



Wellness Group

NUTRITION GUIDE



Introduction

Dear Client,

This guide is designed to give you a basic understanding of nutrition so that you can make better decisions around how you choose to nourish your body.

People say you can't outrun a bad diet, and it's not without merit. You can do everything else right, but if you don't make good choices on your nutrition it will be difficult to achieve your goals - especially if your goal is weight loss or muscle gain. Good nutrition is a key component to ensuring you achieve your goals and live a healthy and happy lifestyle.

Coach Andrew

Contents

- Nutrition Basics
- Macronutrients
- Micronutrients
- Macro Sources
- Micro Sources
- Tracking your nutrition
- Helpful Tips

Nutrition Basics

Nutrition is the process of obtaining food for health and growth. Food and drink provide the energy and nutrients you need to function and to be healthy. Deprivation of nutrition will lead to poor and faulty body functions.

Having an understanding of nutrition on a basic level can help you to make the right choices for your health and goals.

So, let's delve a bit deeper into some of the terms you are likely to come across within the subject of nutrition.

Nutrients

Nutrients provide the body with nourishment. The main nutrients you are likely to hear about are; Proteins, Carbohydrates, Fats, Vitamins, Minerals, Fiber, and Water. Without the right balance of nutrients in your body you run the risk of developing certain health conditions.

Macro Nutrients

Macronutrients are the nutrients your body requires in large amounts. There are three main types of macronutrients - Protein, Carbohydrates, and Fats.

No healthy diet should exclude or seriously restrict any macronutrient as it can lead to deficiencies and long term problems.

Proteins

Protein is in every living cell in the body. Your body needs protein from the foods and drink you eat to build and maintain bones, muscles, and skin. You get proteins in your diet from meat, dairy products, nuts, and certain grains and beans.

Proteins from meat and other animal products are complete proteins. This means they supply all of the amino acids the body can't make on its own. Plant proteins are incomplete. You must combine different types of plant proteins to get all of the amino acids your body needs. You need to eat protein every day, because your body doesn't store it the way it stores fats or carbohydrates.

A collage of various healthy foods including fruits, vegetables, and grains. The background features a variety of items such as oranges, grapes, leafy greens, and different types of grains and seeds, all arranged in a visually appealing manner.

Many people underestimate just how much protein they require. Recommended daily amounts vary depending on how active you are. A sedentary adult should aim for a minimum of 0.8g per kg bw. However, if you are exercising and pursuing weight loss/gain goals we recommend 1.6-2.2g per kg of bw. These recommendations are based off of studies conducted around weight loss and exercise.

Carbohydrates

Carbohydrates are the main source of energy to your body, providing your body with glucose, which is converted into energy and then used by the body to support bodily functions and physical activity.

They often get a bad reputation with people believing that they should cut them out in order to lose weight and be healthy. This is untrue; it's more important to consume them from healthy sources than to cut them out of your diet completely.

Carbohydrates are found in a wide array of foods and drinks - bread, beans, milk, rice, potatoes, cookies, pasta, soft drinks, juices, and sweets for example.

The healthiest sources of carbohydrates come from unprocessed or minimally processed whole grains, vegetables, fruits and beans. They take longer to digest, and leaving you feeling fuller for longer.

Unhealthier sources of carbohydrates come from highly processed or refined foods such as white bread, pastries, sodas etc. These items contain easily digested carbohydrates that may contribute to cravings, weight gain, interfere with weight loss, and promote diabetes and heart disease.

We recommend including carbohydrates in your diet and aiming to choose healthy sources more often than not. This will help to fuel you throughout the day and also to fuel your activity if you are taking up regular exercise.

If you are aiming to lose weight, trust us that carbohydrates will help you to achieve your goals. You only need to ensure you are having the correct amounts within your daily targets.

Fats

Fats like protein and carbohydrates are essential to your body. Your body relies on fat for many essential functions; such as supporting cell functions, reducing satiety, absorbing the fat-soluble vitamins A, D, E and K.

Fats are also a source of essential fatty acids, which the body cannot make itself. Your brain is almost 60% fat and relies on essential fatty acids to function optimally.

However, this doesn't mean that you should start eating lots of fat in your diet. The types of fats you consume in your diet is important. **RDA for fat is 30%** of your daily calorie intake, and you should be aiming to ensure this comes from healthy sources.

