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TE WĀNANGA ARONUI  
O TĀMAKI MAKAU RAU

**hrc**nz



**Te Ngako Oranga**

REVERSING TYPE 2 DIABETES

# Reversing prediabetes & T2D in NZ in primary care

Caryn Zinn PhD. Dietitian

#WholeNZ

Reversing Type 2 Diabetes with #WholeFood



The practice of  
carbohydrate  
reduction



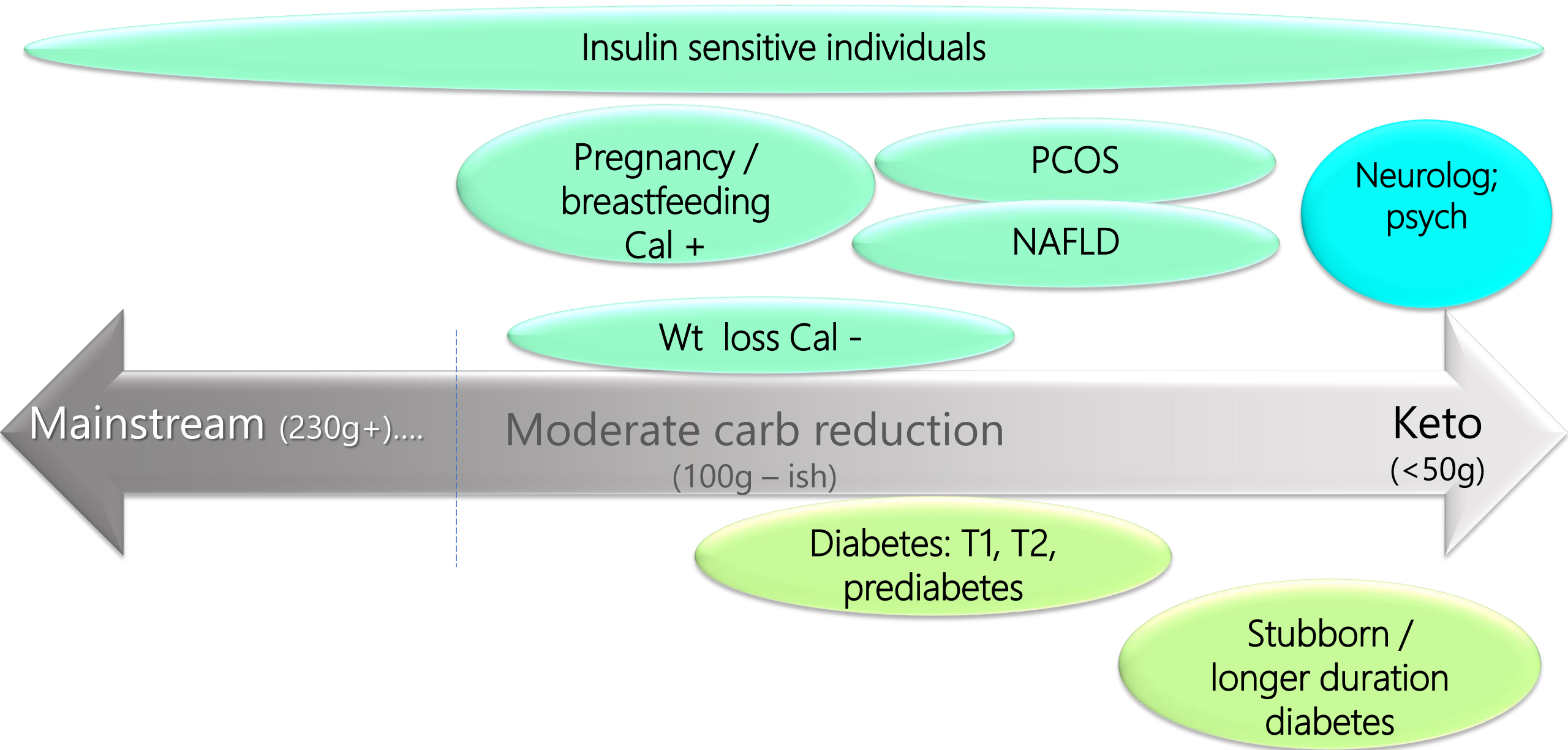


# Definitions

- NZ / Australia
  - CHO: 45-65%
- Moderate carb diet
  - 26-45%
- Low carb diet
  - <130g / day or 26% of TE
- Keto diet (VLCKD)
  - 20-50g / day or <10% 2000Cal TE



