctor and my determination to listen to him.

gooseberry

2012/03/08

Comment #19

Vegans?

Is there any way to be a healthy vegan if you're CR? Is it feasible to live on vegetables, nuts and fruits alone?

jka 2012/03/08

Comment #20

@Gooseberry

Noakes is NOT a dietician, isn't citing any studies.

If you're interested in a healthy vegan diet plan visit pcrm.org - diet plans developed by Dr's and dieticians for different age groups, and issues e.g. diabetes, cholesterol, obesity etc. Also support Lizellé s reference to engine2diet -based on Dr Esselstyn's heart-attack-proof diet that is based on decades of formal research.

Or you can go all the way and register online for Cornell Uni's plant-based nutrition course.

Naas 2012/03/09

Comment #21

low carb eating

Well done, Prof Noakes! It is time that the obese omies and tannies realise they have been poisoning their bodies all along by mixing too many carbs and sugars with the odd braai here and there. Human beings are born carnivores and we should return to our roots.

My latest low carb lunch dish is 250gms peri-peri chicken livers, mixed with 1 cup of raw green cabbage, cooked to perfection in microwave. Yum! And you don't feel hungry until the next (low-carb, high protein) meal. Tim the hero!

Mandy Gibson

2012/03/09

Comment #22

Tim's diet

I have tried a variety of diets and to no avail, probably to the fact that I got hungry and then opted for a sugary refined quick fix. After reading Tim's life style change about 2 weeks ago I thought that I would try it and in 2 weeks I have lost nearly 10kgs and I am not feeling hungry and I definitely have more energy. The exercise regime must still follow though

Ray 2012/03/09

Comment #23

for your info

Enjoy this interesting read

Ray 2012/03/09

Comment #24

F Y I

Good read - interesting

DW 2012/03/09

Comment #25

It works - but what about the side effects?

My husband and I have successfully tried the Atkins Diet and it works like a charm. I have noticed that it is more effective for O

blood group candidates than A blood group candidates. However I have heard that it can cause long term damage to kidneys and liver - I already have kidney problems and do not want to exacerbate this. Also the ketones on the breath are really not pleasant. And protein is so much more expensive than carbs which puts this eating plan beyond the reach of many

Gavman

2012/03/09

Comment #26

BEER?

As we suspect that alcohol intake decreases the effect of insulin, it very well may be a contributing factor to glucose intolerance or diabetes. I would offer my opinion that one should only imbibe if one's sugar level is under control. Unfortunately, some may say that this applies specifically to beer. I challenge this. Yes, beer does contain sugar & carbs, but there are only trace amounts of simple sugars & low levels of carbs. So I cannot see the benefit in excluding beer from one's diet.

kerry@fablaw.co.za

2012/03/09

Comment #27

diet

do/achieve

Avonne Pickering

2012/03/09

Comment #28

tim noakes

fyi

Peet Durandt

2012/03/09

Comment #29

Low Carb Diet

The interesting fact is that the body secretes Ketones when glycogen level in the blood and liver is depleted. Ketones help to convert fat reserves into energy, hence reduced blood sugar (4 - 5 mmol) and weight loss. Also helps with Epileptic treatment, Simple rule, reduce carbohydrates to less than 40gr per day, as much protein as you can handle and increase your activity levels (E.G. 40 MINUTES walking per day) . I came down from 147kg to 120kg in 8 weeks and am still losing weight

Paulus

2012/03/09

Comment #30

In conjunction with Herbalife

Can one do this low/no carb diet - but supplement one or 2 meals a day with Herbalife?

I use herbalife - 1 convenience and 2 u get good nourishment?

In inout owuld be great

Cristian

2012/03/09

Comment #31

Is about time

I' ve been following a similar nutritional pattern for many years based on my believes and instincts and my own bit of research. It is as clear as daylight. Our metabolism has not changed since millions of years ago when first humans inhabited Earth. What was available to eat then? Raw materials like fruits , roots, nuts, berries and vegetables and meat from various sources. SIMPLE. Most dieticians do more damage than good. Finally somebody is waking up

Dr T.O. 'Ben'

Wulfsohn

2012/03/09

Comment #32

Excellent article

I have been recommending this type of lifestyle advice to my patients for a few years with good effect. I also suggest the use of Coconut oil- for its thyroid regulating and thermogenic effects . But I notice that many of the patients do no take up that advice. There seems to be a powerful anti-Coconut feeling out there! I have been coconut daily for 13 years . My weight is the same as matric year. It initially fell a bit too much and find that I do need to have carbs to my diet to keep my weight.

sharon

2012/03/09

Comment #33

diet and Tim noaks

Hi Zandi,

this is one of the reads you should do. Enjoy!