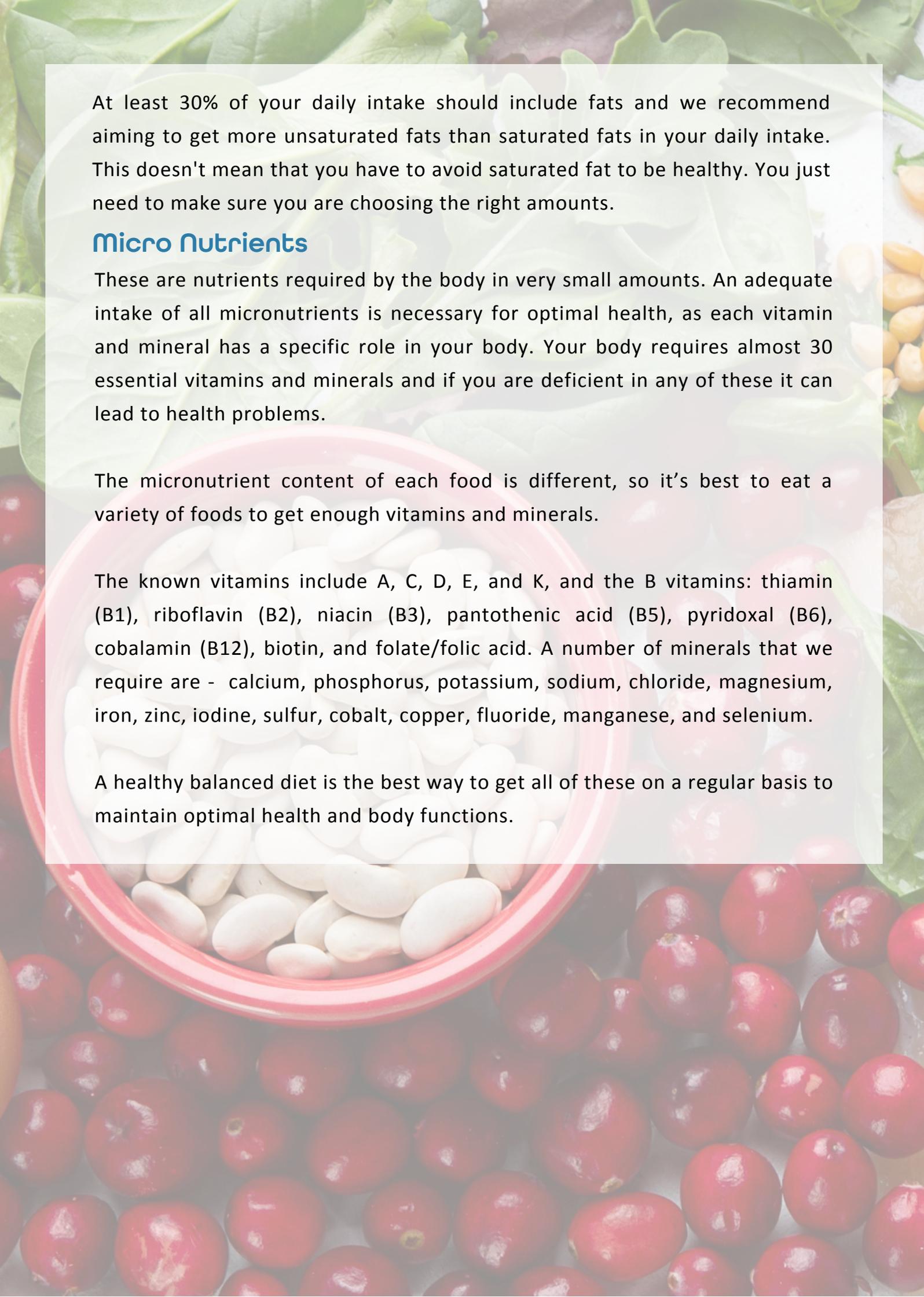
Saturated fats are best consumed in moderation. Whilst they are not as harmful as trans fats, by comparison with unsaturated fats, they negatively impact health by increasing the cholesterol in your blood.

Foods containing large amounts of saturated fat include red meat, butter, cheese, and ice cream. Some plant-based fats like coconut oil and palm oil are also rich in saturated fat.

Trans fats are the BAD Fats. They increase disease risk, even when eaten in small quantities. Foods containing trans fats are primarily in processed foods made with trans fat from partially hydrogenated oil. Fortunately, trans fats have been eliminated from many of these foods. Nutrition labels will tell you if they are present, so make you sure you check if you are unsure.

Unsaturated fats, known as GOOD fats can help to lower disease risk and improve body functionality. There are two types of unsaturated fats - Monounsaturated and polyunsaturated fats.

Foods high in these good fats include vegetable oils (such as olive, canola, sunflower, soy, and corn), nuts, seeds, and fish. You can also supplement with Omega 3 and 6 to ensure you get the right amount in your daily intake.



At least 30% of your daily intake should include fats and we recommend aiming to get more unsaturated fats than saturated fats in your daily intake. This doesn't mean that you have to avoid saturated fat to be healthy. You just need to make sure you are choosing the right amounts.

Micro Nutrients

These are nutrients required by the body in very small amounts. An adequate intake of all micronutrients is necessary for optimal health, as each vitamin and mineral has a specific role in your body. Your body requires almost 30 essential vitamins and minerals and if you are deficient in any of these it can lead to health problems.

