

Building a Real Food Plate: PFC Balanced

Olivia Borer, Nutritional Therapy Consultant
Prairie Life Fitness - 70th & A Lincoln, NE

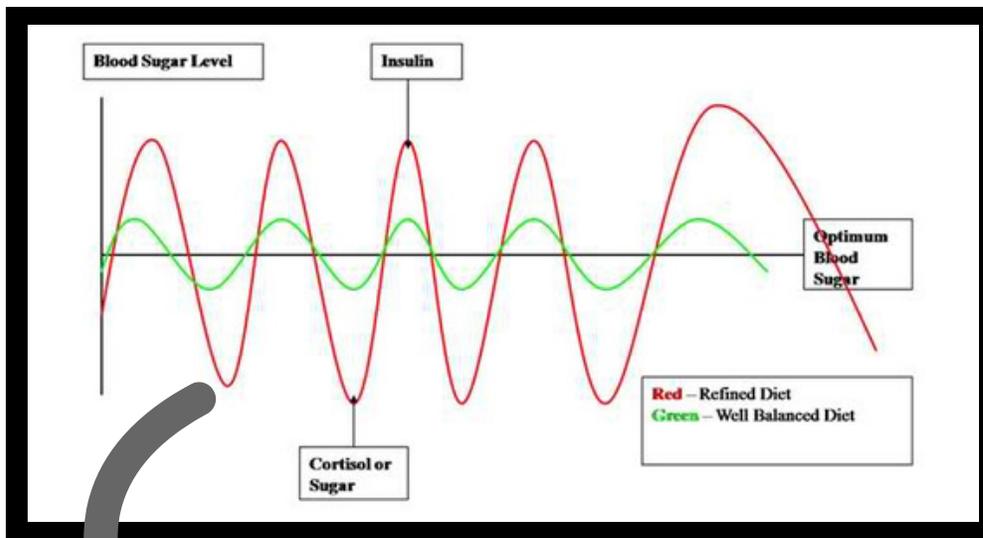
What is PFC?

PFC is an approach to balanced eating, as each letter stands for one of the three macronutrients: **protein, fat, and carbohydrate.**

Why should I eat this way?

The real question is - why shouldn't you?! If you want to experience consistent energy levels, a stable mood, improved mental clarity, decreased sugar cravings, weight loss, and support your brain and metabolism, then PFC eating is for you.

The Blood Sugar Roller Coaster



KNOW THIS:

Chronically dysregulated blood sugar levels are **EXTREMELY** stressful to the body. If left unmanaged, over time they can lead to:

- Inflammation
- Weight loss resistance
- Nutrient deficiencies
- Joint pain
- Headaches
- Cravings
- Type II Diabetes
- Cardiovascular issues
- High cholesterol
- Sleep disturbances
- Alzheimer's Disease
- And so much more!

Dysregulated Blood Sugar

Caused by an unbalanced diet rich in excess refined carbohydrates and/or low in quality protein and healthy fats.

Eat refined/excess carbs → Blood glucose rises → Pancreas releases insulin → Insulin shuttles glucose to muscles/liver

HOWEVER, if the muscles/liver are FULL and have no more room for stored glucose, the remaining glucose either is converted to BODY FAT or *circulates* in the blood stream. Eventually, we see a large drop in blood sugar levels as the body manages to find a place for the glucose, but as the blood sugar rapidly drops, so does our ENERGY and we begin to crave sweets. Thus the cycle begins again and the negative effects build up over time.

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Step 1: Pick Your Protein

Choose: 3-6 oz of: Beef, chicken, turkey, pork, WHOLE eggs, wild caught seafood, no sugar added chicken/pork sausages, etc (any cut except super lean cuts of meat)

Avoid: Processed meats, soy protein, beans or other protein sources (these have more carbs than protein), meat substitutes

Step 2: Pick Your Healthy Fat

Hot uses: coconut oil, sustainable palm oil, butter, ghee (clarified butter), lard, tallow

Cold uses: (organic, extra-virgin, and cold-pressed is ideal) avocado oil, olive oil, sesame oil, flaxseed oil, nut oils (NOTE: these are NOT to be cooked with)

Other: Olives, coconut milk, unsweetened coconut flakes, coconut butter, avocado, raw or dry roasted nuts, seeds, and their butters (no added vegetable oils or sugar), organic full fat dairy (limited - not recommended)

Avoid: Canola oil, corn oil, soy oil, vegetable oil, grapeseed oil, rice bran oil, safflower oil, "buttery" spreads, "lite" butters, shortening, margarine, cottonseed oil, and any partially-hydrogenated oils or trans fats (check ingredient lists - they are EVERYWHERE)

Step 3: Load Up on Veggies & Healthy Carbs

Choose: 1-3 cups of **non-starchy** vegetables: broccoli, cauliflower, eggplant, peppers, onions, garlic, asparagus, carrots, zucchini, green beans, yellow squash, spaghetti squash, tomatoes, jicama, kohlrabi, leafy greens, etc (these are MOST IMPORTANT)

Add starchy vegetables or fruit on more active days: sweet potato, potato, plantains, butternut squash, acorn squash, parsnips, pumpkin, pears, apples, bananas, berries, melons, kiwi, pineapple, etc.

Gluten free grains/legumes should be limited, especially with blood sugar dysregulation, to one 1/2 cup serving OR LESS every other day: rice, quinoa, oats, beans, lentils.

Avoid: Gluten-containing grains, pasta, candy, breads, cereal, granola, muffins, cakes, pastries, fried or breaded foods, cookies, added sugar or artificial sweeteners, or any other processed foods

Names for sugar (beyond the obvious): monk fruit, turbinado sugar, agave nectar, barley malt, brown rice syrup, corn syrup, dextran, dextrose, fructose, glucose, HFCS, invert sugar, lactose, malt syrup, maltodextrin, maltose, mannitol, sorbitol, sucrose, erythritol, maltitol, xylitol, swerve, treacle, etc

Names for artificial sweeteners: acesulfame K/acesulfame potassium, aspartame, saccharine, stevia (white/bleached), sucralose. ALWAYS AVOID ARTIFICIAL SWEETENERS AT ALL COSTS

Sugars okay in limited amounts: dates, molasses, pure maple syrup, fruit as a sweetener, raw honey, green leaf extra stevia (limit)

Contact Olivia Borer at oborer@prairielife.com for more information & please visit oliviaborer.com for additional resources and articles!