



Nutrition Guidelines

Your day in context

Learning to build a meal is essential, but learning to build your day is important too. *(if you have not read the 'build a meal' document go back to that first before reading this one)*

We must begin to think about your meals in the context of a whole day so that you are not overdoing it in any areas.

General healthy guidelines for daily practise:

1. No more than one portion of oily fish per day
2. No more than three portions of red meat per week
3. If you have had oily fish or red meat in one meal, perhaps choose a white fish/meat for your other main meal (or a vegetarian meal)
4. If you do have red meat and oily fish in the same day, aim to snack on fruits and veggies to keep a nice balance of nutrients
5. Consider having a 'carb-free' meal once per day (not including fruit/veg)

By understanding the context of the whole day, we can begin to ensure that you are getting a good balance of our macronutrients (proteins, carbs, fats) and our micronutrients and vitamins.

These are not hard rules, they are just suggestions for your consideration when you are seeking your own balance.

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Appetite / Satiety

If you are getting truly hungry (*not thirsty or bored*) earlier than you had anticipated/planned for it could indicate that you are not eating enough at your meals. This is where we would begin to deviate somewhat from the meal builder a little and tweak things around to suit your needs!

Firstly you could try increasing your protein portion by $\frac{1}{2}$ palm size and a bit of extra veg/salad and see if this makes a difference to your satiation levels.

Secondly you could consider adding in a high protein snack between the meals where you are experiencing the hunger pangs. (*please reference the list of high protein snacks for ideas*)

If this does not help please discuss this with me and we will look at your meal components and your meal timing in more detail.

We need to make sure that you are eating enough to support your metabolism and your weight loss goals but not too much, or too often which could jeopardise the progress that you are trying to make.

If you are not eating enough of the right things you will not lose weight in a safe and healthy way, and if you are eating too much, you will not lose weight period.

We must get this right and we shall experiment with this each week until we find the way that works for you! Please approach this with patience and a willingness to learn about your body and how we can stimulate healthy weight loss for you!

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Sourcing your food

I do recommend organic produce wherever possible. We want to be putting the highest quality food into our bodies simply because we want to maximise our chance at being healthy and increase longevity.

Organic products are more expensive, therefore you have to make a decision about where you want to invest your time, energy and money in this process. If you cannot justify purchasing organic foods, this will NOT be something that stops you from getting results.

One of the more cost effective organic products is VEGGIES, you can get a fantastic veg box packed full of wonderful colourful, flavourful veggies (and/or fruit, salad) delivered to your door each week.

I use a company called RIVERFORD but there are others available if you wanted to use them! I look forward to my veg box each week because I love the quality and the taste of the vegetables and I also love knowing that I am loading high quality nutrients into my body!

Nutrition Guidelines

Sourcing your food

EXAMPLE BOX

Punnet tomatoes, punnet mushrooms, 3 leeks, 2 courgettes, bag greens, bag purple sprouting broccoli, 2 large sweet potatoes



Every week I get something different so that I rotate my veggies and get the benefit of different nutrient profiles. The company send veg/fruit seasonally as they grow it.

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Anti inflammatory living

Your weight loss and health will be impacted by your consumption of inflammatory foods. This is anything that has the potential to cause inflammation on the inside of your body which chronically is not a good thing to be doing.

We know what inflammation looks like on the outside of your body, imagine what your skin looks like when you scratch yourself, it goes red, maybe a little swollen. When you have a highly inflammatory lifestyle this can happen on the inside too and cause longer term health issues.

Luckily we have excellent processes in place to help offset this happening, but as much as possible we could try to minimise the consumption of known inflammatory foods to support our health.

Inflammatory foods to minimise

- Refined sugar
- Vegetable-Oil (olive oil is fine)
- Fried Foods (take away/fast food)
- Refined Flour
- Dairy (in some people)
- Artificial Sweeteners
- Artificial Additives
- Hydrogenated Fats

Please note that we are not talking about BANNING these foods, just have a consideration about FRESH food vs food that has been cooked/treated at a high temperature / has low quality.

