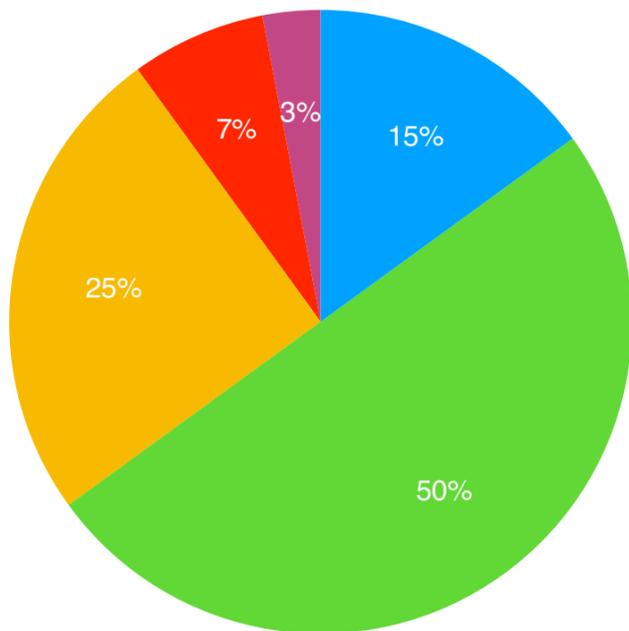


## Nutritional Guidance

| Food to avoid      | Super foods | Good carbs        | High protein   | Good fats   | After training    |
|--------------------|-------------|-------------------|----------------|-------------|-------------------|
| High in sugar      | Blueberries | Whole grain rice  | Chicken breast | Avacardo    | Banana            |
| High in trans fats | Oily fish   | Whole grain pasta | Steak          | Olive oil   | Rice cakes        |
| High in salt       | Green tea   | Brown bread       | Fish           | Seeds       | Peanut butter     |
| White bread        | Broccolis   | Sweet potato      | Eggs           | Almond oils | Nuts              |
| Ice cream          | Garlic      | Vegetables        | Nuts           | Mackerel    | Whole grain pasta |
| Chocolate-not dark | Kale        | Fruit             | Dairy products | Fresh tuna  | Sweet potato      |
| Oily foods         | Chia seeds  | Oats              | Beans          | Salmon      | Chicken           |
| High in calories   | Spinach     | Corn              | Lentils        | Sardines    | Quinoa            |
| Fizzy drinks       | Ginger      | Quinoa            | Quorn mince    | Dairy foods | Mycoprotein-quorn |

● Protein ● Carbs ● Fats ● Fruit and veg ● Dairy



### MACROS

Your macros are made up from the carbs, protein and fats that you should be consuming on a daily basis according to your goal.

If your goal is to lose weight you will want to be working by the equation 1g of carbs and 1g of protein per lbs of body weight in kg. For example:

75kg = 165lbs  
165lbs = 165g carbs & protein

This is what your body will need to consume on a daily basis to fuel your body. Your body will need to be fuelled by the right nutrients and not junk food. For example:

1 bag basmati rice = 75g carbs  
1 chicken breast = 36g protein

It will always state the amount of carbs and protein on the back of the food packet

| Top Tips |   |
|----------|---|
| Tip 1    | Try to drink 2 litres of water per day ( 6 - 8 glasses)   |
| Tip 2    | Eat smaller meals but more frequently ( 5 small meals)  |
| Tip 3    | Drink 1 glass of water of water before your meal to fill you up more  |
| Tip 4    | Do not eat food unnecessarily, if you are full STOP eating  |
| Tip 5    | A glass of lemon water will promote hydration, improve hydration, support weight loss and aid digestion.                  |
| Tip 6    | Drink minimal or no alcohol as these are "empty calories" that are wasted and have no benefit to the body.                |
| Tip 7    | Eat and drink in moderation, it is okay to treat yourself ever so often as it helps you to remain on track in some cases. |
| Tip 8    | Make sure you always try to get at least 8 hours sleep. This will help with recovery                                      |

| Simple Carbs (Sugars) | Complex Carbs     |
|-----------------------|-------------------|
| Banana (fruit)        | Pasta             |
| Sweets                | Rice              |
| Cereal                | Whole wheat bread |
| Juice/fizzy drinks    | Oats              |

### Importance of Fats

| Macro   | Percentage | Notes   |
|---------|------------|---|
| Protein | 15%        | What are good fats? And why are they important?<br>There are two types of fats saturated and unsaturated fats. Saturated fats are solid at room temperature e.g cheese and unstated fats are liquid room temperature e.g oil. Try and keep saturated fats to less than 6% of your total daily calorie intake. Fats from healthy vegetable sources can help lower the risk of heart attack, stroke and other major health problems. Fat is also used as a source of energy, our bodies uses the fats we eat and provides nutrients throughout our body. Another reason why fats in our diet are important is because it protects our vital organs. |
| Carbs   | 50%        |   |
| Fats    | 25%        |   |
| Fruit   | 7%         |   |
| Dairy   | 3%         |   |

Carbohydrates are our bodies main source of fuel, carbs also help repair muscle fibre damage and speed up the recovery process. Including carbs into our diet will also give us more energy. With our bodies having more energy this means in theory we can work harder for longer periods of time, which will burn more calories and help up lose weight faster. Note: Although fruits are good for you, do be mindful that fruit still contain naturally occurring sugars. Keep to 3 a day.

| Age   | Average for Male (kcal) | Average for Females (kcal) |
|-------|-------------------------|----------------------------|
| 19-49 | 2550                    | 1940                       |
| 50-59 | 2550                    | 1900                       |
| 60-74 | 2350                    | 1900                       |
| 75+   | 2100                    | 1810                       |

Importance of Protein - protein is needed in in our diet for the recovery and repair of muscle tissue after training. It may also be needed to repair muscles broken down to produce energy when glycogen stores have run low. Protein is also used to build lean muscle, it is important to eat foods with sufficient amount of protein in them without any going to waste, the best source of protein for our bodies to consume are eggs because none of the protein is wasted or goes to other energy stores. It is important to include protein in most your meals and keep the diet balance. However it is also important that we do not consume too much protein as our bodies may not be able to use all of the protein and any excess may be stored as fat.

