



PreKureMe

Low Carb, Healthy Fat Eating Guide

KICKSTART YOUR WELLBEING AND PREKURE YOUR HABITS

This 21-day health challenge is all about being focused and disciplined for a short period of time with the goal of giving your wellbeing a boost.



HOW IT WORKS

This is a points-based challenge. The person in your team* with the most points after 21-day wins!

How the points work: There are a **maximum of 5 points** to be gained every day. So for this 21-day challenge your maximum total points available are 105.

THERE ARE 3 WAYS YOU CAN **GAIN POINTS** EACH DAY:

1. You **gain 3 points** per day for *food*.

That means only eating foods from within your plan's guidelines. We have given you a GREEN list below. So if you eat any food that is not on your GREEN list you forfeit your entire 3 points for that day. Tough we know! Take a picture of one of your meals each day and post** on your favourite social media site with the hashtag **#foodismedicine**

2. You **gain 1 point** per day for *fitness*.

Fitness is defined as anything from walking to running to crossfit to yoga for a minimum of 30 minutes continuously. We do have a PreKure Fitness Guide for you to follow but you don't have to follow our guide to get your one point you just need to move for at least 30 minutes. Take a picture of your day's fitness and post on your favourite social media site with the hashtag **#fitnessismedicine**

3. You **gain 1 point** per day for completing your '*10 minutes of learning*'.

Post one sentence or image about the most interesting fact you learned with the hashtag **#preventioniscure**

THERE ARE 2 WAYS YOU CAN **LOSE POINTS** EACH DAY:

1. You **lose 1 point** per day for *drinking alcohol* – yes, *any* type and *any* amount!

2. You **lose 1 point** per day for *snacking* – yes, even if that snacking is food from your *green* list.

Tough, we know, but we are trying to establish good habits here. Now there are a few exceptions – if you are pregnant you can ignore this rule and you will not lose any points; if you are an athlete in hard training or you have a medical reason where you really do need to snack between meals then we will let you off this rule as well.



Each day the PreKure team will select our favourite **#foodismedicine**, **#fitnessismedicine**, and **#preventioniscure** social media post and that person gains 'one day's immunity' from losing 1 point for either drinking alcohol or snacking!

*You can do this challenge as an individual and just keep track of your own points! Remember your goal is to gain at least 90/105 possible points to receive your "I've been PreKured" Certificate.

**All social media posting is an optional extra – not a fan of social media? No problems – you do not have to post to take part in this challenge.



THE **PREKURE** FOOD GUIDELINES

Real food for real people,
based on real evidence

1. Enjoy nutritious foods every day that are whole and unprocessed.
 - Choose vegetables, fruit, eggs, meat, seafood, poultry, organ meats, dairy, nuts, seeds and legumes (as tolerated).
 - Favour traditional oils fats and spreads over refined and processed versions.
 - Keep total sugar – especially added sugar – to a minimum in all foods and drinks.
2. Make the majority of your purchases foods that don't come in packages. If you do buy packaged foods, choose items with less than 5 ingredients.
3. Choose mostly locally-grown food.
4. Choose ethically-sourced food where possible.
5. Plan your time to make food and eating important in your life.
6. Prepare, cook and eat minimally processed traditional foods with family, friends and your community.
7. Eat your meals slowly and consciously with no distractions.
8. Enjoy treats on special occasions and without guilt.
9. Keep well hydrated: drink water mainly and other drinks with minimal added sugar.
10. Keep more than half of your week alcohol-free. Don't drink alcohol if you are pregnant or planning to become pregnant.

LCHF

WHAT SHOULD I EAT?

- Good-quality whole foods that are minimally processed: non-starchy vegetables, low-sugar fruits such as berries and tomatoes.
- Protein from minimally processed meat, fish, chicken, eggs, dairy, nuts, seeds.
- Fat from whole, minimally processed plants and animal sources, including avocado, olive oil, nuts, fatty fish, dairy products, fat/skin on meat, butter, coconut products.
- A minimised intake of starchy vegetables – potatoes, sweet potatoes and sugary fruits like bananas and other tropical fruits.

WHAT SHOULD I BE CAUTIOUS OF?

