



Report of Findings and Nutrition & Lifestyle Plan

Julie McIvor

D.O.B. 12/11/1963 58 years

Date of Consultation: Tuesday, 22 March 2022

Date of Report: Monday, 4 April 2022

Reason for Visit: Nutrition advice for managing Diabetes Type II

Julie Landon

Julie Landon Nutrition

ATMS: 29613 ABN: 69624022164

Phone: 0423363012

Email: julie@julielandonnutrition.com

Report of Findings

Current Health Findings

- ❖ Recent diagnosis of diabetes Type II
- ❖ High cholesterol
- ❖ Weight Gain - gained 15 kg in last 3 years. Has tried Isogenix in past and lost 9kg
- ❖ History of High Blood Pressure
- ❖ Sometimes experiencing an irritable bowel
- ❖ Has haemochromatosis
- ❖ Health history of depression, lumpectomy, hysterectomy, arthritis
- ❖ Energy levels: 5-7/10

Current Medication/Supplements

- ❖ Metformin 1 tab/night for diabetes (2 weeks)
- ❖ Tritace 10mg/day for high blood pressure (15 years)
- ❖ Effexor 37.5/day for depression (10 years)
- ❖ Vitamin D 1000IU/day, self prescribed
- ❖ Rosehip Vital, self prescribed

Current Food/Drink Choices

- ❖ Limits carbs and dairy
- ❖ Breakfast: Granola with psyllium or eggs & low carb roll or Low-carb bar or shake
- ❖ Lunch/Dinner: Chicken, Some salad/veg, Prepacked convenience meals
- ❖ Snacks: Vitawheats/Cashews/seeds
- ❖ 2 coffee/day
- ❖ 800-1200L water each day
- ❖ 1-2 bottles of red wine/week. (History of drinking 3-3.5 bottles scotch/week)

Current Exercise

- ❖ Walks 20-30 minutes most days

Current Work/Life Balance

- ❖ Retired - less busy, more sedentary
- ❖ Enjoys time with friends
- ❖ Lives with adult son
- ❖ Stress: 5-10/10

Current Sleep

- ❖ 7-9 hours each night (10-12pm - 8-9.30am)
- ❖ Sometimes disturbed

Possible Toxin Exposure

- ❖ Exposure to hairdressing chemicals in past
- ❖ Past history of smoking

Family Health History

- ❖ Not reported

Review of Pathology (collected 28/2/22)

- ❖ High glucose tolerance, insulin

Basic Body Measurements

- ❖ Height: 170cm (self reported)
- ❖ Weight: 121kg (self reported)

Goals

- To reduce weight by combining nutrition, exercise and lifestyle recommendations as below
- To reduce cholesterol and glucose/insulin levels by combining nutrition, exercise and lifestyle recommendations as below
- To reduce inflammation as oxidative stress likely contributing to diabetes development. Achieved by improving gut health, eating diversity of nutrients, antioxidants, reducing stress/ exposure to toxins

General recommendations for managing Diabetes Type 2

Needs to be three-fold: nutrition, lifestyle and exercise.

1. Nutrition

- As a starting point:
 - eat a **range of real whole foods**, avoiding processed sugary foods
 - Choose foods that are **high in fibre** e.g. psyllium, oats, legumes, nuts and wholegrain
 - **Plant-based foods** are beneficial - rich in minerals, antioxidants as well as fibre
 - **Always combine fibre, fats and proteins at every meal.** Adding lemon juice/ apple cider vinegar can lower GI (see below)
 - **Watch portion sizes.** General rule aim for palm sized protein, thumbnail fats/ oils, half plate of veg, no more than quarter of plate of grains
 - **Eat regular meals** e.g. breakfast, lunch, dinner with a small snack if needed to avoid hypoglycaemia
- Then:
 - **Consider low GI foods rather than limiting carbs altogether.** Glycemic Index (GI) refers to blood glucose spikes following intake of certain foods, therefore, a high GI food, e.g. table sugar, has greater effects on blood glucose levels resulting in wide swings in insulin levels. Just because a food is low GI doesn't mean that you should have more than the recommended serve though. See this link for more examples of low GI foods:
<https://www.nhrmc.org/~media/testupload/files/low-glycemic-meal-planning.pdf?la=en>
- **Dietary Fat:**
 - Eat more monounsaturated and polyunsaturated fats e.g. omega 3 than saturated fats, ALA
 - In particular chia seeds are great
- Also consider **Magnesium rich foods** e.g. pumpkin seeds, chia seeds, almonds, cashews, oatmeal and **foods rich in chromium** e.g. broccoli, green beans, apples, bananas, wholegrain, peas, cheese, beef, poultry, and **Vit K rich foods** e.g. green leafy veg, soy

