

Selected quotes: **The impact of LCHF on Hunger**

"I have a very, very large appetite and I still eat a lot. But now I only eat at meals and I don't need to eat otherwise." C89

"When I got hungry [before LCHF], it wasn't: 'Oh, I think I would like to eat something now.' It was: 'If you don't eat something now, you'll die' kind of hunger. It was a really sharp pain in the stomach, like I just have to eat something. I haven't experienced any of those hunger pangs really ever since I started LCHF." C97

"[Around the time of diagnosis] I noticed that I was putting on weight around my tummy and the only symptom that I actually had was I was hungry all the time. And then when I started the low carb diet, I found that due to the high fat, it was easier." T139

"I fast because I don't get hungry anymore. So, I can actually go forty-eight hours without eating." C319

"I found that I was eating a nice substantial protein type breakfast later in the morning. I would start only getting peckish at about three in the afternoon and we have dinner early around five or six at the latest, so it didn't make sense to have another big meal in the middle of the day." C37

"I do get hungry. I know that Tim Noakes seems to eat like twice every 3 days. I get hungry so I eat." C53

"I just eat until I'm not hungry. I don't count calories, I don't weigh the food.... It satiates me." C83

"I got to the stage where I was thinking I don't actually really feel like this egg in the morning but then I was scared that if I didn't eat the egg I would feel hungry during the day.... It was probably after about a month or six weeks I stopped eating breakfast in the mornings before work." T101

"I just eat what I want and when I am hungry. In fact, sometimes I don't feel hungry at all." T103

"I stuck to [previous patterns of eating] and then realized, you shouldn't be eating if you are not hungry. So, I pushed my breakfast later and found I wasn't hungry" T127

"Since I have been Banting, I will not get hungry. I can easily eat twice a day." T131

"[After breakfast] I don't need to eat again until four or five in the afternoon. I just don't get hungry." T137

"Sometimes I am hungrier [than usual] at night. I do eat something, I'm not trying to go against my hunger." C29

"We eat when we are hungry. We don't eat regular meals and sit down at specific times" T149

"I don't restrict my calories but I do intermittent fasting." T157

Selected quotes: Cravings and addiction

"I've been brilliant since [LCHF].... I don't have any cravings or any hunger." C83

"I was very wary about the sweet taste of things. If we had supper outside our house ... when something tastes sweet I wouldn't eat it." C19

"I miss the sweet stuff. But the less you have of it the less you want. But I didn't know it then." C311

"I don't any longer get tempted by cake... That doesn't bug me anymore and I can happily sit through a party where people are eating everything under the sun and I am not tempted by it." T137

"I can walk through the cake department, the sweets department...the bread section, it doesn't turn me on anymore. If you knew me then and you know me now, you'd be amazed." - C319

"My hunger is pretty much controlled [now]. I went through a phase where I broke down and my sugar addiction kicked back in and I started raiding the biscuit cupboard at work. If I have 1 biscuit, it becomes 3 biscuits, it becomes the rest of the packet." - C13

"Sometimes I still crave, I feel I crave carbohydrates sometimes. So sometimes I feel like it's not as easy as other times." C343

"I have come to understand about banting, that I'm an addict. Carbs are something that I'm probably never going to be able to eat for the rest of the life, certainly not on a regular basis." C37

"When I go to the shop, the first thing I used to look for, was what are the specials on luxuries (chocolate cake, chips, chocolates, sweets, deserts)." C59

"I took one bite [of a low carb coconut product] and it was just full of Xylitol and very, very sweet. Immediately I wanted to eat the whole thing and I would have had that and another one, that was the immediate response." C73

"The beauty of the whole banting scenario in terms of lifestyle is you don't get the hunger cravings. So, it's not that you go somewhere and you feel you have to eat. You don't have to eat." C89

"Not having bread at all I could completely cope with but having one piece of bread was just infuriating for me and difficult for me, unsustainable for me." T109

"I thought this was wonderful, that I was able to have the erythritol, but then I realized actually I need to cut down on the sweetness, because my body is still craving sweetness. So, I have gone down on that as well, but there are occasions that I need to have something sweet." T139

"I stopped drinking cool drink. I drank a minimum of 2 litres of Coke every day of my life and I used to eat three chocolates and sometimes a 200 g slab of chocolate on my own, every day. I stopped that, not because the doctor told me to, I knew." T163

"It was a relief and I started getting addicted to LCHF." C31

Selected quotes: **Continuing struggles relating to eating / hunger**

"If I binge on things, it would be something like pork scratchings, which are on the top shelf, so I would have to get a ladder out." C97

"[My dietitian] said I can have the fat on food but nothing extra. I can't hunt for fat. So that's hard." C311