The micronutrient content of each food is different, so it's best to eat a variety of foods to get enough vitamins and minerals.

The known vitamins include A, C, D, E, and K, and the B vitamins: thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxal (B6), cobalamin (B12), biotin, and folate/folic acid. A number of minerals that we require are - calcium, phosphorus, potassium, sodium, chloride, magnesium, iron, zinc, iodine, sulfur, cobalt, copper, fluoride, manganese, and selenium.

A healthy balanced diet is the best way to get all of these on a regular basis to maintain optimal health and body functions.

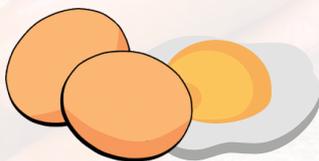
Macro Sources

Protein Examples

If you're exercising at least 3 times per week you should be aiming for - 1.6-1.8g per kg of BW. For those who are sedentary it is recommended to aim for a minimum of 0.8g per kg of BW. The best sources of protein from food come from animal sources.

Below you will see some protein examples along with an estimation of how much protein is in each source. Please note that 1g of protein is = 4 kcals.

Eggs



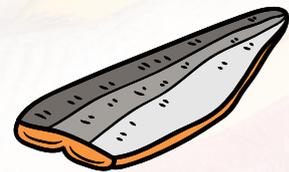
1 large egg = 6g protein

Chicken



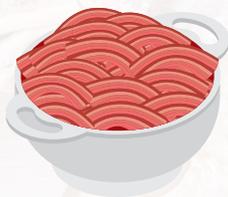
100g raw = 22g protein

Sea Bass



100g raw = 24g protein

Mince Beef



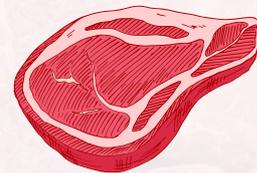
100g raw = 20g protein

Salmon



100g raw = 21g protein

Beef Steak



100g raw = 23g protein

Tuna



1 tin = 24g protein

Tofu



100g = 8g protein

Nuts



28g (handful) = 6g protein

Protein Powder



1 serving = 15-25g protein

Lentils



1 cup cooked = 18g protein

Yoghurt



1 container (170g) = 17g protein

Carbohydrates Examples

Carbohydrates are essential to making sure your body is fueled throughout the day. Especially if you are exercising. We recommend 45% of your daily calories to come from healthy carbohydrate sources.

Below you will see some healthy examples along with an estimation of how much carbohydrate is in each source. Please note that 1g of carb is = 4 kcals.

Rice



100g uncooked = 80g carb
aim for wholegrain rice

Bread



1 slice = 11g carb
avoid highly processed

Pasta



100g uncooked = 75g carb
aim for wholewheat pasta

Fruits



No measurement given as
too many options.

Oats



30g raw = 36g carb
aim for rolled oats

Potato



1 medium = 37g carb
*roast, boil or bake potatoes.
Avoid fried*

Sweet Potato



1 medium = 27g carb
*roast, boil or bake potatoes.
Avoid fried*

Lentils



1 cup cooked = 40g carb

Fresh Juice



1 8oz glass = 27g carb
aim for freshly squeezed juices

The list above provides some examples, but within the carbohydrate group there are a lot of choices. We recommend choosing sources that are not heavily processed, as this helps to have healthier blood sugar levels and energy throughout the day.

Fat Examples

Fats are another essential nutrient to ensure a healthy diet. At least 30% of your daily calories should come from fat, with the majority of this from healthy sources - unsaturated fats.

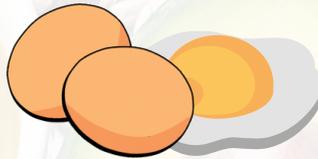
Below you will see some examples along with an estimation of how much fat is in each source. Please note that 1g of fat is = 9 kcals.

Avocado



1 whole = 29g fat

Eggs



1 large egg = 5g fat

Chia Seeds



28g = 9g fat

Dark Chocolate



1 large bar = 43g fat

Fatty Fish



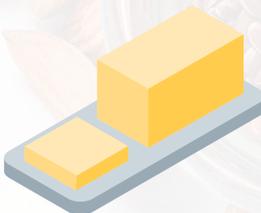
100g raw salmon = 13g fat

Seeds & Nuts



28g mixed nuts (handful)
= 15g fat

Butters



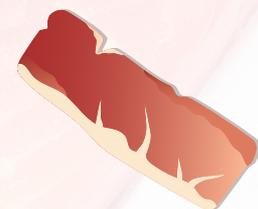
1 pat (spread) = 4g fat
*various types from
animals and plants*

Oils



1 tbsp = 14g fat
*various types e.g.
sunflower, canola, olive etc*

Animal Fat



1 slice bacon = 3.3g fat

The list above provides some examples, but within the fat group there are a lot of choices and foods usually contain more than one macronutrient. We recommend choosing healthy fats more often than not. This means looking for unsaturated fats more than saturated fats. Avoid trans-fats foods! These are being phased out but can be found in highly processed foods.