Regards,

Sharon

sharon

2012/03/09

Comment #34

low carb diet

Hi Jutta,
found this article on web and thought you would enjoy the
read.... it really does make sense and if we stick to it we will
lose.
x x x x

Tilla 2012/03/10
Comment #35

Metabolic Syndrome
At last! Someone to whom dieticians and GP's will pay
attention to. Thank you Prof Tim Noakes for your research and
for making it public. I display signs of Metabolic Syndrome and
stumbled upon that fact when I was browsing for a healthy
"diet" book to help me lose weight and I found The
Metabolism Miracle by Diane Kress RD, CDE. Being a new
concept for me, and not always believing what I read, I
consulted a registered dietician who said that she had
"heard" of it but didn't know enough.

sharon
2012/03/10
Comment #36

low carb diet
HI J
this is a good read - maybe you should go and have a blood
test to determine if you are insulin resistant - maybe you the
lucky one who can eat carbs..
chat soon x x x

sharon
2012/03/10
Comment #37

low carb diet
HI J
this is a good read - maybe you should go and have a blood
test to determine if you are insulin resistant - maybe you the
lucky one who can eat carbs..
chat soon x x x

Mandy O'Connor
2012/03/10
Comment #38

weight loss
All I need to do is lose 8 kilos. HELP> What really puzzles me
is what is carbohydrate. Sorry about the spelling but I'm sure
you know what I mean.

talia den dulk
2012/03/11

Comment #39

dietitians opinion

I have been advocating the above to private patients for the past ten years. Being Type I diabetic myself, and through my own and client practical experience, I can vouch for the effectiveness of such a diet. Low carbs is really the way forward. Hope more people will take note.

Jim Yeomans

2012/03/12

Comment #40

Low carb life style

I am living proof that the low-carb life style prescribed by Tim Noakes & Gary Taubes (whose book "Why we get fat & what to do about it" I read earlier this year) works.

Keeping it simple, (the background as to why I needed to change is a separate story) my weight 4 weeks ago was 105 kilos. By implementing this life style change my weight is now 94 kilos, my diabetes 2 symptoms are going away, & I am really enjoying good food but no sugar, starches & beer. Everything else I am still enjoying.

William Clayton

2012/03/12

Comment #41

Tim Noakes article

Interesting reading

Mimi 2012/03/12

Comment #42

Starch is evil

Tim Noakes' ideas agree with I have experienced personally. Particularly wheat is a culprit. I am unable to lose weight or control it as long as I eat wheat, but fare much better as soon as I cut out all starches. Brown basmati rice, however, has no bad effects on me. The other grains also cause digestive problems. Dr Noakes, have you read how people on calorie-restricted diets live longer and retain their mental faculties longer than the rest. We are all overeating! See Sciencedaily.com.

AJW 2012/03/12

Comment #43

Contradicted by more extensive research

Much as I revere Dr Noakes, the Dukan diet and the Atkins diet have both been thoroughly debunked as risky in the extreme by dietary scientists on the basis of extensive clinical studies.

The only support he quotes is Victorian-era- and personal-anecdotes . And to speak of carbohydrates as " an addiction" lacks any scientific basis.

GREG GRANT

2012/03/13

Comment #44

CHOLESTEROL POSSIBLY NOT A KILLER

I agree 100% with Tim , being a pharmacist and have been researching this for some time now and would even go so far as to say consider cholesterol, is it bad ? bearing in mind LDL and HDL are carrier molecules to and from tissues ,(liver) , cholesterol vital in body ?low levels..Alzheimers? FDA ,has asked for extra warnings in package insert of Statins, one of which is cognitive impairment. I together with my son Adam and a friend Peter 3rd yr med Stel. r on this , my chol norm , wt 10kg dwn

Lisa 2012/03/13

Comment #45

fyi

fyi

Lisa 2012/03/13

Comment #46

fyi

fyi

Dietitian

2012/03/14

Comment #47

Agreed with AJW

Thanks AJW for your sensible comment. As a dietitian and a scientist I agree with you 100%. There is no scientific evidence supporting his statements. Here's hoping the Association for Dietetics will release a media statement soon in response to Prof Noake's statments .

hannelie

swanepoel

2012/03/14

Comment #48

tim noakes diet

tim noakes

Catherine

Boome,

Registered

Dietitian

2012/03/18

Comment #49

Are cutting out carbs the only solution?

