



Nutrition Guide

Mind

HAVING TROUBLE
CONCENTRATING?
TIRED & UNMOTIVATED ?

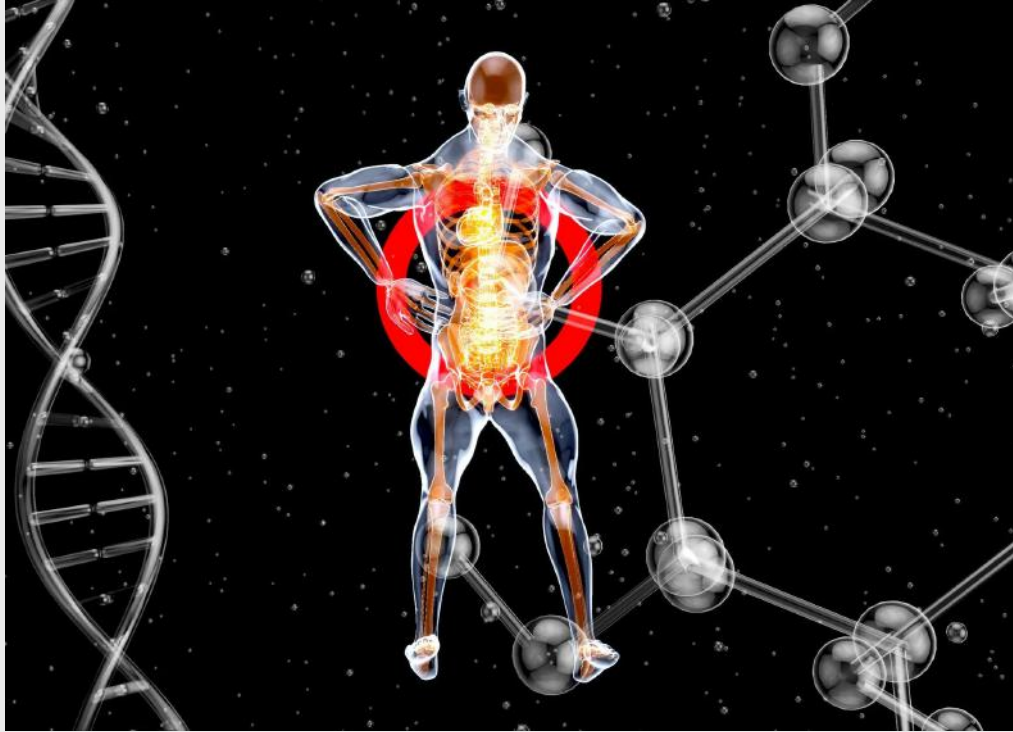
Fuel up to feel good

THE BASIS OF GOOD FUNCTION
IS THE FOOD YOU EAT

Eat Healthy

FOOD QUALITY & HYDRATION - THE BEDROCK OF GOOD HEALTH

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The 3 Key Principles

BUILDING A STRONG FOUNDATION

The key principles of nutrition:

No.1 Food Quality

No.2 Hydration

No.3 Meeting Nutrient Needs



Why focus on your nutrition ?

Your dietary intake has a profound impact on every metabolic process in your body. These processes rely on the presence of essential nutrients like water, oxygen, amino acids, vitamins, and minerals - which support everything from physical repair to cognitive function, immunity to mood regulation. By optimising your food choices, you can help ensure that your body has everything it needs to function at its best

Food Quality

TAKING A WHOLE FOODS APPROACH

Your dietary intake has a profound impact on every metabolic process in your body. These processes rely on the presence of essential nutrients like water, oxygen, amino acids, vitamins, and minerals, which support everything from physical repair to cognitive function, immunity to mood regulation. By optimising your food choices, you can help ensure that your body has everything it needs to function at its best.

The processing of foods often involves stripping away essential vitamins and minerals, leaving heavily processed foods lacking in these important micronutrients. As a result, diets that primarily rely on processed foods may not provide the nourishment that the body needs to function optimally.