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Anti Inflammatory foods

- Organic tomatoes.
- High quality extra virgin olive oil.
- Green leafy vegetables, such as spinach, kale, and collards.
- Nuts like almonds and walnuts.
- High quality fatty fish like salmon, mackerel, tuna, and sardines.
- Fruits such as strawberries, blueberries, cherries

Herbs and spices

- Ginger
- Turmeric
- Spirulina
- Curcumin
- Garlic
- Black pepper
- Cloves
- Cinnamon
- Cayenne

Supplements

- Cod liver oil (consider nordic naturals or eskimo*)

*I am not a nutritional therapist and this is not something that I can prescribe to you. These are brands that I have tried and found to be good for me

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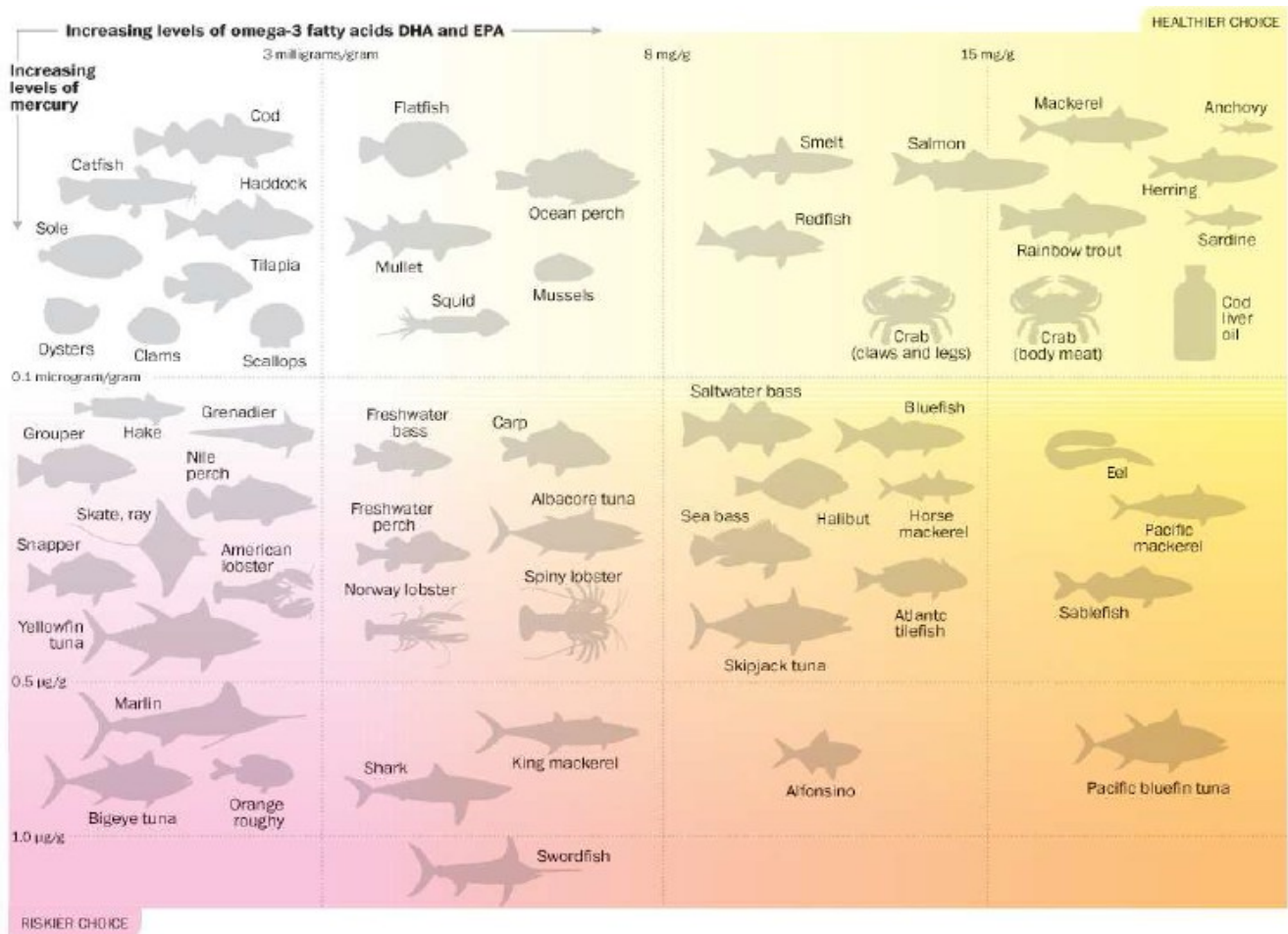
Fish

It's important to recognise the value of fish for amazing nutrient density and great fatty acid profiles to give a decent bottom line for your health.

Use the diagram below to seek out the best types of fish bearing in mind that you probably want a good balance between fish that have high omega 3 fatty acids and low fatty acids.

Low mercury is also a pre-requisite for better health!

When choosing your fish, always aim to seek out wild-caught fish instead of farmed fish.