# Where on the sugar spectrum?







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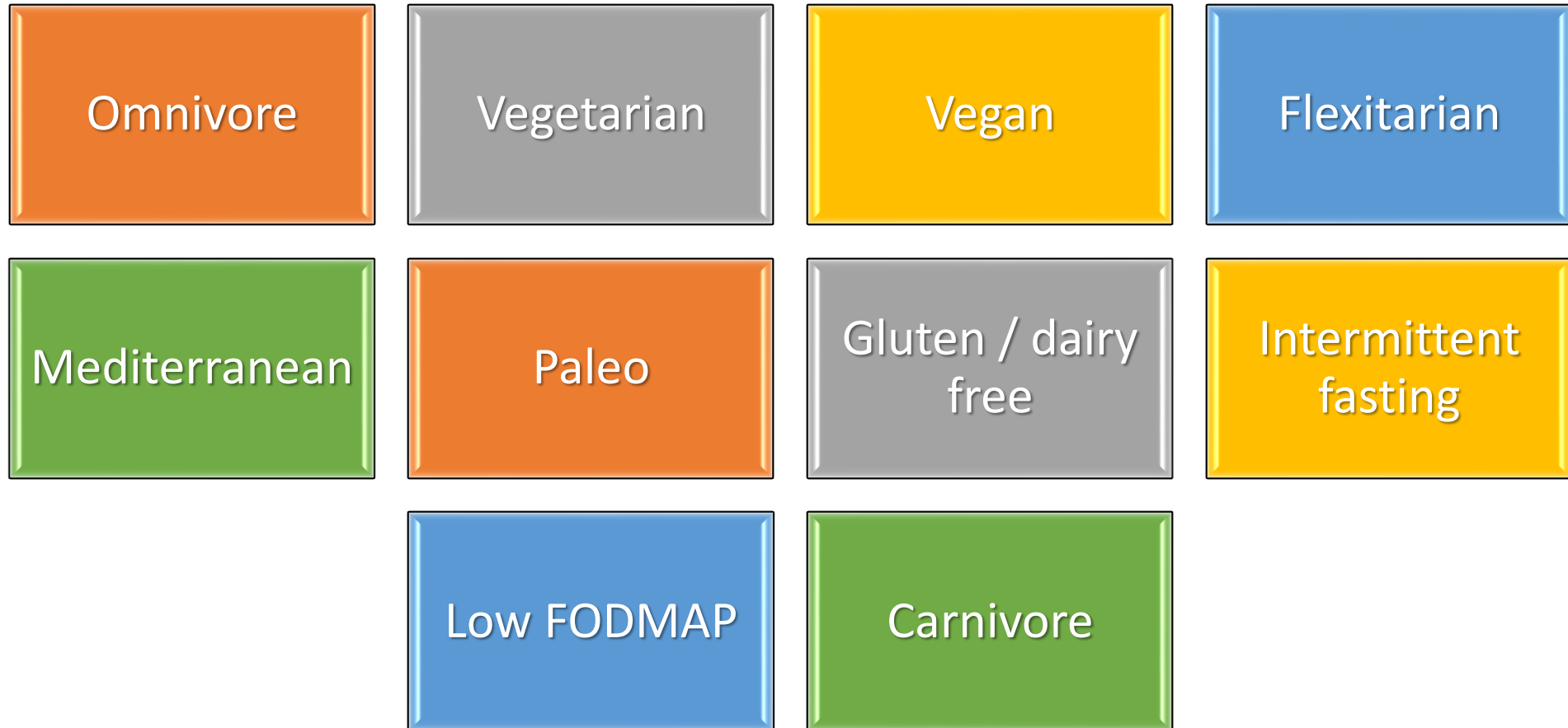
Well-formulated carbohydrate reduction



# 9 client dinner meals



# Carbohydrate-reduction can be a template for...



# Nutrient concerns?

Open Access

Research

## BMJ Open Assessing the nutrient intake of a low-carbohydrate, high-fat (LCHF) diet: a hypothetical case study design

Caryn Zinn,<sup>1</sup> Amy Rush,<sup>2</sup> Rebecca Johnson<sup>2</sup>

Meal plan 1 (females). E: 2203Cal; CHO 65g; Pr 129g (22%); Fat 153g (63%)

**Breakfast:**  $\frac{3}{4}$  cup frozen mixed berries, 150g plain, unsweetened, full-fat yoghurt, 2 T each sunflower and pumpkin seeds, 3 macadamia nuts, 2 Brazil nuts, 6 almonds  
Coffee made with 200ml full fat milk

**Lunch:** Tuna salad: 95g tin tuna, canned in brine (drained), 1 cup baby spinach leaves, 60g English cucumber, 5 cherry tomatoes, 30g cheddar cheese, 2T linseeds, 1 tsp basil pesto, 3 tsp olive oil

**Dinner:** 150g Sirloin steak, grilled, roasted vegetables: 8 florets cauliflower, 1 medium sized beetroot, 1 medium courgette, 1 medium carrot, coated in 2T olive oil  
10 medium strawberries, 3T pistachio nuts