Swapping out highly processed foods for whole food alternatives can have a significant impact on the nutrient density of your diet. This, in turn, can have far-reaching implications for all metabolic functions. All bodily processes rely on essential nutrients, as previously mentioned above. A diet that primarily consists of fast food or meals that lack colour and substance may not provide the recommended daily intake of these crucial nutrients. As a result, bodily processes may not be able to function optimally, leading to subpar health and wellness.



Hydration

THE KEY TO OUR VITALITY AND HEALTH

Roles of Water in the body;

1. Water acts as a dissolvent and transporter for electrolytes, vitamins, oxygen, and minerals, helping to deliver these essential nutrients throughout the body.
2. Water serves as a catalyst for biological reactions, facilitating vital chemical reactions in the body.
3. It lubricates joints and connective tissues, reducing friction and preventing damage in the body.
4. Water helps regulate body temperature and blood pressure, ensuring that the body remains within an optimal range.
5. It provides minerals like magnesium, calcium, and potassium, which are essential for healthy bodily function.
6. The body uses water to eliminate waste products, including toxins and excess minerals.
7. It is necessary for glycogen storage, which the body uses for energy during physical activity.
8. Cellular hydration levels impact the body's ability to build muscle, with adequate hydration being essential for proper anabolism.
9. Proper hydration is essential for maintaining the muscle pump, which is important for healthy blood flow and circulation.
10. The kidneys rely on water for proper filtration, with dehydration potentially leading to kidney damage and disease.
11. It serves as a medium for digestion, with water helping to break down food and facilitate the absorption of nutrients in the body.

Filtered and bottled water ideally but otherwise opt for beverages that are appropriate for your health goals and needs, while avoiding those that are not beneficial. These include; alcohol, Red Bull, Lucozade Energy, Monster, Relentless, sugared Coca-Cola etc.



Meeting Nutrient Needs

CELLULAR LEVEL WELLBEING

Vitamins and minerals are crucial for optimal health and performance. Achieving recommended intake levels can promote a range of health benefits and improve physical performance, including:

- Supporting a robust immune system that defends against illness and infection.
- Enhancing muscle growth and repair, which is essential for maintaining strength and endurance.
- Boosting energy levels by aiding in processes related to energy production and metabolism.
- Supporting healthy bone formation and maintenance, which is particularly important for athletes and individuals at risk of osteoporosis

Supplements are potentially not necessary when you are eating well with whole foods, as the uptake of vitamins and minerals will be achieved through your meals.

Fruits and Veggies;

Aim for colour on your plate - Red, Green, Yellow/orange, Purple/Blue. Look to consume 2 portions from each colour set over the course of your day.

Dried fruit portion size - half that of fresh to avoid additional sugars intake.

Portion size in the region of 80-100g.



Carbohydrates

FUEL TO PERFORM

The Carbohydrate Calorie contribution is 4 Kcal/g

Functions of Carbohydrates include;

- Glycogen storage
- Micronutrient contribution
- Carbohydrates are the preferred metabolic fuel source in humans (brain, nervous system, red blood cells).
- Thyroid function
- Large source of dietary fibre

Carbohydrates - fibre, starches and sugars - are essential nutrients that your body converts into glucose (blood sugar) for energy. COMPLEX carbs found in fruits, vegetables, and whole grains are less likely to spike blood sugar compared to SIMPLE sugars.

So why the bad wrap?

Refined carbohydrates are processed in a way that significantly reduces their nutritional value. As a result, you may miss out on essential nutrients such as fibre, vitamins, minerals, and polyphenols by consuming these food sources. Common sources of refined carbs include:

- White bread and white rice, which have been stripped of the majority of their nutritional content during processing.
- Ultra-processed snacks like crisps, sweets, and cakes, which are often high in refined carbs, but low in essential nutrients.

By limiting your consumption of refined carbs and focusing on nutrient-dense food sources, you can ensure you are getting the vitamins, minerals, and fiber your body needs to maintain optimal health.