I struggle [with hunger], so it's quick to go for a sweet or a biscuit, so now it's a matter of drinking water or drinking herbal tea like chamomile. I struggle with hunger, but then it's all in the mind. I read something that says decide if you are hungry, or if you are just bored, so most of the time, you're bored, you just want to nibble, your mouth must just move." – C59

"If I'm not busy over a weekend, I'm snacking constantly. I've got to watch myself. I find myself wondering to the fridge every hour." - C19

"If I cook for 2 days, then I get the urge to eat because it was delicious and I couldn't leave it alone, I couldn't take my hands off it.... Although it was never with carbs, never with rice or bread or potatoes, always vegetables and meat and eggs and fish." C31

"I will often have a snack when I get home, like a habit, just head for the fridge." – C343

"I tend to do the fasting kind of thing, so I eat once a day probably. The rest of the time I'll drink coffee, I drink lots and lots of coffee." C79

"I restrict [cream] because I think it is so delicious and I have so much coffee usually, that's why I am jittering because I haven't had coffee [this morning]." T109

"I eat or suck a sugar free sweet or a sugar free bubble-gum, so that helps." C59

"Dinner is pretty early because I finish work at four. Then within the next hour I need to eat otherwise I go on a binge." T107

"I grew up at a time when food was a sign of love.... I have always been somebody who has taken comfort in food and I can remember whenever it got stressed... carbs are the cheapest things to buy, so I would eat." T137

"I have always been somebody who has taken comfort in food and I can remember whenever it got stressed, I would go and of course carbs are the cheapest things to buy, so I would eat." 137?

"If I stick to a low carb thing properly I'm never ever hungry. I am more bored or need food because of boredom than I am actually feeling hungry." C343

Selected quotes: **Control of diabetes and other medical conditions**

"[I am] very positive in the fact that I feel more under control. That I can do this by diet. I really do not want to go onto medications and I can control it by diet, which is very positive for me." T139

"I have got my life back and for me that is really, that is really important. You know, I have got my life back." T137

"Knowing how I feel and how good I feel health wise and weight wise, I would never want to go back the other way, because I wouldn't want the battles that I had with the excess weight and with the diabetes particularly, and all the other health problems, which have gone and it is being like a miracle." T127

"I am aware of being able to cope with stress better having lost weight. Things that used to stress me don't so much, not that I am immune from stress but I am better able to cope with it.... I feel smarter. I also feel braver. Having succeeded to lose so much weight, it's given me a real confidence in myself." T109

"I think the most important [influence of LCHF] is psychologically.... I do think it is a panacea for more than people actually realize." T151

"I got the benefit and spin off of weight loss and all my blood numbers improving and normalizing. I'm saying but hang on, my life has normalized... my health has normalized and what a pleasure" C13

"It cured my diabetes that's for sure, I am diabetes free now. As long as I keep doing LCHF, I have no diabetes anymore." C31

"My goal was to get off the Insulin. That was my ultimate goal and I thought if I can lose weight, and also control and regulate my sugar that was my goal.... I find that I get excited, that I look good in what I wear and even if I stay the way I am, I am okay with that." T131

"The centimetres are going but the kilograms are not falling as fast, so I must say I am sitting at a stage where I think a lot of people are saying is [LCHF] the right thing? T107

"[Speaking about his previous high carbohydrate diet] I could never control my weight unless I ran 140 km a week or more." C73

C29 – "I feel a lot better because, and I'm 100% convinced because I'm a lot lighter. My knees are not sore, I'm up and about, so, yes."

Selected quotes: **Positivity and energy**

"I'm far more positive about the future. The pain in my knees and my back have disappeared. I'm more focused and I'm able to concentrate more on a particular task." C17

"All I can say is that it's an amazing, positive feeling.... I eat right, I drink less medication, and I'm still weaning myself off it. So, yes, that's a huge positive." C19

"I stopped injecting [insulin] and it made a tremendous difference. I had more energy, I could sleep much better and I didn't need the carbs anymore." C31

"It feels so much better when you are eating properly and taking care of yourself. It feels like it's supposed to be like that." C311

"It's taken me three years but my body has healed astronomically. It's been amazing.... The doctor took me off my blood pressure pills as well and it's been amazing" C319

"I'm just generally more alert, more awake, more alive, if you want to call it that." C79

"It's great, I love what I eat and I'm in a better place for it." T103

"So, that was my motivation - this fear of dying on the operating table. I mention that to say that my diabetes was really bad and to think that now I am on no medication at all, is extraordinary." T109

"I feel positive about myself." T139

"When people see me, they say that it is like I am glowing. I am, there is something different. And I feel healthier, I definitely do." T131

"I can concentrate longer and work longer. I'm more alert, because with teaching you have to be tuned in, and I've got more energy. My energy levels are up as well. I feel more energetic." C83

