

Nutrition Guidelines

Your day in context

Learning to build a meal is essential, but learning to build your day is important too.

We must begin to think about your meals in the context of a whole day so that you are not overdoing it in any areas.

General healthy guidelines for daily practise:

1. No more than one portion of oily fish per day
2. No more than one portion of red meat per day
3. If you have had oily fish, perhaps choose a white fish/meat for your other main meal
4. If you have had red meat, perhaps choose a white fish/meat for your other main meal
5. If you do have red meat and oily fish in the same day, make your snacks high protein but low fat to keep your balance
6. Keep one meal per day carb free (on most days if possible)

Do you see? By understanding the context of the whole day, we can begin to ensure that you are getting a good balance

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Paying attention

If you are getting hungry (not thirsty or bored) earlier than you had anticipated it could indicate that you are not eating enough at your meals. This is where we would begin to deviate from the meal builder a little and tweak things around to suit your needs!

In this case, firstly try increasing your protein portion by $\frac{1}{2}$ palm size and a bit of extra veg/salad and see if this makes a difference. If it does not, discuss this with me and we will look at your meals in more detail.

We need to make sure that you are eating enough, to support your metabolism and your weight loss goals. If you are not eating enough you will not lose weight, if you are eating too much, you will not lose weight.

We must get this right and we shall experiment with this each week until we find the way that works for you!

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Sourcing your food

I do recommend organic produce wherever possible. We want to be putting the highest quality food into our bodies simply because we want to maximise our chance at being healthy and long lived!

Organic products are more expensive, therefore you have to make a decision about where you want to invest your time, energy and money in this process.

One of the more cost effective organic products is VEGGIES, you can get a fantastic veg box packed full of wonderful colourful, flavourful veggies (and/or fruit, salad) delivered to your door each week.

I use a company called RIVERFORD but there are others available if you wanted to use them! I look forward to my veg box each week because I love the quality and the taste of the vegetables and I also love knowing that I am loading high quality nutrients into my body!

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Sourcing your food

EXAMPLE BOX

Punnet tomatoes, punnet mushrooms, 3 leeks, 2 courgettes, bag greens, bag purple sprouting broccoli, 2 large sweet potatoes



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Anti inflammatory living

Your weight loss and health will be impacted by your consumption of inflammatory foods. This is anything that has the potential to cause inflammation on the inside of your body.

You know what inflammation looks like on the outside of your body, imagine what your skin looks like when you scratch yourself, it goes red, maybe a little swollen. When you have a high inflammation lifestyle this can happen on the inside too!

Inflammatory foods to minimise

- Sugar.
- Vegetable-Oil.
- Fried Foods.
- Refined Flour.
- Dairy (in some people)
- Artificial Sweeteners.
- Artificial Additives.
- Saturated Fats.
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Inflammation

There are numerous inflammation related diseases that we can develop over the years through consistent ingestion of high inflammatory foods, and a lack of anti inflammatory foods.

1. Chrons disease
2. Ulcerative colitis
3. Cystitis
4. Arthritis
5. Diabetes
6. Heart disease
7. Alzheimer's
8. Cancer
9. Autoimmune diseases (thyroid etc)

So it is really important that you get a good balance of anti-inflammatory foods to combat any junk/fast/packaged foods that you do choose to eat.

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Anti Inflammatory foods

- Organic tomatoes.
- High quality extra virgin olive oil.
- Green leafy vegetables, such as spinach, kale, and collards.
- Nuts like almonds and walnuts.
- High quality fatty fish like salmon, mackerel, tuna, and sardines.
- Fruits such as strawberries, blueberries, cherries