To create the highest level of performance, you can consume your carbohydrates strategically to suit your day and week requirements. Improve workouts and activities by consuming the larger portion of your daily carb intake as 'pre' and 'Post' workout meals - by eating 90 to 120 minutes prior to physical exertion and then 30 minutes post workout, you can benefit by fuelling higher level output and also maximise recovery food intake for muscle repair.

A typical 2500 kcals/day diet would include approx. 250-350g of carbs.

Fibre intake targets: Males 38g/day Females 25g/day



Protein

BLOCKS & CHAINS OF GOOD HEALTH

The Protein Calorie contribution is 4 Kcal/g

Functions of Proteins include;

- Proteins are composed of amino acids, which are fundamental chemical units. Your body utilises these amino acids to build and repair muscles and bones, make essential hormones and enzymes, and provide an additional source of energy.

The tissues in your body are made up of a total of 20 amino acids, all of which play a vital role in maintaining optimal health and performance. However, 9 of these amino acids are classified as essential amino acids, including leucine, isoleucine, and valine. These three (BCAA) are particularly important for muscle growth and recovery, as well as preventing muscle breakdown during exercise.

To create the highest level of performance and remain in a positive protein balance, you should aim to consume your proteins evenly throughout the day. 20-40g per meal is needed to maximise protein synthesis per meal.

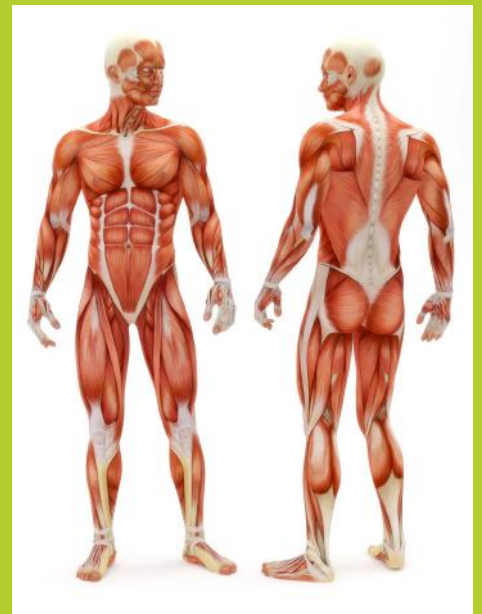
Good quality proteins include;

- <5% Beef
- Poultry
- Fish
- Whey
- Nuts
- Eggs

Protein effects on the body include;

- Increased satiety
- Greater thermic effect of food
- In a calorie deficit, elevated protein intake can cause greater fat loss.
- Increased partitioning of calories

A typical 2500 kcals/day diet would include approx. 150-250g of protein.



Fats

KEEPING THE LIGHTS ON WITH A STEADY BURN

The Fats Calorie contribution is 9 Kcal/g

Functions of Fats include;

- Internal organ cushion
- Body temperature
- Vitamin absorption
- Cell membrane structure
- Hormones production
- Lubrication

Fats can be generalised in to 4 categories:

- Monosaturated
- Polyunsaturated
- Saturated
- Trans



Examples of MUFAs (monosaturated fats) include; Olive oil, Avocado, most nuts, egg yolk, Canola oil and more.

Diets rich in MUFAs can aid in weight loss and may lower heart disease risk factors, provided they do not increase overall calorie intake. Foods high in MUFAs, may also help reduce cancer risk, inflammation, and insulin resistance.

Examples of PUFAs (Polyunsaturated fats) include; Oily fish and fish oils, many vegetable oils, linseeds, some nuts and more.

Polyunsaturated fatty acids are a type of fat found in certain foods, crucial for nerve function, brain health and muscle strength. PUFAs are considered 'essential' because the body requires them to function properly but cannot produce them on its own, making it vital to obtain PUFAs through diet.

Example of Saturated fats include; Butter, Fatty meats, Cheese, Coconut oil, Cream and more.

Saturated fats play an integral role in hormone production; however, it is also associated with raising bad cholesterol and increasing the risk of heart disease. Therefore, saturated fats should comprise less than 6-7% of your dietary fats intake.

Examples of Trans fats include; Biscuits, Cakes, Pastries, Doughnuts, Fast food and more of the seductive quick hit refined sugar foods.