"I just have more energy, immediately I felt more energy and a new sort of enthusiasm, and then I was running, it really got me back into running." C73

"When that fat came off, suddenly I had the desire to get up and go. So, something came back, it was amazing." C13

"And that has been exciting as well and just generally within myself, feeling so much better, just hyped about life, whereas before, everything was a chore, you know? And being ill for so long with so many things and..." T127

"All of a sudden I had so much energy. Things that I can do, that [people] younger than me can't do, or [people] the same age as me, they can't even come close.... But I just got the energy levels." T163

Selected quotes: **Sustainability**

"I think people hear the word diet, suggesting it's something that you do short term.... So, it's a way of living rather than a diet. I think that distinction is important. It's great, I love what I eat and I'm in a better place for it." T103

"I don't see it as a diet, it is a lifestyle. I really don't see it as a diet and I feel like a missionary, I want to go out and tell people, 'Yay, this is what this diet has done to me.' And I get a lot of flak from people who say, 'Yes, but all the fat.' They don't understand." T149

"I believe every diet works. I simply came back to saying this is sustainable, it is sustainable. My CDE doctor asked me if I'm going to eat like this for the rest of my life and I said well why not." C13

"I think LCHF is easy.... I think you realize it is not difficult once you're in." T163

"Oh, LCHF is easy. It's a way of life. It's a lifestyle. I am always having this discussion with people, who haven't fully committed and are really scared of the fats. They just can't believe that I am not at all concerned. I am not going to go back." T151

"I just feel that rather than develop Type 2 complications one day, I would much prefer to sustain it the way I am doing it. For me, it is sustainable." T139

"The first two weeks is not so nice but thereafter, just amazing and I will never go back." T127

"There is no reason why I think I would change [my diet]." T109

"I've been doing LCHF since 2014, it is 2017 now and I don't intend changing it ever." C79

"If you don't make it a lifestyle change, then it's not going to work. So, for me, the low carb diet is a better option, because you can eat more, you stay full longer and it's healthier." C59

"I think it's exceptionally sustainable. I've actually focused on making it sustainable. That is why I don't want to measure, I want to learn to judge what I need to eat and how I need to eat." C37

"I think for me it's sustainable, I feel like it's become a lifestyle." C343

"I am going to stay on it for life. With the weight problems I've had all my life... Yes, I won't go back to eating potatoes and crisps and noodles and things like that. I am really not interested anymore in that kind of food. I am quite happy to eat what I am eating." C319

"It takes out much of the joy for me at this stage. Maybe it's just early days. Because I can remember being very sorry for myself when I started with the LCHF. I couldn't freely partake in everything anymore. Now it's even worse." C311

"I've never been able to lose weight for more than a few months and I've been at it for almost a year now, so I would say I'm pretty much going to eat that way for the rest of my life." C29

Selected quotes: **Socialising**

"It is a battle with regards to the general public, because they don't understand why I am doing low carb. And then you get the frowns, the 'Why are you not eating fruit anymore? Why are you not eating sugar anymore?' So, that has been my main battle." T157

"Having supper in a restaurant is a problem in the majority of restaurants. It's just not enjoyable anymore. That's the one thing that influenced my lifestyle, I would look at a menu and there would be nothing on it that I could have, that I would feel comfortable eating. It's different if you're not a diabetic and you crook on one meal, it's not the end of the world. I don't want to get suckered back into a lifestyle that I'm not comfortable with. So, there's no way that I'm going to have something or a hamburger bun - I would rather avoid it completely." C19

"The only problem is if you are on the road traveling as we do. If you feel hungry you can't just walk into a takeaway and find something LCHF friendly because it is not yet everywhere." C319

"When people are going out for dinner and they are not aware of your [eating habits]. Occasionally, you just need to put [LCHF] aside and just eat what they give you." C343

"The only time it becomes a little awkward, is if you get invited around to somebody's house for a dinner party. Now you're caught between the world where they're dishing up food that you don't want to eat, or you actually might want to eat but you shouldn't eat. You don't want to offend them and you don't want to be picky." C37

"The odds are if we are going out to eat then we've either eaten beforehand or we're not going to eat and basically have water, because it's a pointless. You just can't get people to give you what you need." C89

"I'm very careful when I go out. I'll either not have anything to eat because I don't trust what other people put in their food or I'll be very careful and have a chicken and salad and then people get ratty with you. Like come on." T101

"[People] cant' put two and two together to see it's benefited me. 'You can have a heart attack if you eat all that fat.' All of those stereo typical comments do come out on occasion." T103

"I think it is difficult for me at times in a social atmosphere. Other people don't understand that I am trying to do it without medication and I am trying to lower my sugars with diet. They will say things like, 'Oh just have a piece of cake, it won't kill you.' And inside I am saying, well actually it may just." T139