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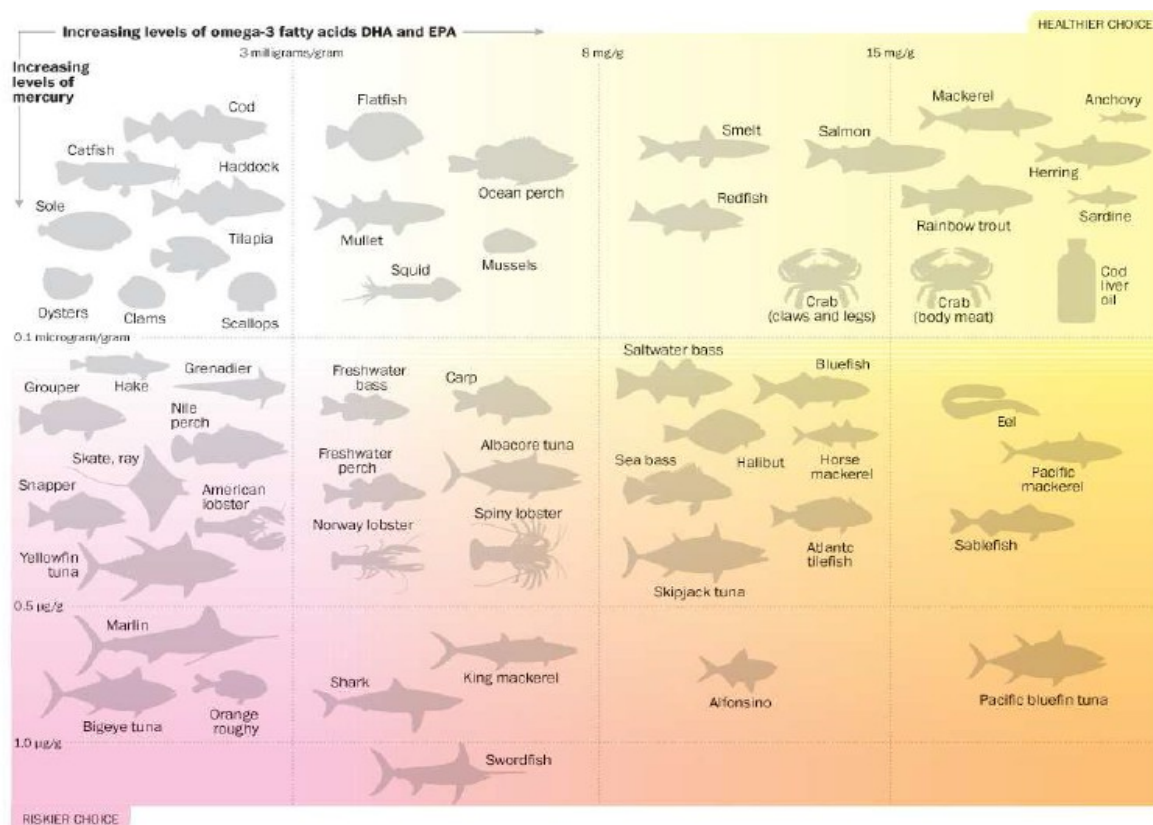
Fish

It's important to recognise the value in fish for amazing nutrient density and great fatty acid profiles.

Use the diagram below to seek out the best types of fish bearing in mind that you probably want a good balance between fish that have high omega 3 fatty acids and low fatty acids.

Low mercury is also a pre-requisite for better health!

When choosing your fish, always aim to seek out wild-caught fish instead of farmed fish.



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Eliminated foods

I dislike the practise of banning foods or food groups for no good reason so this short list includes a few things that I feel very strongly about and should not be included in your nutrition for health reasons!

- Margarine or any man made fake butter spread concepts
- Vegetable oils including sunflower oil, vegetable oil, soybean and canola
- GM Soy based protein supplements/ GM soy based processed foods

Anything else that you are not sure about, ask me! We may have to cut out other foods, but this will be based on how the foods react with your body and affect your energy, mood and gut.

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Soy debate

Types of soy that are OK (as far as I can tell!)

1. Miso
2. Natto
3. Tempeh
4. Edamame

As always with any nutritional choice, IT DEPENDS ON

1. Your nutrient status
2. Your nutrient quality
3. Your metabolism
4. Your hormones
5. Your exposure to toxins, xenoestrogens
6. Your micronutrient consumption
7. Etc etc etc

Your best bet, is to read this research article and make your own decisions about whether you want to include soy based products in your nutrition

<https://examine.com/nutrition/is-soy-good-or-bad-for-me/>

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Limited foods/drinks

Caffeine

Coffee is a great antioxidant and super healthy in small amounts. It can also wear out your adrenals and cause poor quality sleep which will work against us in weight loss.

I recommend investing in a decent decaf brand like Grumpy Mule as these are organic and not chemically processed (look for 'swiss water filtered')!

Aim for no more than 1-2 cups decaf per day, and limit to 1 caffeinated beverage – focus your fluid intake on water! Lots of water and herbal teas!

Alcohol

Red wine has health benefits, so if you like this then that's great! Most alcohol is empty calories and will be a thorn in your side for weight loss. I'm not saying never, I'm just saying – be aware of your intake and account for it with great food choices. If you are having some alcohol, perhaps this is the day where you forgo dessert. Create that balance that works for you!

Junk food

As mentioned before, find the balance that works for you and your results. We all know that chowing down fast food and packaged foods isn't the best. However, it does not mean that we have to eliminate it completely.

You can find a happy medium, sometimes we might want to eat a take away or in a fast food restaurant because our family is, and we need to be able to share times with our families without feeling guilty or ashamed or anxious.

Do you see?

This will become clearer over time, as you learn to read the symptoms that your body is giving you about which foods are the best choices.

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Gut health

Your gut flora is important in absorption of nutrients from your food. It plays a role in your health (a BIG role in fact) and therefore in your weight loss.

An unhealthy body, will NOT prioritise weight loss!

Things that COULD trigger your gut...

