

Living a Balanced Life



Nutrition 101

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The truth is, healthy eating doesn't have to be complicated. It's entirely possible to nourish your body while enjoying the foods you love. After all, food is meant to be enjoyed, not feared, counted, weighed, and tracked. Our bodies are all designed differently therefore the quantity of calories varies from person to person. In addition, the amount of calories expended per person differs. In a nut shell, what works for one person may not work for the next; however, the process of healthy eating is the same.

Fueling your body is important; in fact, it is likely MORE important than exercise. You cannot burn off or out train a bad diet. Nutrition is and always will be your KEY to getting results.

Here are some key things to remember when getting started:

1. Avoid foods you are powerless over
2. Aim to eat 3 full meals a day with snacks in between
3. Drink LOADS of water
4. Be prepared with healthy snacks (home/car/work)
5. Limit liquid calories— juices, smoothies, soft drinks, alcohol, etc.
6. Do not weigh everyday; however, if you do, use the same scale and weigh at the same time daily.
7. Be consistent— try using the 80%/20% principal
 - A. 80% of the time the foods you choose to eat need to be healthy balanced choices and 20% of the time let your food be bad choices. Enjoy food!
 - B. For example, if you eat a bad breakfast, clean up your food choices the remainder of the day, eating a healthier lunch and dinner

Aim to eat every 3-4 hours:

Eating smaller more frequent meals will prevent you from feeling hungry throughout the day. It will also help boost your metabolism.

Your goals should be:

- Eat breakfast within an hour of rising. Why? Your metabolism slows down overnight, and breakfast will kick-start it again. A lot of people think it's okay to skip breakfast because that means fewer fat and calories, but actually it is only harming your body! Breakfast is one of the most important meals of the day!
- Eat a healthy snack between meals. Why? It keeps your metabolism running fast and allows you to not over eat later in the day.
- Make sure your meals and snacks are a combination of carbohydrates, proteins, and fats. Your body needs each one of these essential nutrients to survive. If you eat more fiber, proteins, and are drinking water, you'll actually feel fuller for longer periods of time.

* For example, if you are eating a piece of fruit, add a spoonful of peanut butter or a cheese stick or a slice or two of deli meat which will keep you fuller than if you were to eat only the fruit. This also makes your snack balanced.

Eating more boosts your metabolism

- It sounds strange but it's true. If you eat several healthy meals throughout the day, you'll burn more calories through the digestion process. Notice I did not say eating unhealthy foods burn more calories.
- One myth is you have to stop eating by 6:00p.m. every evening. NOT TRUE unless you are doing a fasting program. If you are up late at night then you need to continue to fuel your body with healthy nutrients. The rule of thumb is not to eat anything within 2-3 hours of your bedtime. Therefore, if you are going to sleep at 1 a.m., don't eat after 10p.m.
- Eating right before lying down in bed causes food not to properly digest. Eating late at night also forces your body to use its energy on digestion. One of the primary functions of sleep is to help you recuperate from the day. You want your body to be as relaxed as possible so that you can wake up energized.

Macronutrients: Carbs, Proteins, and Fats

Carbohydrates:

- A) The purpose of carbohydrates is to provide energy for your muscles and organs. Carbohydrates are considered your energy and fuel system. In other words , carbohydrates provide you with energy needed during workouts.
- B) The average carbohydrate intake is 45-65% per day. This percentage is based on the person and/or how much exercise is performed per day. Don't let this confuse you! If you are not working out for long periods of time or have been on a low carb diet, aim to eat around 45% each day.
- C) Stick with complex carbohydrates instead of simple carbs.
- Complex carbs are packed full of vitamins and minerals.
 - Complex carbs take longer for the body to break down providing a more steady impact on blood glucose levels
 - Complex carbs are foods such as: whole grains, fruits, vegetables, legumes, soy milk, Greek yogurt, etc.
- D) Simple carbs have one or two sugars that are absorbed more quickly
- Simple carbs cause blood sugar levels to spike and fall quickly
 - Simple carbs consist of juices, sugary candy, high fructose corn syrup, table sugar, corn syrup, most cereals, enriched flour products such as breads, baked goods, and pastas.
- E) Key things to remember about Carbohydrates– if you do not have enough carbs daily, then your body uses protein for energy fuel which will not allow you to build lean muscle or maintain a healthy weight (more fatty build up).

