

Dr. Rangan Chatterjee interview (Preview)

How do you make low-carb simple?

I'm here with the star of the BBC show "Doctor in the House" and he's going to give us his best tips.

I'm Andreas Eenfeldt from DietDoctor.com

and I'm here with Dr. Rangan Chatterjee. Thank you for being here.

My pleasure, Andreas, thank you for inviting me.

And, I mean, you are the star of the BBC show "Doctor in the House", you help people to implement a low-carb diet in their lives.

What are your best tips for that? How do you make it simple?

I think the biggest obstacle for people when they change their diet is they get confusing and they don't know what to do.

So, I've got seven tips that I hope made this easy for people to follow.

So the first thing I tell people, is to "Control the environment you can control."

What do I mean by that?

I mean, basically, control your home, control your kitchen.

If you keep cookies, chocolates, crisps in your kitchen cupboard, in your pantry, and you think willpower is enough?

It's not, you will crumble at some point - it's hard enough when you leave the house.

You can't go buy a coffee these days,

without having to run the gauntlet against muffins, cookies, biscuits.

It's hard enough when you're out there, so let's get the environment right at home and you give yourself the best chance of success.

So, that's number one - assuming that you are going to do that.

Number two, "Don't drink your calories" - sweet drinks, get them out.

I want people to focus on water, tea or coffee.

That's important.

Nothing in the coffee... can you have anything in the coffee?

I mean, yeah, you got to mean people whatever are their adds.

If someone wants to have a white coffee, with sort of cream in it or full fat milk, other have a huge problem with that.

For me is more about getting the sweet drinks out.

The third thing I say to people is "No refined processed carbohydrates at all."

Right and what is that?

Well, refined processed carbohydrates are things like bread, things like pasta, things like biscuits, you know,

but I should add white potatoes on to that list for people,

even that's not refined and processed,

I think it's still can do a similar sort of blood sugar spike in the body

and is don't think it's helpful when you're going low-carb at all.

So, how about whole-grain bread or sourdough bread or something?

Yeah, it's a really common question.

I think, if you're trying to go low-carb,

to help your metabolic problems, your type 2 diabetes,

I would say that you got to get them out.

I mean, on the Harvard University websites, on the glycemic index,

you can go and look it up right now,

two pieces of whole-wheat bread spike your blood sugar more than a Snickers bar.

So, no good, huh?

Well, no good in terms of we're saying that insulin and sugar is a problem.

So we are going to target foods that raise insulin and subsequently blood sugar.

If you're whole-wheat bread is doing that, you got to cut it out.

All right. So, what's the next one?

The next tip is if you're going to cut out those things,

number four for me is...