Trans fat is the most harmful type you can consume. Unlike other fats, trans fats, or trans-fatty acids, raise 'bad' cholesterol and lower 'good' cholesterol. Consuming a diet high in trans fats dramatically increases the risk of heart disease, the leading cause of death in adults. A diet high in trans fats significantly complicates maintaining a healthy weight. Additionally, trans fats can negatively impact mood regulation and energy levels, leading to increased fatigue and higher risk of mood disorders.

A typical 2500 kcals/day diet would include approx. 50g of fat.

Index Terms



A Metabolic process is a series of chemical reactions in the body that keep us alive and healthy. There are two main types;

- Catabolism: breaking down food to get energy
- Anabolism: building and repairing body tissues.

These processes help our bodies grow, produce energy and respond to the changes.

Amino acids are the building blocks of protein. They are small molecules that combine in various ways to form proteins, which are crucial for many functions in the body, like building muscles, repairing tissues, and supporting the immune system.

Processed foods are foods that have been altered from their original form through cooking, canning, freezing, or adding ingredients. They often contain additives, preservatives or artificial flavourings. Examples range from bread to cakes, pies, biscuits all the way through to many fast and ready-to-go foods.

Whole foods are basically the opposite of the above, foods that have seen very little processing - as close to their natural state as possible, such as, fruits, vegetables, nuts, seeds, whole grains and lean meat cuts (chicken and turkey skinless breast, fish etc).

Macro nutrients are the nutrients your body needs in large amounts to provide energy and support growth. They include carbohydrates, proteins and fats.

Micronutrients are essential nutrients needed in small amounts for good health. They include vitamins and minerals like vitamin C and iron, which help with body functions such as immune support and energy production.

Glycogen is a form of stored carbohydrate in the body, mainly found in the liver and muscles. It serves as a quick source of energy when needed, as it can be broken down into glucose (sugar) to fuel various bodily functions as needed.

Complex carbs break down slowly in the body, providing a steady source of energy and helping you fuel for longer without overstimulating your blood glucose response.

Simple carbs are sugars that are quickly absorbed by the body. They are found in foods like sweets, fast foods and white bread. They can quickly provide energy but are far more likely to cause spikes in blood sugar (glucose) levels.

Protein synthesis is how cells create proteins by putting together amino acids. These proteins are then used for building and repairing tissues.

A HEALTHY DIET

CHANGE YOUR HABITS TRANSFORM YOUR LIFE

You've heard it a million times...
People telling you to cut out sugar.

We think we are going to end up with 6 pack abs.
Instead...

We end up feeling frustrated because we can't stick to our diet.
You probably even find yourself binge eating at times, thinking 'to hell with it', only to find yourself regretting it and starting again the next day.
For what its worth, you're not alone.
Its very common for this to be an obstacle on your journey to better health.
Unfortunately, whilst it remains an obstacle, you're never going to get there.
Because taking control of your diet is one of the foundations of a healthy body.
If you're not eating well...
If you're having to rely on coffee and sugar for energy...
You're going to be stressing your adrenals and other systems in the body that need to function optimally if you are to be as healthy as you dream of.

Lets assume you want to actually hit this head on.
What do you do about it?
Well here's a tip...

Throw out all of your junk food in your cupboard and only ever eat treats when you're out at a restaurant.
You see, for many of us, its the temptation that screws with our results.
We're tempted to eat whatever is in the house if we have a bad day or are tight on time and can't be bothered to cook.
Or its the deprivation we feel on fad diets.
We go to restaurants and feel like we are missing out.
Get a handle on temptation and deprivation and you'll eliminate two of the biggest reasons people fail on a diet.
Bingo !
Put that in to action and its gravy from now on!
So what are you waiting for?
I've outlined exactly what to do.
You now know the battle plan.

Go make it happen my friend!

Want one-to-one help on your quest to get fit and healthy ?
Email me to schedule a 100% free coaching session with me and let me provide you with some personal advice to help you get on the right track.

I look forward to helping you.

