



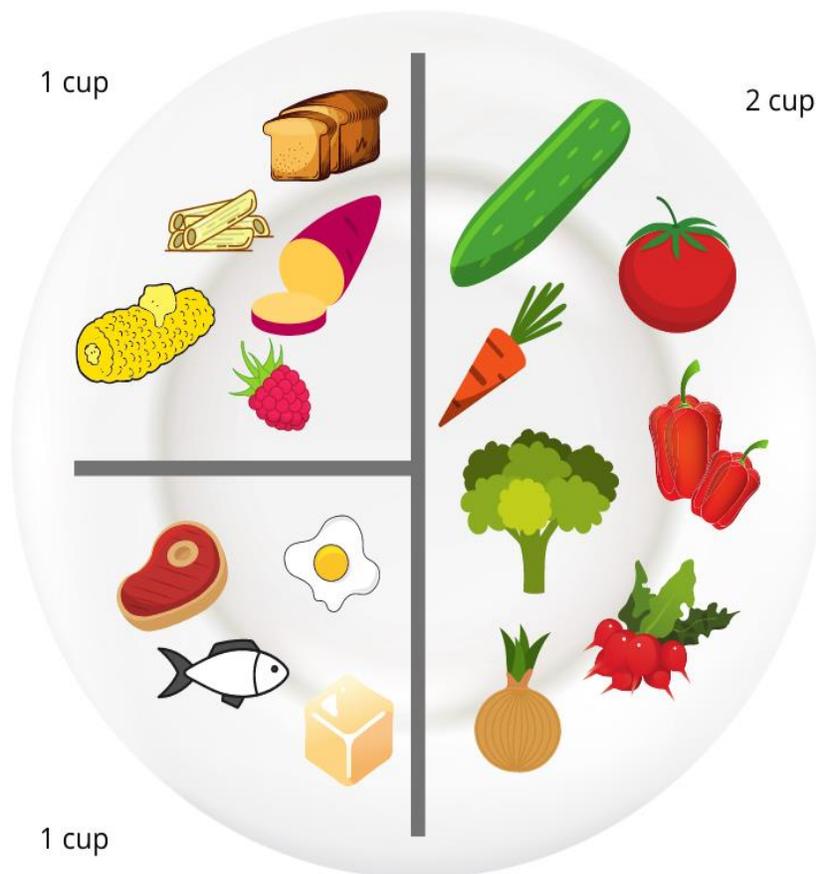
What I will cover today is just the basics. This information is meant to get you going off on the right foot, answer some questions you've had, and help you realize how nutrition can affect your daily life as well as your physical activity. There may be some of you that need more in-depth and specific education or guidance based on your health, goals, and preferences. I encourage you to contact me if you feel that you may benefit from a more comprehensive session based around your individual lifestyle.

(989)249-3611 hannah@hphnutrition.com

Feel free to follow me on social media as well

@hphnutrition on all social

What does a healthy diet look like?



Lots of Vegetables

- 4 cups/day minimum
- With enough servings of vegetables, your body can stay feeling full throughout the day.
- Choose a variety of colors → different types of vitamins, minerals, phytochemicals
- Starchy vegetables ARE vegetables, but because they contain more calories and carbohydrates, we categorize them differently

Starchy Vegetables

- There are benefits to these types of vegetables, but they should be enjoyed in moderation, they don't get the free pass like the non-starchy vegetables do

Fruit

- Fruit isn't going to hurt you; however, it's not like a non-starchy vegetable where it is void of calories and carbohydrates
- Allow these to fit into your carbohydrate category
- Dried fruits are mostly sugar, avoid these or know that you'll need to have half as much as you would have of fresh fruit

Other Carbohydrates

- Rice, bread, pasta, crackers, whatever else.... It all fits, as long as it fits a proper portion size
- Dessert foods can also fit; however, limited due to the lack of essential nutrients

Protein

- 4-6 servings per day – this will depend on goals, activity level, and even body weight
- Choose lean proteins - lower fat content = lower calories and still just as much protein
- Nuts and seeds can also be a good source of protein. Some vegetables may be protein sources as well.
- 1 serving of meat is the size and thickness of your palm. (3 oz)
- For plant proteins we would consider whatever can give us about 20 grams 1 serving (These foods also often contribute to carbohydrate or fat intake)

FAT

- Fat is crucial to health and should somehow be included in each meal
- While saturated fats are needed for some body processes, we should be focusing on plant fats
- Can help to keep you satisfied between meals
- Should account for no less than 25% of calories each day
- While carbohydrates and protein have 4 calories per gram, fats have 9 calories per gram, this is something to be aware of if you have a certain calorie goal, the fats will add up faster
- Oils: Avocado for cooking; olive oil for salads and other cold foods

Water

- So important but something most of us are not getting enough of.

- ½ oz per pound of body weight for adults
- 1 oz per pound of body weight for children
- Your lack of water intake may be what is holding you back if your body can't flush out the metabolic byproducts you're producing

The “right” way to lose weight

Are you eating enough?

- Not eating enough food can be as detrimental to weight loss as eating too much.
- Are you eating 3 balanced meals?
- If you're tracking, how many calories are you consuming?
- There is a lot of merit in the calories in, calories out theory, but that all goes out the window if the calories in can't support daily function
- Example 1: 40 yr old female; 5 foot 5 inches; 160lbs
 - Needs 1400 calories BEFORE accounting for any daily activity
- Example 2: 40 yr old male; 5 foot 7 inches; 190lbs
 - Needs 1730 calories BEFORE accounting for daily activity
- Those numbers are the bare minimum
- Obviously, everyone is different, but we need to take into account how much energy it takes to run our bodies
- If you're taller, younger, or more active you'll need more calories
- Putting your body in a severe calorie deficit will induce a stress response, while this can be beneficial intermittently, it will be unfavorable to health if chronic in the body

Weight loss is not equal to fat loss

- Upon initial implementation of a diet plan the first weight loss experienced is most likely water weight
- If you're exercising but not getting enough calories/protein your body is unable to build new muscle and, in extreme cases, your current muscle may actually be broken down in order to provide your body with enough energy.

Eating for Physical Activity

Nutrition Timing

- What you eat throughout the day influences your performance
- 30-60 grams of carbohydrates 30-60 minutes before activity
- Consistent protein consumption throughout the day to stimulate tissue repair
- 3-5 separate doses of high-quality protein
- 20-30g protein and 40-80g carbohydrates (depending on activity type) 30-45 minutes after activity

- Intra-workout carbohydrates: 30-60g per hour during endurance training (90-150 minutes)

Snack Ideas

- **Pre-workout**
 - Fruit
 - PBJ
 - Fruit and nut bars
- **Post-workout**
 - Yogurt and berries
 - Almonds and fruit
 - Rice cake with peanut butter
 - Banana and nut butter

Supplements

- FOOD FIRST!
- Lack of regulation
- Pay attention to recommended dose; it's listed for a reason