- Highly processed meats and cheese.
- Naturally or artificially sweetened foods and drinks, packaged “low-carb” bars.
- Legumes, large quantities of starchy vegetables and high-sugar fruits.

WHAT SHOULDN'T I EAT?

- Refined and processed junk foods and drinks containing sugar.
- Refined, nutrient-poor, packaged carbohydrate-rich foods, including grains such as breads, cereals, pasta, rice, muesli bars and crackers. This includes sugary sauces such as tomato and sweet chilli.

Each day that you follow the above guidelines, give yourself 3 points. If you are someone who likes to follow the rules to the letter – then we have a specific GREEN list of ‘what’s in’ and a RED list of ‘what’s out’ for you here as well.



What's IN, what's OUT

FOODS THAT ARE IN FOR THE NEXT 21 DAYS

For those interested in counting their total daily carb intake, the carb count is listed in brackets after each food. A Ketogenic diet is usually <50g carbs per day and an LCHF diet typically <100g carbs per day.

VEGETABLES

1 serving = ½ cup, unless otherwise stated

YES

■ Vegetables: Non-starchy, fresh or frozen

■ Alfalfa sprouts, raw (0.1g)

■ Artichoke hearts, cooked (1.1g)

■ Asparagus, cooked (1.6g)

■ Avocado (0.6g)

■ Beans, green, cooked (1.9g)

■ Beetroot, cooked (5.6g)

■ Broccoli, cooked (0.1g)

■ Brussels sprouts, cooked (1.0g)

■ Bok choy, cooked (0.4g)

■ Butternut, cooked (7.0g)

■ Cabbage, cooked (1.1g)

■ Capsicum – red, raw (3.2g)

■ Capsicum – green, raw (1.2g)

■ Carrot, raw (2.3g)

■ Cauliflower, cooked (1.8g)

■ Celeriac, cooked (1.6g)

■ Chinese cabbage, cooked (0.8g)

■ Courgette (zucchini), cooked (1.0g)

■ Celery, raw (1.8g)

■ Chives, raw (0.7g)

■ Cucumber, raw (1.3g)

■ Eggplant (aubergine), cooked (1.1g)

■ Endive, raw (1.3g)

■ Fennel, raw (0.6g)

■ Garlic (1 clove = 0.5g)

■ Herbs and spices (trace)

■ Kale, cooked (3.0g)

■ Kohlrabi, raw (2.8g)

■ Leek, cooked (3.2g)

■ Lettuce, raw (0.4g)

■ Mushroom, raw (0.1g)

■ Okra, raw (1.2g)

■ Olives (1.3g)

■ Onion, cooked (3.0g)

■ Peas, cooked (5.9g)

■ Radish, raw (1.6g)

■ Silverbeet, cooked (2.4g)

■ Spinach, cooked (1.3g)

■ Spring onion, 1 raw (1.5g)

■ Snap peas, raw (7.1g)

■ Tomato, raw (2.6g)

■ Turnip, cooked (1.4g)

■ Watercress, raw (0.04g)

■ Witloof, 1 head, raw (2.1g)

YES, but only a little!

■ Vegetables: Starchy, fresh or frozen

■ Corn on the cob, cooked (14.8g)

■ Kumara, cooked (13.7g)

■ Pumpkin, cooked (9.9g)

■ Parsnip, cooked (9.7g)

■ Potato, cooked (10.8g)

■ Squash – buttercup, cooked (20.0g)

■ Taro, cooked (18.7g)

■ Yam, cooked (19.5g)

NO

■ Any vegetable deep-fried in highly-processed vegetable oils

FRUIT

1 serving = 1 medium piece, unless otherwise stated

YES

- Apple (13.0g)
- Apricot, fresh (4.6g)
- Avocado, ½ (0.5g)
- Berries, mixed (frozen or fresh), ½ cup (4.5g)
- Cherries, fresh, ½ cup (10.5g)
- Coconut, fresh, ½ cup (1.7g)
- Feijoa (1.7g)
- Figs, fresh (4.8g)
- Grapes, ½ cup (13.2g)
- Grapefruit (11.8g)
- Kiwifruit (8.0g)
- Lemon, 1 small (10.0g)
- Lime, 1 small (9.0g)
- Mandarin (8.5g)
- Mango, ½ cup (12.9g)
- Melon, ½ cup (4.4g)
- Nectarine (11.2g)
- Orange (11.0g)
- Papaya/pawpaw (5.1g)
- Peach (9g)
- Pear (19g)
- Pineapple, ½ cup (9.3g)
- Plum (6g)
- Pomegranate, juice, ½ cup (15.1g)
- Tamarillo (2.3g)
- Watermelon, 1 slice (10.9g)