- **Moderate Coffee/Green Tea** may be useful
- **Alcohol** - limit to <2 standard drinks per day. Less is better. Red wine may help in moderation. Make sure you know what a standard drink is - it is smaller than commonly thought. Also see my resource for alcohol & weight loss.
https://docs.google.com/document/d/1JhMR7b-nY2Y8EWd_CchRW1jVK-upfLTrVblPeUDfGZ0/edit?usp=sharing
- **Water** - aim to drink 1.5-2L water can include herbal teas, mineral water but not tea, coffee, alcohol

Great Foods to eat	Leafy green vegetables, beans, lentils, legumes, chia seeds, whole grains, onions, almonds, walnuts, cinnamon, fish, pumpkin seeds, Rolled oats, sweet potato
Eat Some	Lean meat, eggs, avocado, olive oil, nuts, milk, yoghurt,
Limit/Avoid	Sugar sweetened drinks, 'white food' e.g. white rice, pasta, white potato, juices, overcooking foods, take away foods, sweet biscuits, cakes, lollies, chocolates, pastries, vegetable oils/margarines

2. Exercise

- 30-60 minutes moderate intensity aerobic exercise most days of the week exercise e.g. brisk walking
- Include some resistance exercise
- Yoga is good too

3. Lifestyle

- Keep risk of exposure to toxins to a minimum.
- Minimise stress - mindfulness, meditation, yoga
- Good quality sleep - aim for 8 hours uninterrupted sleep.
- Sunshine - safe sun exposure 20 minutes early morning/late afternoon, to expose to Vitamin D in sun
- Epsom salt bath - for relaxation, stress relief and Magnesium absorption

Sample Meal Plan

Breakfast: Porridge (made with rolled oats, water, berries, cinnamon)

Lunch: Mixed leaf salad with roast sweet potato, poached chicken, olive oil/lemon juice dressing

Dinner: Mixed Vegetable Soup with wholegrain sourdough bread

Snacks: Handful of nuts/seeds, Apple with Peanut Butter, veggie sticks and humus

Supplement Recommendations

I also recommend these supplements

- Fish Oils - Biomedica OmegaEase. Take 3 capsule each day with food.

Further Recommendations

I highly recommend participating in my In Sync program, commencing in May 2022 - a group program but with personalised nutrition, exercise and lifestyle information.

Review of Foods as requested

Please see my comments for each of the foods that you asked me to review.

	Good Points	Not so good points
Muscle Chef Low Carb Bar	<ul style="list-style-type: none">• Low carb• Protein rich	<ul style="list-style-type: none">• Contains sorbitol (420) - too much can cause loose stools/ flatulence• Vegetable Oils - inflammatory, affect balance of omega 3:6 negatively)• Soy - frequently genetically modified, contains phytates which decrease mineral absorption, may interfere with thyroid function
Munchme	<ul style="list-style-type: none">• Natural ingredients• No vegetable oils• Low calories (if stick to serving size)• Pumpkin seeds good source of magnesium, zinc, calcium so good for bones, improving insulin sensitivity and good fats (omega 3)	<ul style="list-style-type: none">• Some sugar
Farmer Jo Paleo Granola	<ul style="list-style-type: none">• Natural ingredients• No vegetable oils	
The Monday Food Co KETO GourmetGranola	<ul style="list-style-type: none">• Natural ingredients• No vegetable oils	
Happy Way Protein Powder	<ul style="list-style-type: none">• Natural ingredients• No vegetable oils• Low in additional sugars	<ul style="list-style-type: none">• Whey is made from dairy so if trying to avoid consider this

	Good Points	Not so good points
You Foodz Clean Chicken with Sweet Potato & Broc	<ul style="list-style-type: none"> Contains chicken and vegetables with some healthy seeds 	<ul style="list-style-type: none"> Lots of unnecessary ingredients Contains 635 - may cause allergies, headaches, heart palpitations, 440 & 407a- may cause gastrointestinal problems, Vegetable oils - see previously Contains dairy (if trying to avoid dairy) Contains brown sugar, honey
YouFoodz Cranberry-Choc Nut Mix	<ul style="list-style-type: none"> Contains cashews - may help reduce serum insulin levels 	<ul style="list-style-type: none"> Vegetable oils - see previously Artificial flavouring - inflammatory?
Green Boosta Shot		<ul style="list-style-type: none"> Lacks fibre so sugars from fruit/veg easily absorbed into blood, spiking insulin
VitaWheats (Original)		<ul style="list-style-type: none"> Vegetable oils - see previously