

## Notes on Thanet Diabetes Community Self Care Group Zoom meeting 7<sup>th</sup> July 2022

Brad welcomed the attendees, all of whom were regular participants, and then read out a summary of the previous meeting notes.

Jeremy then presented his talk on “Real food low carb lifestyle – Part 3”. He showed a slide with three messages – Prioritise Protein, Control Carbs and Don’t fear natural fats. Next came a slide showing the high carb percentage in processed foods, and the low percentage of protein. Next, he showed the NHS reference intake for their recommended 2000 calories per day. The percentages for carbs, fat and protein were almost identical to the average for processed foods (almost as if the NHS wants us to eat those foods!). The percentages for real foods were different. Meat, fish and cheese had more protein and much fewer carbs. Vegetables and fruit had relatively high carbs but did offer a better percentage of protein. Next came Jeremy’s own percentages of carbs, protein and fat – 10%, 25% and 65% respectively. He showed us his 2 world records in indoor rowing to show his diet was not doing him any harm. The diet doctor website suggested that women should have 100 grams of protein per day, with 120g for men. Jeremy pointed us to an American health site which said “The importance of dietary protein cannot be underestimated in the diets of older adults”. But all dietary protein is not the same – meat, fish and egg protein is much more digestible than vegetable protein. Jeremy gave us the conclusions of an academic article on ‘Vegan diets for older adults?’ – “Older adults are recommended to consume an adequate amount of high-quality dietary protein for the prevention of age-related muscle loss. We propose that a vegan diet **increases** the risk of an inadequate protein intake at an older age”. Next came values for the amount of protein, carbs and fat in the food we eat. A full English breakfast (minus toast) had 6g carbs, 28g fat and 31g protein, scrambled eggs and bacon was carbs 1g, fat 27g and protein 35g. The five-a-day mantra was examined next – banana, orange, broccoli, blueberries and beetroot (the example the NHS used) has 60g carbs, no fat and 6g protein. He then gave us links to three excel files showing the carbs, fat and protein in a variety of real food, processed food and a long list of common foods. Jeremy said we should print out these files for reference.<sup>1</sup>

Several attendees said the information was very useful, Alicia told us she had been a vegan for some years but was now a meat, fish and egg eater. John related that he had just been hosting 4 German girls, one vegan, two vegetarians and one meat eater. He wondered how much protein was in vegan foods. Jeremy suggested much of the protein in vegan foods was pea protein, which is mainly imported from China. He pointed out that vegan foods were full of additives. He also thought vegans will eventually revert to meat eating because their health would deteriorate. John suggested the destruction of the planet from over use of land and water for meat production was a reason more people might become vegetarian and vegan rather than fewer. Jeremy said this was a false argument, pointing out that the UK and USA were pioneering ‘regenerative farming practices’ which negated the bad effect farming had on the land, through using far fewer fertilisers and moving the animals around, like wildebeests. He thought this process could actually be carbon negative. John suspected the world would have ended before meat production changed in this way but saluted Jeremy on his optimism. Alicia noted how expensive vegan alternatives were, since she was also hosting students. She also blamed her vegan episodes on her current osteoporosis.

We moved on to talking about the future of the group and its direction. Most agreed Zoom was very convenient, though when we met in person there were more people attending. Brad mentioned that

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<sup>1</sup> <http://www.authentik.co.uk/diabetesthanet/presentations/real-food/>  
<http://www.authentik.co.uk/diabetesthanet/presentations/processed-food/>  
<http://www.authentik.co.uk/diabetesthanet/presentations/pcf-data/>

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we would be hosting a stall at the Addington Street Fair in September, unfortunately this event has now been cancelled due to rising costs and bureaucracy.

Jeremy asked the group for suggestions for new topics for his research. Food addiction was mentioned. Brad suggested having a discussion meeting where members related their stories, with a presentation at the following meeting. Alicia mentioned some low carb snacks she would recommend to the group.

Brenda offered to help with advertising the group on Academy FM since she had a connection. Maxine suggested Facebook Group I love Ramsgate. John said he did post events there but got responses but no attendees but will persevere.

Brad offered us the benefits of dill and garlic, which will be included in his presentation on the website presently.

Attendees were: John, Brad, Anne, Alicia, Maxine, Brenda and Jeremy.

Next meeting is 5pm on August 4th and the agenda will be on the website closer to the time.

<http://diabetesthanet.uk>

or

<http://authentik.co.uk/diabetesthanet>