YES, but only a little

- Banana (31g)
- Fruit, canned in juice, drained, eg. ½ cup canned peaches (9.6g)

NO

- Any fruit with sugar coating or deep-fried with highly-processed vegetable oils (e.g. toffee apples, deep-fried bananas)
- Fruit, canned in juice, not drained, ½ cup (12.4g)
- Fruit, canned in syrup, drained, ½ cup (13g)
- Fruit, canned in syrup, not drained, ½ cup (28.9g)
- Dried fruit, mixed, ½ cup (59g)

ANIMAL PROTEIN SOURCES

All these foods have minimal, if any, carbohydrate in them, therefore no values have been listed.

YES

- Eggs
- Fish: all species
- Good-quality bacon and sausages from any type of meat (no gluten or lactose fillers)
- Organ meats: liver, kidney, heart
- Poultry: any cuts or pieces of the chicken, duck, pheasant, turkey (save the carcass/bones to make a bone broth)
- Red meat: all types, any cuts – beef, lamb, pork, ham, venison, veal, goat
- Seafood: mussels, prawns, crayfish, scallops, paua, marinara mix

YES, but only a little

- Crumbed meats: frozen crumbed fish fillets, fish cakes
- Cured/pickled/smoked meats and fish
- Processed meats: bacon, salami/pepperoni, chorizo, ham, sausages

NO

- Highly processed/deep-fried meats (e.g. nuggets, canned Spam)

DAIRY

1 serving = ½ cup unless otherwise stated

YES

- Butter (trace)
- Cheese, any type (trace)
- Cream (3.5g)
- Crème fraîche (3.1g)
- Milk, full fat/raw (5.7g) Please note that if you are pregnant it is generally recommended to avoid unpasteurised (raw) milk.
- Sour cream (3.3g)
- Yoghurt, plain, unsweetened, full-fat (3-8g)

YES, but only a little

- Cheese, processed (trace)
- Yoghurt, plain, low-fat, unsweetened (5.3g)
- Yoghurt, fruit, low-fat (4.7g)

NO

- Ice-cream (21-26g)
- Yoghurt, frozen (18g)
- Yoghurt, fruit/plain, low-fat, sweetened (11-17g)
- Flavoured milk (12.3g)

NON-DAIRY

1 serving = ½ cup unless otherwise stated

YES

- Coconut milk (1-3g)
- Coconut cream (3-5g)
- Unsweetened almond milk (0.4g)

YES, but only a little

- Goat's milk (5.4g)
- Rice milk (5.5g)
- Soy milk (4.7g)

NO

- Non-dairy creamer, 1 tsp (1g)

Note: Non-dairy creamer might be low in carbs, but it is made up of many processed and unhealthy non-food ingredients.

NUTS, SEEDS AND LEGUMES

1 serving = ½ cup, unless otherwise stated

Legumes vary widely in their carb content; some are very high, so watch your portions.

YES

- Almonds, raw (5g)
- Almond meal (3g)
- Brazil nuts, raw (2.9g)
- Butter beans, cooked (1.4g)
- Cashew, raw (13.0g)
- Chia seed, 1 tbsp (6g)
- Linseed, 1 tbsp (0.5g)
- Macadamia, raw (3.2g)
- Mung beans, raw, sprouted (3.2g)
- Nut butter, 1 tbsp (0.5-4g)
- Pecan, raw (11.0g)
- Pine nut, raw (10.6g)
- Pistachio, raw (8.9g)
- Pumpkin seed (pepita), 1 tbsp (1.6g)
- Sesame seed, 1 tbsp (0.7g)
- Sunflower seed, 1 tbsp (0.6g)
- Walnut, raw (2.3g)

YES, but only a little

- Black beans, cooked (13.4g)
- Edamame beans, cooked (7.5g)
- Haricot beans, cooked (13.7g)
- Kidney beans, cooked (13.1g)
- Lentils, cooked (10-13g)
- Peanuts (6.2g)
- Tofu, cooked (0.7g)

NO

- Processed seed-based oils: sunflower, grape-seed, safflower, sesame
- Adzuki beans, cooked (24.5g)
- Chickpeas, cooked (23.3g)
- Pearl barley, cooked (20.7g)
- Split peas, cooked (21.6g)

FATS AND OILS

All these foods have minimal, if any, carbohydrate in them, therefore no values have been listed.