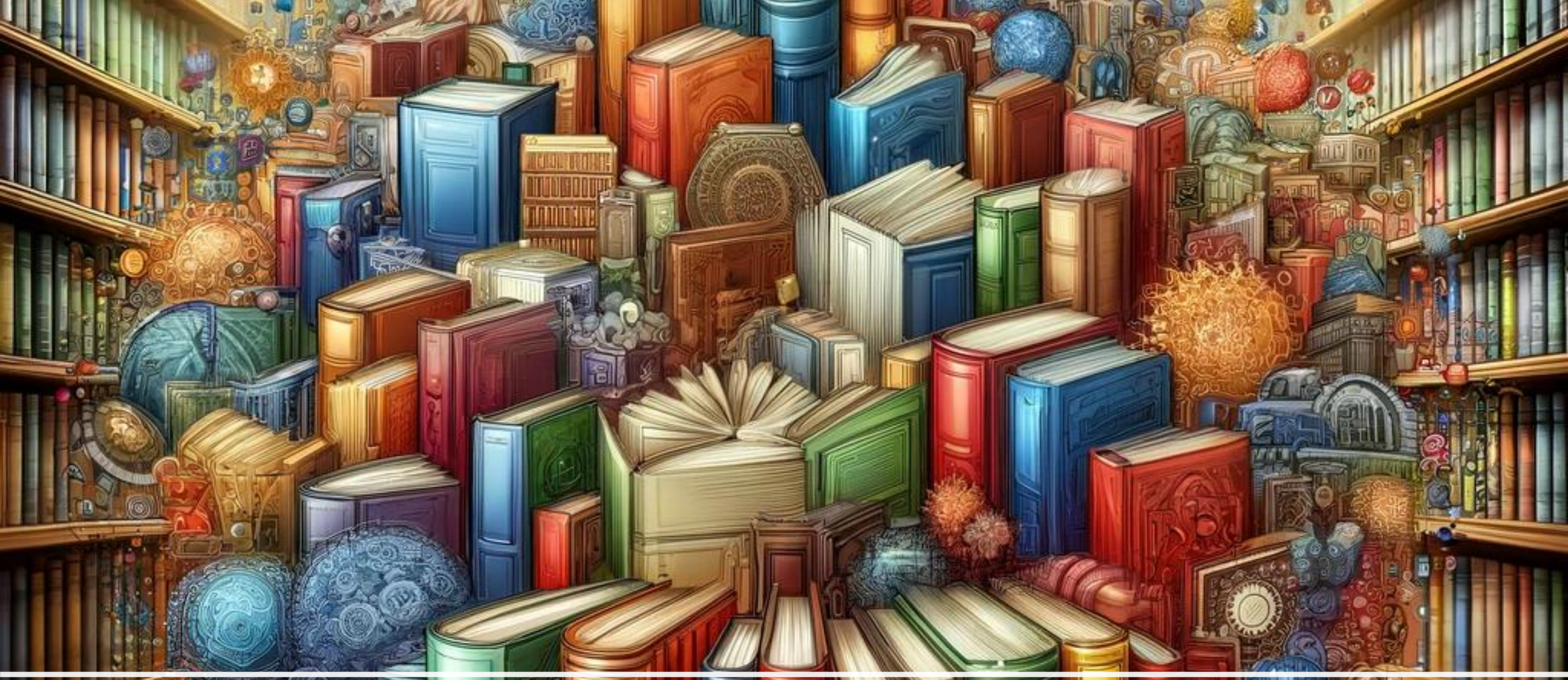
# Cost of living crisis

1. Buy seasonal / use the whole vegetable
2. Bulk purchase protein
3. Cook at Home
4. Use low-cost protein
5. Plan and batch cook
6. Minimise / eliminate snacking
7. Shop at markets or grow your own veg / herbs
8. Buy supermarket brands
9. Minimise specialty items "keto bars"
10. Frozen vegetables
11. Buy discount / clearance items
12. Reduce food waste

**Savings from foods you're not buying**





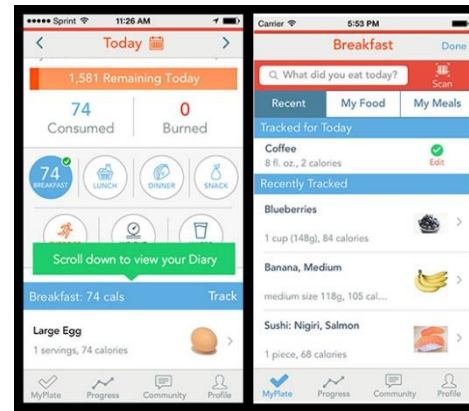
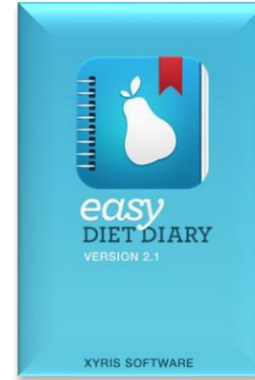
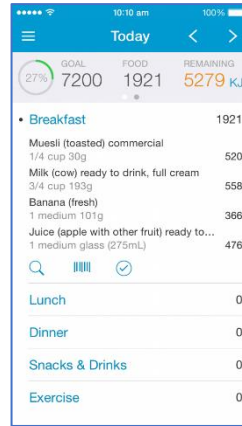
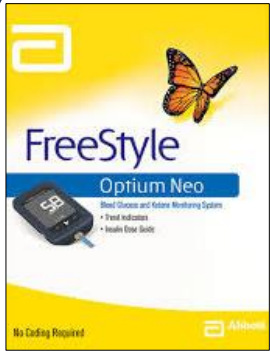


# RESOURCES





# Tracking





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Questions