1. Gluten
2. Wheat
3. Dairy
4. Alcohol
5. Sugar
6. Fibre

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Probiotics

1. Kombucha (fermented tea, try brand: 'love kombucha')
2. Kefir (try brand:: 'biotiful' can order from Riverford, be wary of supermarket brands as these are often pasturised)
3. Fermented veggies (saurkraut, easy to make at home)
4. Miso
5. Tempeh
6. Kimchi
7. Dark chocolate (try cacao nibs)

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Prebiotics

1. Raw garlic
2. Raw leeks
3. Raw chicory root
4. Raw or cooked onions
5. Raw dandelion greens

Adding any of these foods into your nutrition will be a fantastic way of supporting your gut health.

If you have a sensitive gut, please be aware that adding these in could trigger off symptoms like bloating, gas or diarrhoea. Add things in slowly, carefully and in small amounts to begin with.

When you have ascertained that your gut is happy, you can add a little more at a time!

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Quick tips

Oils

When cooking with oil, use high temperature resistant oils such as organic virgin coconut, macademia nut or avocado oil as they have a high smoke point and will retain their integrity when heated.

Olive oil is ok for roasting however is certainly better at room temperature where its structure remains uncompromised – best used as a salad dressing for example.

Butter (proper butter like Kerrygold) is great for scrambling eggs or omelettes!

Hunger

Often when we feel hungry, we are dehydrated, if you have eaten recently and can't fathom your sudden hunger then please try drinking a glass of water and waiting 20 minutes. If still hungry, make a note and come and talk to me – useful information to have would be a record or photo of the meals that you had that day.

Energy

If you find that your energy drops after breakfast or lunch, take a look at what you ate! Often brain fog and fatigue can be a sign of being a little less tolerant to carbohydrates, we can make a few simple tweaks in your nutrition to combat this. Collect the information and bring it to me!

Prepping

Getting ahead and having food in your fridge will be a god send when you get home from work feeling exhausted and nothing like cooking a big dinner from

scratch. Enter FOOD PREP!

If you can cook in batches (bolognaise, chillis and curries all keep well) you will always have some emergency food for those days when cooking seems like too much effort! Rather than ring the take away, you have a readymade, homemade meal right there. Left overs also make great emergency meals, or lunches for the next day.

One of the easiest ways to batch cook is to prep extra dinner so that you have extra portions left over for the following day.

Food diaries

Really useful information for me to know include the following: hunger, energy, cravings, mood. If you are tracking your food in a diary, please also include information about these to give me context.

The more we can relate food to any symptoms that you might be having, the faster we can get results for you! Use the food diary template on the next page to track your food and hand it in to me when you have 7 days recorded.

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Jazzing up your food

Add a crunch

Add chopped walnuts, roasted chickpeas, pumpkin seeds (or other nuts)

Maximise your protein shake

Add collagen (*Great lakes*) to your protein smoothies for extra protein and support for your joints and gut health

Jazz up you green smoothies

Add fresh mint, ginger, coconut water for healthier, tastier smoothies (find recipes online for quantities)

Get the best out of your veg

Steam your veggies where possible, minimise frying and roasting and don't boil them to death!

Simple salad dressings/toppings

Extra virgin olive oil (*sparingly*), fresh lemon, salt, pepper, seaweed sprinkles, balsamic vinegar, apple cider vinegar

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Snacks

- Edamame beans
- 1-2 boiled eggs
- Sugar snap peas
- Celery sticks with nut butter
- Apple slices with nut butter
- Homemade hummus with carrots/celery
- Jerky/biltong (grass fed)
- Small handful nuts/seeds (~30g)
- Slices of sweet pepper wrapped in ham/chicken slices (quality meat!)
- Tin of tuna
- Protein shake
- Dark chocolate (~15-20g)
- Total greek yoghurt 0% or 2%
- Coconut yoghurt
- 1 portion of fruit/veg
- Quark
- Cottage cheese
- Olives
- Homemade protein bars

For the most part try to snack on veggies, proteins, and healthy fats and then keep your main carb intake at your evening meal.

Your choices for your weight loss must factor in being able to control your blood sugar and insulin. If we can control carbs throughout the day and use the optimum time for consuming carbs as after training sessions and at dinner time in the evening that would be an ideal situation!

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Vegetarian

We all know that protein is key in lots of bodily processes that keep us alive, but its more than that – it also helps us in our quest to lose some body fat

Ensuring adequate protein is key for energy, performance, muscle growth and as an omnivore its fairly easy to hit your targets – simply rotate a variety of fish and meat through your meals and you're pretty much golden

But for the vegetarians amongst us it's a bit harder to hit our protein goals so I wanted to put together this info sheet to help bring the vegetarians up to hitting moderate-high protein targets!

Additionally I think it's important that we do seek out a variety of nutrient sources, and vary our foods as much as possible so occasionally opting for a meat free meal in favour of a vegetarian meal would be something to try out!

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Vegetarian Protein

These are some of the foods that we can include that have a high protein content

- Quinoa (8g protein in 1cup cooked)
- Edamame beans (11g protein in 100g cooked beans)
- Eggs (6g protein per egg)
- Buckwheat (6g protein per cup cooked)
- Hempseed (10g protein per 2tbsp)
- Spirulina
- Chia seeds (4.7g protein per oz/28g)