I agree with Noakes that our modern day diet is too high in refined carbs & sugar, he might have only discovered this last year, but Dietitians have been driving the move towards lower carbohydrate intake for much longer. As a dietitian with a special interest in weight loss and Insulin Resistance, I have helped hundreds of patients loose weight successfully by lowering the amount & changing the type of carbs they eat - without the need to elicit ketosis by taking it below 100g per day. Cont/...

Catherine**Boome,****Registered****Dietitian**

2012/03/18

Comment #50

Of course we need fat in our diet!

Making the body rely on fat for energy elicits ketosis, which has health risks, a debate of its own. Noakes claims that dietitians are scared of advocating fat in diet - this is untrue - fats are essential for good health, and very much included as part of a healthy diet - but not all fats are equal - one does need to be aware of saturated fat as excessive intake can increase LDL (bad) cholesterol, and there is indeed an overwhelming body of scientific evidence to support this.

H. White

2012/03/19

Comment #51

low carb diet and type 2 diabetes.

While I acknowledge Tim Noakes' standing in the country, and own his original 1980's 'Lore of Running' etc, I fail to understand the new revelation. I have disagreed with high carbs since the 80's and Patrick Holdford has been saying this since the late 90's. Tim have you read Holdford's material? Also why no mention of Blood Group Diets, these have a tremendous effect on patients health if used correctly. About time we all including Dieticians, take note of blood groups when formulating diets.

Ashley 2012/03/19

Comment #52

Tim Noakes Diet

Interesting read ... could tie up to the 14 day diet.

Namaste

Ashbo

Tracey Lee

2012/03/19

Comment #53

Additional burden of not liking meat ?

Dear Professor Noakes. As a pre-diabetic myself with NIDDM in both my mother & father's families and having witnessed my mother lose leg & almost her eyesight to Diabetes, I am determined to change my fate. I have started walking for 45 mins 5 times a week, but I don't enjoy a lot of meat since getting sick on chicken cartilage as a child. I like very lean mince, dry biltong, but I hate chicken, prawns, calamari, etc - too chewy. I was eating lentils but they are high in carbs - any advice ?

Tracey Lee

2012/03/19

Comment #54

... in the beginning ...

The way I see it, when God created the Earth man was surrounded by fish, cows, chickens, sheep, trees with fruit (that change seasonally - not available all year round as at Woolies), vegetables growing above the ground, and vegetables growing below the ground - a liittle bit harder to find and some work to get them out - perhaps because we weren't meant to eat too much of these. There were no bread trees or pasta trees or potato chip plants ! Our bodies were designed to eat this way.

ernesto

2012/03/19

Comment #55

BNo carb (low carb) diet

No pasta ? Try that in Italy Tim, where most people are nowhere near as gross as Saffers or French or English.

The best way, perhaps, is to be moderate in everything, reducing carboas as much as you can.

Just my input.

Ann Webber

2012/03/19

Comment #56

Quantities of recommended foods

There is no mention of daily quantities of the recommended foods - surely this would make a difference and what about

fibre required in a diet o prevent constipation?

Julia Nel

2012/03/19

Comment #57

CARBS

Jacques ek het gisteraand op Carte Blanche na hom geluister en dit was heel interessant. Volgens hom verander aartappels en ander carbs onmiddellik om in suiker sodra dit in jou maag is. Hy is pre-diabetic. Lees gerus wanneer jy tyd kry of gaan in op www.health24.com

Groete Ma

JT 2012/03/19

Comment #58

It works

Realised just less than a year ago that if I dont have cereal I dont get hungry. So dropped carbs from my daily intake. Lost 8kg in first 6 weeks. Then started living normally and only eating when I want as much as I want keeping in mind I stay away from items like chips and pastries as far as possible. Only have some when I go out. 20+ kg and still dropping. For those that are worried about what you can eat. A tin of tuna works a charm if the steak isnt handy. And I have wine almost every day!

sasha 2012/03/19

Comment #59

Tim Noaks

hello0p0p

Ana Francis

2012/03/19

Comment #60

Hi protein low carb

This high protein low carb diet is very dangerous and there are no studies that are longer than a year. The body is built to burn glucose not fat! Bruce Fordyce won the comrades on carbo loading! Yes you do lose weight readily but long term it is highly dangerous, colon cancer with all that animal fat,constipation, having to supplement with vitamins and taking psyllium for constipation. Utter madness! The Mediterranean diet,or low fat diet is the way to go and thoroughly researched

Very Confused

2012/03/20

Comment #61

Is it " low sugar and starch" or low carbohydrate??

