

The Harcombe Diet

stop counting calories & start losing weight

CARB & FAT MEALS – HANDY TABLE

FAT MEALS	CARB MEALS
<p>Any unprocessed meat –bacon, beef, chicken, duck, goose, guinea fowl, ham, lamb, pheasant, pork, quail, rabbit, turkey, veal, venison.</p> <p>Any unprocessed fish – cod, haddock, halibut, mackerel, plaice, pilchards, salmon, seafood *, trout, tuna, whiting etc. Includes tinned fish in only oil, salt and/or water.</p> <p>Eggs – Chicken, duck etc. **</p> <p>Dairy Products – Cheese, milk, butter, cream, yoghurt (ideally Natural Live Yoghurt)</p>	<p>All Fruit</p> <p>Whole-grains – brown rice, brown pasta, brown rice pasta, 100% wholemeal bread, quinoa, millet etc.</p> <p>Wholemeal cereal – porridge oats, Brown rice cereal, Shredded Wheat, other sugar-free cereal.</p> <p>Beans & Pulses – lentils, broad beans, kidney beans, chick peas etc.</p> <p>Baked Potatoes in their skins.</p>
<p>EAT WITH EITHER A FAT OR CARB MEAL</p> <p>Salads – alfalfa, bean sprouts, beetroot, celery, chicory, cress, cucumber, endive, all types of lettuce, radish, rocket, spring onions etc.</p> <p>Vegetables – artichoke, asparagus, aubergine/eggplant, bamboo shoots, broccoli, Brussels sprouts, cabbage, carrot, cauliflower, celeriac, chillies, courgettes/zucchini, garlic, green/French beans, kale, leek, mange tout, marrow, okra, onions, parsnip, peas, peppers (any colour), pumpkin, salsify, shallots, spinach, squashes, swede, turnip, water chestnuts etc.</p> <p>Tofu/Quorn – Vegetarian protein alternatives. ***</p> <p>Certain Fruits – olives, tomatoes & berries.</p> <p>Very low fat dairy products – milk, cottage cheese & yoghurt.</p> <p>Herbs, Spices & Seasoning – basil, chives, coriander, cumin, dill, fennel, mint, oregano, paprika, parsley, pepper, rosemary, sage, salt, thyme. Olive oil for cooking.</p>	

* Provided of course that you don't have a food **allergy** to any fish or seafood.

** Provided that you are not intolerant to, or allergic to, eggs.

*** Provided that you are OK with Vegetarian protein alternatives. Tofu is a soy product, and soy is a common Food Intolerance – especially in the US. Quorn is made from a type of fungus – so, best to avoid if you have Candida.

How to use this list:

- 1) You can eat anything on the 'fat' list with anything on the 'eat with either' list. You can eat anything on the 'carb' list with anything on the 'eat with either' list.
- 2) You should **not** eat anything on the fat and carb lists at the same meal i.e. nothing on the fat list at the same time as something on the carb list.
- 3) Generally, when fat is removed from a product something else needs to be put back in to replace it. The exception to this is with animal fat products where fat can be removed and nothing needs to be put back in its place. So, where there are low fat alternatives to standard products like milk and yoghurt, these low fat alternatives can be eaten with carb meals. This lets us have (very) low fat milk with wholemeal cereals and low fat cottage cheese with baked potatoes. The key is to keep fat away from carbs so carbs can be eaten with (very) low fat alternatives to dairy products.
- 4) You can always choose low fat dairy product alternatives to high fat ones, even when having a fat meal, and this will be beneficial for your health. However, there is nothing like being able to indulge in strawberries and cream after a grilled steak and mixed salad, which is why this diet allows you to eat real food.
- 5) Some people are surprised to see any fruits on the 'eat with either' list, but olives, tomatoes and berries are low in carbohydrate relative to other fruits and so they can be eaten with either fat meals or carb meals. This makes the diet much more versatile, as it means you can have a dessert (of berries and very low fat yoghurt) after a carb meal. It also means that you can have tomato pasta sauces as well as using tomatoes in meat and fish dishes.
- 6) If you want to be really sophisticated about the mixing of fats and carbs then, as a rule of thumb, the more coloured vegetables are, the higher their carbohydrate content. Hence you are always safe mixing fat meals with salads and green vegetables. As you add coloured ingredients like tomatoes, beetroots, butternut squash, carrots etc, you are increasing the carbohydrate content of the meal. Hence don't mix the fattiest meat and fish you can find with the most coloured vegetables. Save green (French) beans for the roast lamb dish and use the most colourful vegetables for a lean chicken stir-fry.

I have been asked how soon after a fat meal you can have a carbohydrate meal, or vice versa. The general guideline is three to four hours, because this is how long it normally takes for food to be digested. You should achieve this naturally by having three meals a day but, if you are eating snacks, you need to leave three to four hours between eating a fat snack and a carbohydrate meal, or vice versa.

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