Nutrition Guidelines

Eliminated foods

I dislike the practise of banning foods or food groups for no good reason so this short list includes a few things that I think you should do some reseach on and re-consider before you consumes them by rote.

- Margarine or any man made fake butter spread concepts
- Vegetable oils including sunflower oil, vegetable oil, soybean and canola

Anything else that you are not sure about, ask me! We may have to cut out other foods, but this will be based on how the foods react with your body and affect your energy, mood and gut. There should always be a good reason for eliminating a food or food group – not simply to stimulate weight loss.

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Limited foods/drinks

Caffeine

Coffee is a great antioxidant and super healthy in small amounts. It can also wear out your adrenals and cause poor quality sleep which will work against us in weight loss.

I recommend investing in a decent decaf brand like Grumpy Mule as these are organic and not chemically processed (look for 'swiss water filtered')!

Aim for no more than 1-2 cups decaf per day, and limit to 1 caffeinated beverage – focus your fluid intake on water! Lots of water and herbal teas!

Try to avoid drinking caffeine after 2pm because it has a long half life and will remain inside your body for longer than you think!

Alcohol

Alcohol is a big part of our culture and I certainly don't think that you have to cut it out completely. Cutting back could be helpful if you are trying to lose some weight.

Red wine has health benefits, so if you like this then that's great! Most alcohol is empty calories and will be a thorn in your side for weight loss. I'm not saying never, I'm just saying – be aware of your intake and account for it with great food choices.

If you are having some alcohol, perhaps this is the day where you forgo dessert. Create that balance that works for you so that you can still enjoy the best of both.

Junk food / take away etc

As mentioned before, find the balance that works for you and your results. We all know that chowing down fast food and packaged foods isn't the best option compared to fresh foods prepped and cooked at home. However, it does not mean that we have to eliminate it completely.

You can find a happy medium, sometimes we might want to eat a take away or in a fast food restaurant because our family is, and we need to be able to share times with our families without feeling guilty or ashamed or anxious.

This will become clearer over time, as you learn to read the symptoms that your body is giving you about which foods are the best choices.

The fundamental thing to develop is where you draw your line. For example I will happily eat out and eat things that I might not normally eat all of the time (bread, ice cream, cake etc) but I draw my line at take away and fast food.

Those things do not make me feel good, I get a tummy ache, and other symptoms that for me, simply are not worth it.

I have drawn that line over time as I learned more about what my body tolerates and what I want to put into my body. Spend some time thinking about this and working out where your line is.



Nutrition Guidelines

Gut health

Your gut flora is important for the absorption of nutrients from your food. It plays a role in your health (a BIG role in fact) and therefore in your weight loss.

An unhealthy body, will NOT prioritise weight loss!

Things that COULD trigger your gut... (this won't apply to all people)

1. Gluten
2. Wheat
3. Dairy
4. Alcohol
5. Sugar
6. Fibre

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Probiotics

1. Kombucha (fermented tea, try brand: 'love kombucha')
2. Kefir (try brand: 'biotiful' can order from Riverford, be wary of supermarket brands as these are often pasturised)
3. Fermented veggies (sauerkraut, easy to make at home)
4. Miso
5. Tempeh
6. Kimchi
7. Dark chocolate (try cacao nibs)

These are all great options to support your gut and add some more variety into your food and meal planning



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Prebiotics

1. Raw garlic
2. Raw leeks
3. Raw chicory root
4. Raw or cooked onions
5. Raw dandelion greens

Adding any of these foods into your nutrition will be a fantastic way of supporting your gut health.

If you have a sensitive gut, please be aware that adding these in could trigger off symptoms like bloating, gas or diarrhoea. Add things in slowly, carefully and in small amounts to begin with.

When you have ascertained that your gut is happy, you can add a little more at a time!

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Quick tips

Oils

When cooking with oil, use high temperature resistant oils such as organic virgin coconut, macademia nut or avocado oil as they have a high smoke point and will retain their integrity when heated.

Olive oil is ok for roasting however is certainly better at room temperature where its structure remains uncompromised – best used as a salad dressing for example.

Butter (proper butter like Kerrygold) is great for scrambling eggs or omelettes!

Hunger

Often when we feel hungry, we are dehydrated, if you have eaten recently and can't fathom your sudden hunger then please try drinking a glass of water and waiting 20 minutes. If still hungry, make a note and come and talk to me – useful information to have would be a record or photo of the meals that you had that day.