YES

- Avocado oil
- Butter
- Coconut oil
- Duck fat
- Lard
- Macadamia/other nut-based oil
- Olive oil

YES, but only a little

- Sesame oil
- Peanut oil
- Hemp oil

NO

- Highly-processed vegetable oils: canola, sunflower, rice-bran, soya-bean, corn, grape-seed, safflower, palm (environmental reasons)
- Margarine



CONDIMENTS, SAUCES AND DRESSINGS

1 serving = 1 tbsp, unless otherwise stated

A word on dressings. While many dressings and sauces are low in carbs (e.g. blue cheese, Caesar, ranch, French, Italian, etc), store-bought varieties are often made with processed vegetable oils such as canola and sunflower oil. Try to find some that have olive oil only, or make your own.

YES

- Aioli, olive oil-based (1.1g)
- Coconut milk/cream, ½ cup (2-3g)
- Curry paste (1.0g)
- Fish sauce (0.8g)
- Lemon/lime juice (0.3g)
- Mayonnaise, olive oil-based, low sugar (0.2-3g)
- Mustard (1.7g)
- Oyster sauce (1.2g)
- Pesto (0.7g)
- Salad dressings made from good oils and vinegar
- Soy/tamari sauce (1.2g)
- Tahini (0.2g)
- Vinegars (0.1g)
- Wasabi/horseradish sauce (1.7g)
- Worcestershire sauce (3.1g)

YES, but only a little

- Commercial, high-sugar mayonnaise or aioli that contains processed vegetable oils
- Chutney (6.3g)
- Hummus (1-3g)
- Salsa (1-7g)
- Tomato relish (2-7g)
- Tomato sauce, commercial (4g)

NO

- Honey (16.5g)
- Mint jelly (10g)
- Pasta sauce, 1 cup (26g)
- Syrup (11.4g)

BEVERAGES

1 serving = 200ml (1 small cup)

YES

- Coffee, brewed (0.8g)
- Tea (0g)
- Water, still or sparkling (0g)

YES, but only a little

- Diet drinks (0g)
- Diet soda (0g)

NO

- Cordial, concentrate, syrup, 2 tbsp (17.5g)
- Energy drinks (21.4g)
- Flavoured milk (19.7g)
- Fruit juice (16-23g)
- Soft drinks (22.5g)

CONFECTIONERY

These items are all high in sugar; part of embracing the LCHF lifestyle is about altering the “sweet” palate, so limit overall intake.

YES, but only a little

- Dark chocolate: 55% cocoa, 2 squares, 20g (1-10g)
- Dark chocolate: 70% cocoa, 2 squares, 20g (7-9g)
- Dark chocolate: 85% cocoa, 2 squares, 20g (5-8g)
- Dark chocolate: 90% cocoa, 2 squares, 20g (4-6g)

NO

- Chocolate: Dairy milk or other variety, 2 squares, 20 g (11-15g)
- Sugar-free chewing gum (0g)
- Lollies, eg. 10 small jellybeans (10.3g)
- 2 jelly snakes (40g)

SWEETENERS

All sweeteners have minimal, if any, carbohydrate in them, therefore no values have been listed.

YES, but only a little

- Natural sweeteners: stevia, Natvia
- Xylitol

NO

- Artificial sweeteners: Equal, Sucaryl, Sugromax, Splenda

MISCELLANEOUS

YES

- Japanese Konjac noodles (carb-free, made from an Asian fibrous vegetable), ½ cup (1g)

YES, but try not to!

- Carb-less protein bars, 1 bar (4-6g), watch for hidden carbs



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