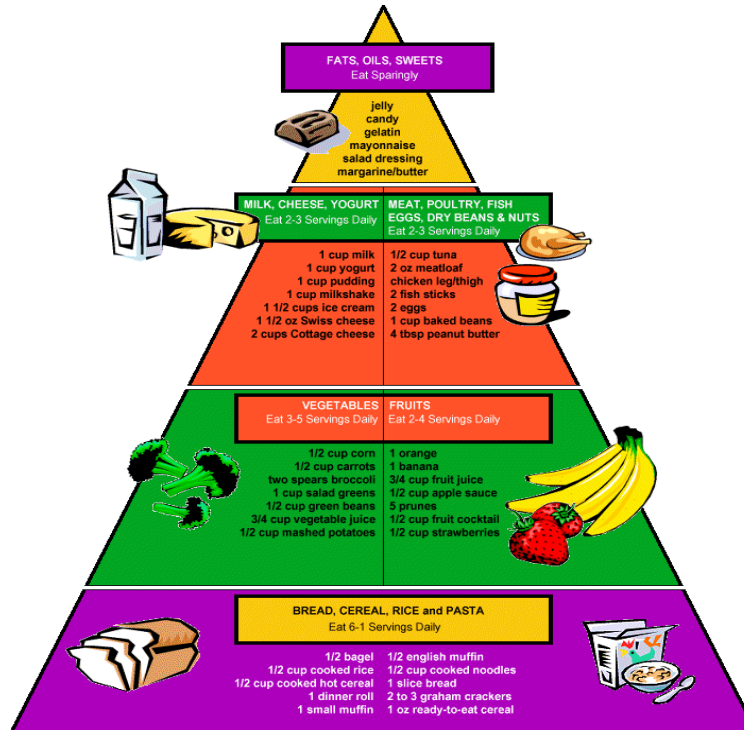


Healthy Lifestyle

Nutrition

No single food provide all the essential nutrients that the body needs, therefore it is important to consume a wide variety of foods in order to ensure full consumption of all vitamins, minerals and dietary fibre.

The Balance



Your Fat Intake:

There are many myths that you should decrease all fat intake. Or more commonly advised to reduce intake and take on a low fat diet however fat is an important nutrient for the body. 30% of your daily allowance should be derived from fat. No more than 10% of this should be from Saturated fats (bad fats). These are solid at room temperature and will be found in many animal sources such as fatty meat and dairy products. There are also saturated fats of vegetable origin usually in the form of coconut and palm oils. 20% of Fats should be from unsaturated fats (good fats). These are liquid at room temperature and are often broken down into groups such as polyunsaturated found in fish, nuts and seeds or monounsaturated found in oils such as olive oil.

Your Carbohydrate Intake:

Often the opinion is that to lose weight you need to reduce your carbohydrate intake. However this is not the case. 60% of your total calorie intake must be derived from carbohydrates. There are 2 main types of Carbohydrates Simple and Complex or in other words Sugars and Starches.

Simple = Sugars = food such as cakes, sweets, jam, biscuits, chocolate.

Complex = Starches = foods such as bread, pasta, potatoes, rice, vegetables

The main purpose of Carbohydrates is to provide the body with energy. Carbohydrates are the only nutrient that the brain uses.

When it comes to satisfying the needs of the body there is no difference between simple or complex carbohydrates. Also there are no differences on Calorie count. Simple Carbohydrates on the other hand are classed as empty carbohydrates hence there is no nutritional value except energy. Whereas Complex Carbohydrates can provide an array of other benefits, such as proteins, vitamins, minerals and fibre. The dietary bulk of fibre in addition to the nutrient starch is what leaves us feeling full and satisfied. It is also essential for efficient gut function.

Your Protein Intake:

So much protein is already made by the body. There are non-essential amino acids already in our body and essential amino acids which are needed by our body and these are found in our diets. The protein needs of slim, lean endurance runners or cyclists may well be greater than the needs of strength trainers as they will use significant amounts of protein in the diet. There is a misconception about protein in the diet (more is better, protein is essential for muscle building). This is not true as the only way for muscle growth is due to a very well designed strength training programme.

Complete proteins = foods such as fish, chicken, meat, soya bean.

Other sources of protein = foods as yogurt, soymilk, cheese, tuna, sardines and all sorts of beans, grains, legumes, vegetables, nuts, seeds.

There are many health risks due to a diet high in protein. These include:

Excess protein in the body will be converted into fat or Carbohydrates and stored.

Excess protein risks Kidney Failure.

Excess protein risks Liver failure.

Excess protein risks Cancer.

Your Fluid Intake:

Water is the most important nutrient we need. 60% of our body is water. It is the transportation system of the body (it moves everything). It also aids many other vitamin functions in the body. Much of the water we drink contains: minerals, sodium, chloride, magnesium, potassium etc. Therefore we contribute to our intake of these nutrients.

Be Consistent:

Stop Dieting? Stop Erratic Eating? and enjoy a balanced diet. You can achieve weight loss with the appropriate nutrients and balance. This may take longer to get your desired weight, but it will stay that way for longer. Throughout your nutrition consultation we can find out exactly what your goals are and tell you how to achieve this by giving you an average daily allowance which is a lot more than you would expect. Remember if you have long periods of time without any food your body is more likely to slow down and will store more fat.

Eat 5 portions of fruit and veg a day:

Remember to include 5 portions of fruit and veg in your diet. This will enable you to get all your vitamins and minerals. You can enjoy fruit and veg in fluid form. Frozen, tinned and most effectively fresh. This is to stop you snacking on unhealthy more calorific foods and keeps your metabolism ticking over between meals.

Nutrition Management Includes:

1 to 1 consultation
Body Fat %
Body Measurements
Weight
Calorie Counter
Eating Plan