

5 NUTRITION FUNDAMENTALS

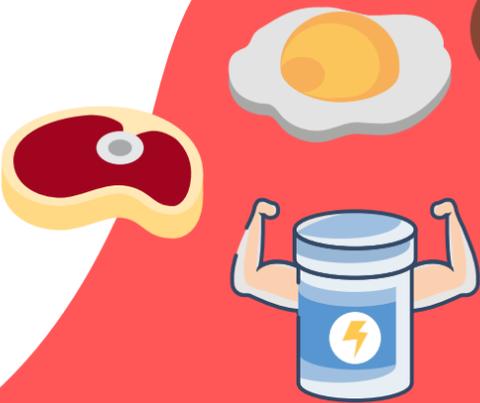


How to approach nutrition for good health & balance in a clear way

01

PROTEIN IS THE MOST IMPORTANT MACRONUTRIENT

- Build your meals around protein
- Quality= DIAAS Score >75
- Quantity = 1 gram per pound of ideal body weight



02

WHOLE FOODS, FRUITS & VEGETABLES

These are the foods we are meant to eat they have all the essential nutrients our body needs

- Eat whole foods
- Avoid ultra processed foods
- Eat a Variety of Fruits & Vegetables +30 per week



03

DRINK WATER

Water keeps you hydrated & functioning well

- Drink half your body weight in ounces
- Drink more when exercising or when drinking caffeine



04 SLEEP

Sleep affects appetite & hormonal health

- Sleep at consistent times
- Create a comfortable cool sleep environment
- No screen time before bed
- Create a sleep routine



05

ENERGY BALANCE CALORIES IN VS OUT

Energy In

- Psychological factors
- Calories absorbed
- Food consumed
- Appetite

Energy Out

- Metabolic Food
- Energy NEAT
- Energy Burned Rest
- Energy Burned Exercise



BONUS MINDFUL EATING

- Be Present
- Eat Slowly
- Don't be distracted, TV, Phone

SELF REGULATE S.H.R.E.D.S

S Stress - manage stress

H Hunger - hunger is a good sign

R Recovery - is it taking long to recover

E Energy - do you have energy

D Digestion- do you have any disruptions

S Sleep- are you sleeping well