Micro Sources

Examples

These are nutrients required by your body in very small amounts. They are vital to good health e.g. immune system. Any deficiencies can have negative consequences to your physical and mental health.

Below you will see examples of sources for some of the vitamins and minerals your body requires.

Vitamin D



Sunshine for 10-30mins several times per week

Vitamin C



Fruits and vegetables are a great source e.g. Citrus fruits

Vitamin A



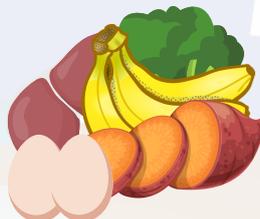
Sources include Oily Fish, Eggs, Dairy, Leafy Vegetables, and more

Vitamin B6



Sources include Poultry, Salmon, Tuna, Chickpeas, and Fortified Cereals

Vitamin B7



Sources include Beef Liver, Eggs, Banana, Broccoli, and Sweet Potato

Phosphorous



Sources include Poultry, Seafood, Dairy, Wholegrains, and Sunflower Seeds.

Magnesium



Sources include Spinach, Legumes, Nuts, Seeds and Wholegrains

Calcium



Sources include Spinach, Dairy, Almonds, and Sardines

Copper



Sources include Shellfish, Leafy Greens, Spirulina, and Dark Chocolate

Zinc



Sources include Meat, Shellfish, Legumes, Eggs, and Wholegrains

Supplements



May not contain all of your required RDA

Tracking Your Nutrition

Tracking your nutrition may seem laborious but it will give you a greater insight into many aspects of your eating habits. Having an awareness of what you are eating will allow you to eat the right amount of food on a daily basis and ensure you are fueled properly.

Depending on what program you are on with us, you will have several choices on how to track your nutrition.

Food Journal



Make a note of what you eat on a daily basis, including the amounts you eat. Tip: Make a note of how you feel?

FLOW App



If you are on a Premium Plan you can track all of your nutrition via the FLOW App.

Weighing Food



By far the best way to track your food. When combined with a tracking app you will have a powerful tool to reach your goals.

Tips for tracking

- Be committed to your goals. If your goal is weight loss you will get much better results by tracking what you eat. You'll be surprised how easy it can be to underestimate or overestimate what you are eating.
- Using a food scale will ensure accuracy.
- Weigh food in its raw form. If you weigh after cooking the weight of the food can be affected by how long the food has been cooked for, e.g. rice soaking up water.
- Use the bar code scanner when possible to ensure accuracy and save yourself time.
- Log as soon as you eat. Better yet log whilst preparing your food.
- If you forget easily, set a reminder on your phone.
- If you are an emotional eater, write down your feelings when you eat.

Helpful Tips

Limit Sugary Drinks



Having from time to time is no big deal. But daily can lead to health problems.

Drink Water



RDA for women is 2.7l of fluids per day, and 3.7l for men

Limit Alcohol



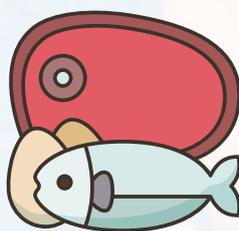
Alcohol contains empty calories and will inhibit your progress towards your wellness goals

Caffeine In Moderation



Caffeine stays in your system for up to 6hrs. This could affect your sleep.

Consume Enough Protein



Eating enough protein will ensure you don't lose muscle and will burn more calories

Avoid Fad Diets



Short term success, long term failure. Focus on a sustainable diet

Social Support



Get the support of your friends and family. Talk to them to better understand your choices.

Plan Ahead



Plan your nutrition in advance. This makes it easier to make better choices and be consistent.

Read Food Labels

Nutrition Facts		Nutrition Facts	
Serving Size 1oz Amount Per Container		Serving Size 1oz Amount Per Container	
Calories 200		Calories From Fat 200	
	% Daily Value*		% Daily Value*
Total Fat	10g	Total Fat	10g
	20%		20%
Sodium	200mg	Sodium	200mg
	40%		40%
Total Carbohydrate	10g	Total Carbohydrate	10g
	20%		20%
Protein	10g	Protein	10g
	20%		20%

Read food labels to better understand what's in your food



Wellness Group

To learn more about how we can help you with your Nutrition and other areas of your Wellness click on the link below and follow us on social media.

www.flowwellnessgroup.com



[@flowwellnessgroup](https://www.instagram.com/flowwellnessgroup)



[@flowwellnessgroup](https://www.facebook.com/flowwellnessgroup)