"And I get a lot of flak from people, who say, 'Yes, but all the fat', and they don't understand." T149

"The negatives come mainly out of your social life. Because you are the person who is different, you are the person who is not doing it. You are the person who is not going out." T163

Selected quotes: **Interactions with medical professionals with respect to LCHF**

"He's always very impressed with my results when I have them out. But he's never really encouraged the low carb high fat diet." C343

"Well I think he is pleased with it, but he obviously won't discuss about it." C83

"I would like to see the point where the doctors that are seeing me, the regular doctors that are seeing me, recognized the fact that I have lost weight, that I am on a strict diet, that I, I take responsibility for my health." T149

"[My doctor] seemed to be a bit more positive about the whole thing. And I could discuss one or two [LCHF] things with him, without him saying: 'No, no it is rubbish.'" T127

"[My dietitian] wouldn't allow me to do LCHF. She said no, you have to take the 6 meals per day diet. [...] Three months later, I made another appointment and when she saw me entering the office, she said like oh my God who, is this? [...] She knows everything about LCHF now and she's very, very supportive." C31

"Not one of the 7 medical persons that I interacted with supported me, not one of them. The occupational health doctor and nurse, specialist physician, the CDE, the doctor, the medical advisor, the two dieticians that have been there, the Lilly person, nobody supported it." C13

"[My cardiologist] said, 'Those people who are [on LCHF] are going to come to me with heart disease. You wait. I'm just waiting for it. I'm going to be busier than ever.'" C53

"[My doctor] started off by saying, 'This is where it is going to go wrong.' After about a year and a half, she suddenly lost a lot of weight and I said to her: 'Have you got a secret, you want to share?' And she laughed and said: 'Go away.'" T137

"[My doctor] is fully behind the concept of the low carb diet, which is probably why I am quite happy where I am" C79

"I bought the book and then I went away from that dietician and started my own journey with Banting. Trial and error." C311

"I purposely chose doctors, who are hostile. But I made a deal with them. I said to them, I am in charge of my health, not you." T103

"[My doctor] told me to go completely onto meat, poultry, oily fish, cheese, green healthy vegetables leafy vegetables and come back and see him in 3 months." C29

Selected quotes: **Medications**

"My goal was to get off the Insulin. That was my ultimate goal and I thought if I can lose weight and also control and regulate my sugar, that was my goal." T131

"[My wife's] been trying to persuade me to do LCHF for about 2 years and I resisted completely... But with the pressure of going to short-term insulin, I did a re-think" C37

"Just from my own personal psyche, I was terrified and I still am of having to deteriorate to a point where I have to start taking insulin injections and I wanted to avoid that." C89

"My doctor told me that it was okay for me to drive again, which was a huge difference and I stopped every medication again, the Metformin, the Statin and insulin." C31

"When you get involved in reading up a lot of what goes on, you start understanding that maybe there are things there that maybe you've been prescribed which maybe are inappropriate." C89

"This guy I go to is of the mindset that don't fix something that is not broken. And if you change that one thing, you can just cause a whole series of problems elsewhere. And I sometimes wonder if I couldn't reduce the medications slightly." T163

"My doctor feels you know, just stick with the medication." T109

"The belief was that as long as you are on these little tablets, life is cool." T107

"I have also cut down on animal fat. I think it was two months ago, when they told me my Cholesterol was so high." T149

"The one visit he said, 'So you're refusing to take Statins?' I said, 'Yes', so he said, 'Sign this form that I'm refusing to take treatment for my hypo whatever...' And I said, 'Sure, bring me a pen.'" - C13

"I stayed on the statins. I am actually not keen to stay on them I must say. The jury is out on the statins big time." C37

"I didn't want to subject my body to those poisons. So, it was my own choice [to go off statins] and I was foolish, I should have stayed on my medication. Well, that's what I've been told." C319

"My lipids have been good on this diet. On a high fat diet, you expect them to shoot up, don't you? But they don't." C83

"I immediately wrote to them, both of them, saying, 'I have stopped [statins] on my own accord and I acknowledge that you have told me to take them.' They are so shit scared of the Medical Health Council." T151

Participant age and gender by code		
Code	Gender	Age
C13	male	58
C17	male	52
C19	male	46
C29	male	46
C31	male	56
C311	female	67
C319	female	66
C343	female	52
C37	male	65
C53	female	64
C59	female	55
C73	male	67
C79	female	41
C83	male	59
C89	male	62
C97	female	59
T101	female	51
T103	male	49
T107	female	49
T109	male	48
T127	female	63
T131	female	67
T137	male	65
T139	female	63
T149	female	67
T151	male	72
T157	female	33
T163	male	67