Protein:

- A) Protein provides the body with amino acids which are the building blocks for muscle and other important structures such as the brain, blood, skin, and air. Protein also helps transport oxygen and other important nutrients throughout the body.
- B) Your body can't store protein; so once you have reached the amount needed, your body will convert the rest to energy or fat.
- C) The average intake of protein daily is anywhere from 10-35% of our daily calories.
- D) Protein keeps you feeling fuller longer!
- E) Protein consists of meat, poultry, seafood, eggs, milk, quinoa, edamame, nuts, seeds, most grains, beans, and some lentils.

Fats:

- A) People try to avoid fats in their diets, but dietary fat plays an important role in the body.
- B) Fat is necessary for insulation, proper cell functioning, and as a protector for our organs.
- C) The average intake of fat daily is 20-35% of our daily calories
- D) There are two main fats:
- Saturated fats that mainly come from meats and dairy sources. Saturated fats should be limited. For example you would not want to eat red meat everyday as this would be bad for heart health. Other examples are butter, lard, fatty meats, cheese, or full fat dairy products.
 - Unsaturated fats come from plant based foods or fortified foods such as eggs, fish, and grass-fed animal

Portion Sizes

What Is a Serving Size?

Use the list below to gain a perspective on how much food a recommended serving size really is; it may be much smaller than you realize. For example, a single serving of:

Vegetables

- 1 small baked potato/sweet potato = computer mouse
- 1 cup broccoli = size of a baseball
- $\frac{1}{2}$ cup mashed potato = size of a light bulb
- 1 cup cooked vegetables = baseball
- 1 ear of corn = length of a #2 pencil

Diary

- 1 $\frac{1}{2}$ oz. hard cheese = 3-4 dice (that's 1 serving)
- 1 cup yogurt = baseball (or 8 oz. container)
- $\frac{1}{2}$ cup frozen yogurt or ice cream = light bulb

Grains

- 1 bagel (3-4 inches diameter) = 6 oz. can of tuna
- 1 biscuit = hockey puck
- 1 slice of bread = cassette tape
- 1 cup cooked pasta = baseball
- 1 waffle or pancake = compact disc (CD)
- 1 cup cereal = baseball

Meats:

- $\frac{1}{4}$ cup almonds = golf ball
- 3 oz. lean meat = stack of playing cards
- 3 oz. of salmon = length of your check book
- 2 tbsp hummus = golf ball
- 1 oz. lunch meat = compact disc (CD)

Fruits:

- 1 cup or medium sized apple = baseball
- 1 banana = length of a #2 pencil
- $\frac{1}{2}$ cup blueberries = light bulb
- 1 oz. dried fruit (apricot, prunes pears, cranberries etc.)= golf ball
- $\frac{1}{2}$ cup grapes = 1 light bulb (about 16 grapes)
- $\frac{1}{4}$ raisins = golf ball
- 1 cup strawberries = baseball (about 12 berries)

Fats and oils:

- 1 tbsp mayonnaise, butter, margarine, or salad dressing = poker chip
- 1 portion size 2 tablespoon peanut butter = a golf ball (1 serving protein)

Sweets and Treats:

- 2 inch square brownie = package of dental floss
- 1 slice of cake (3.5 oz) - deck of cards
- 1 oz. dark chocolate = package of dental floss
- 1 cookie = 2 poker chips
- $\frac{1}{2}$ cup ice cream = light bulb
- 1 cup pudding = baseball