I am confused, Noakes talks about a low carbohydrate diet - but he still includes fruits, vegetables, dairy (which have carbohydrates) in his diet - these are all sources of carbohydrate that convert into simple sugars (glucose, fructose and lactose) in the body. Is it not better to state that he is advocating a low starch / sugar diet instead?

**Even more
confused**

2012/03/20

Comment #62

Is a fatty lamb chop a healthy meat?

Everyone now believes that fatty chops and boerewors are the way to go.....but Noakes says he eats healthy, lean, pasture fed meat and venison - these are not the same as the grain fed fatty meats, sausages and boerewors??? Clarity please!!!!

Cornelis

2012/03/20

Comment #63

It works!!!

Don't need any extra research. Tried it and it works for me.

Martin 2012/03/21

Comment #64

Works for me.

I changed my lifestyle around 8 months ago and have had major success. I am a diabetic and have achieved a HBA1C of 6.1 recently. My cholesterol profile is also the best it has ever been. I did a ton of research before changing (read both Taubes books, Atkins books, Paleo diet, South beach, Marks Daily Apple etc) and have yet to find any negative (published) reason why this lifestyle is bad.

This is a low carb lifestyle, not no-carb! If you ONLY eat meat you're asking for trouble.

Margaret

2012/03/21

Comment #65

Low carb diet

If I have any form of refined carb or any sugar or too much of any high carb food, I feel deathly ill. Chronic fatigue, sinus infection, dizziness, stomach upset, panic attacks etc. Is there anyone else that experiences this?

**Concerned
Reader**

2012/03/22

Comment #66

Health controversy

It is extremely troubling that the health recommendations given to the public has become so riddled with controversy. This week it will be a low carb diet, next week low fat. I also find it annoying that when the word carbs is used, a whole baked potato is classified in the same class as doughnuts and chips (veggies also contain " carbs"). Our common sense about food has become obscured by marketing. For people who are tired of the confusion I recommend reading The China Study by Dr Campbell.

Daniel van Dalen

2012/03/22

Comment #67

Knee jerk

I see a lot of knee jerk reaction from people saying this eating plan is dangerous. But he is advocating this to people who are Carb resistant. For those with normal carb processing abilities, he doesn't recommend changing. Looking at some of his eating suggestions, it's not much different to a normal eating plan. Secret is to keep it simple and as natural as possible. Just my 2 cents worth. Did certainly throw the cat among the pidgeons:)))

Tracey Lee (BSc

Hons) WITs

1996 2012/03/23

Comment #68

Go and do some decent research please

So many of you are making silly comments, without doing proper research. What most of you do not realise is that your body converts carbohydrates to fat all on it's own - this process requires insulin. If you are insulin resistant (IR), you will have lots of insulin floating around in your bloodstream and your body becomes a fat-manufacturing machine no matter how much fat you cut of your diet. Prof Noakes only recommended this for people with IR and there is evidence to support it !

Tracey Lee (BSc

Hons) WITS

1996 2012/03/23

Comment #69

Only carbohydrates cause insulin secretion

Only Carbohydrates cause insulin secretion and in IR patients this insulin secretion is excessive until your pancreas packs in - only then do you become diabetic with raised sugar levels. But for 10-15 years preceding that you would have had raised insulin levels - and they are responsible for the increased stroke & heart attack risk in Diabetics - not sugar ! Insulin is

the enemy (in excess) and low-carb diets reduce your insulin levels. Protein & fat do not require insulin to be metabolised !

**Tracey Lee (BSc
Hons) WITS**
1996 2012/03/23
Comment #70

Carbohydrates in fruits and veges

Yes, fruit & vegetables do contain carbohydrates - especially fruit - and they are broken down to glucose ultimately - but at different rates - hence the "Glycaemic Index" classification (GI). The high fibre content of many fruits & veges decreases the rate at which their "glucose" is released into the bloodstream and you get a slow constant release & a slow insulin secretion in response. Not all carbohydrates are equal !!! Go check out: www.gifoundation.com . White bread is worse than sugar

**Tracey Lee (BSc
Hons) WITS**
1996 2012/03/23
Comment #71

Kidney Damage - WRONG !

In the Lancet journal a few years ago they published an article disproving the myth that Atkins diet and any high protein diet causes kidney damage. If your kidneys are already damaged, you may not be able to filter the remnants of a high protein diet efficiently and could run into problems, but a high-protein diet does not cause kidney damage. "High-protein" is also the wrong terminology - rather "low carb" ! We are accustomed to eating too many processed carbs which we are not designed for !

ThinLizzy
2012/03/26
Comment #72

Carbohated

I have been eating low-carb/high fat for almost 2 years now, and I will never go back to eating a diet high in carbs . The low-carb diet is keeping my body trim and my mind sane. I was surprised to learn that Atypical Depression and blood sugar fluctuations are connected, and following a diet that keeps my bloodsugar levels even, I have no more need for meds, and I can function normally. This knowledge has empowered me to manage my body and my mind, in a natural way, free from chronic medication

The Bear
2012/03/26
Comment #73

Low Carbs or No Carbs Diet.

Since following the Proff's advice for the last six weeks I have lost 3.5kg and feel much better for it. Its easy to stay on track, as most of the foods I like are in the list. It is rather interesting as I recall back in my rugby playing days it was recommended we ate steak at least three hours before a game, which seemed to work. Then, later during a period coaching in UK, the IN thing was for the players the load up on Carbs? Didn't do much for most of the players but it moved a lot of pasta!

Loraine

2012/04/02

Comment #74

Cholesterol

What about high cholesterol and this diet?

Shakun Naidoo

2012/04/02

Comment #75

FOOD

I thought this was an interesting article, thought you might want to read it.

Shakun

2012/04/02

Comment #76

CARBS

Good read

Avril Suster

2012/04/05

Comment #77

TIM NOAKES DIET

Hi I am verrrry interested in this diet as I need to lose weight now. Please advise where I can obtain this diet from? Thanks

my name is**christian**

2012/04/14

Comment #78

i need Ur love

sweet hi i love u

TILLA 2012/04/14

Comment #79

Cohan diet

A new world open for me. I am CR for a few years and started the Cohen Diet in January. This diet consist of portions protein

and veggies for each meal, and only a few (5 in my case) provitas a day. I lost 20kg up to date and feels better than in years. My sister who has also been CR for years, now has been diagnosed with diabetes and suffer a lot. We both were sweating a lot, (from the head and face) since my new diet, I stop sweating and in fact bought myself a new blankie for the TV. Worth it.

Fatlinda

2012/04/19

Comment #80

bblltzmRUuVbih

This is the government nutrition site, you just type in what food and it gives you a list of different ways its prepared and what it does to the food nutritionally then gives you a list of ALL the sugars, protien, vitamins and minerals .by serving size. Its helped me alot on nutrition homework and my personal life. Hope it helps!

Soumasasou

2012/04/28

Comment #81

URIsxxlcOORhBUtRC

This is the government nutrition site, you just type in what food and it gives you a list of different ways its prepared and what it does to the food nutritionally then gives you a list of ALL the sugars, protien, vitamins and minerals .by serving size. Its helped me alot on nutrition homework and my personal life. Hope it helps!

Stanley Mhlanga

2012/05/07

Comment #82

Media vs School Sports

What is your take on the role played by the South African media to promote school sports?

Myra Triegaardt

2012/05/09

Comment #83

dietary questions

Thank you for your information, it is very good. I just do not understand why to avoid vegetable oils high in omega 6? Then I also heard that dairy should only be consumed if the lactose is digested,, is this true?

Annette

2012/05/11

Comment #84

Gluten

Tim, would you not have gained the same benefits by cutting products containing gluten and sugar only? The benefits of cutting sugar is obvious. Regards gluten, cutting all those easily available goodies containing gluten like bread, pasta, cakes, sandwiches, muffins etc. lowers your options to take in calories when on the move and forces you to put some thought and effort into eating. In addition, cutting out gluten is kind to your guts (GI system) with the ensuing enhanced intake of nutrients.

The comment facility of this article has been closed.