Energy

If you find that your energy drops after breakfast or lunch, take a look at what you ate! Often brain fog and fatigue can be a sign of being a little less tolerant to carbohydrates, we can make a few simple tweaks in your nutrition to combat this. Collect the information and bring it to me!

Prepping

Getting ahead and having food in your fridge will be a god send when you get home from work feeling exhausted and nothing like cooking a big dinner from scratch.

If you can cook in batches (bolognaise, chillis and curries all keep well) you will always have some emergency food for those days when cooking seems like too much effort!

Rather than ringing the take away, you have a readymade, homemade meal right there. Left overs also make great emergency meals, or lunches for the next day.

One of the easiest ways to batch cook is to prep extra dinner so that you have extra portions left over for the following day.

Food diaries

Really useful information for me to know include the following: hunger, energy,

cravings, mood. If you are tracking your food in a diary, please also include information about these to give me context.

The more we can relate food to any symptoms that you might be having, the faster we can get results for you! Use the food diary template on the next page to track your food and hand it in to me when you have 7 days recorded.



Nutrition Guidelines

Jazzing up your food

Add a crunch to your salad

Add chopped walnuts, roasted chickpeas, pumpkin seeds (or other nuts)

Maximise your protein shake

Add collagen (*Great lakes*) to your protein smoothies for extra protein and support for your joints and gut health

Jazz up you green smoothies

Add fresh mint, ginger, coconut water for healthier, tastier smoothies (find recipes online for quantities)

Get the best out of your veg

Steam your veggies where possible, minimise frying and roasting and don't boil them to death!

Simple salad dressings/toppings

Extra virgin olive oil (*sparingly*), fresh lemon, salt, pepper, seaweed sprinkles, balsamic vinegar, apple cider vinegaR

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Snacks

- Edamame beans
- 1-2 boiled eggs
- Sugar snap peas
- Celery sticks with nut butter
- Apple slices with nut butter
- Homemade hummus with carrots/celery
- Jerky/biltong (grass fed)
- Small handful nuts/seeds (~30g)
- Slices of sweet pepper wrapped in ham/chicken slices (quality meat!)
- Tin of tuna
- Protein shake
- Dark chocolate (~15-20g)
- Total greek yoghurt 0% or 2%
- Coconut yoghurt
- 1 portion of fruit/veg
- Quark
- Cottage cheese
- Olives
- Homemade protein bars

For the most part try to snack on veggies, proteins, and healthy fats and then keep your main carb intake at your evening meal.

Your choices for your weight loss must factor in being able to control your blood sugar and insulin. If we can control carbs throughout the day and use the optimum time for consuming carbs as after training sessions and at dinner time in the evening that would be an ideal situation!



Nutrition Guidelines

Vegetarian

We all know that protein is key in lots of bodily processes that keep us alive, but its more than that – it also helps us in our quest to lose some body fat

Ensuring adequate protein is key for energy, performance, muscle growth and as an omnivore its fairly easy to hit your targets – simply rotate a variety of fish and meat through your meals and you're pretty much golden

But for the vegetarians amongst us it's a bit harder to hit our protein goals so I wanted to put together this info sheet to help bring the vegetarians up to hitting moderate-high protein targets!

Additionally I think it's important that we do seek out a variety of nutrient sources, and vary our foods as much as possible so occasionally opting for a meat free meal in favour of a vegetarian meal would be something to try out!

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Vegetarian Protein

You will need to work out protein per portion that you use. These are all worked out in cup sizes which are relevant for some of these but not always relevant if you would be using a smaller portion. Please make sure that you are working it out correctly for your own portion sizes!

A typical portion might be 100-150g

QUINOA

8g / cup

222 calories / cup

40g carbs / cup

BUCKWHEAT

6g protein / cup

155 calories / cup

33g carbs / cup

BULGUR WHEAT

17g protein / cup

479 calories / cup

106g carbs / cup

KIDNEY BEANS

43g protein / cup

603 calories / cup

110g carbs / cup

CHICK PEAS

39g protein / cup

729 calories/ cup

121g carbs / cup

SPIRULINA

64g protein / cup

325 calories / cup

27g carbs / cup

SEED BASED SOURCES

Chia seeds

Hemp seeds

Nuts

Sunflower seeds

Pumpkin seeds

Please do be aware of the fat content in these and ensure that you are getting a good balance between all macronutrients (proteins, fats, carbs)



Take Action Today

1. Pick one area from this PDF to work on and make yourself accountable by posting your choice in the facebook group AND state WHY you are choosing that area to work on. For example: *'I am trying to work on reducing the amount of inflammation in my lifestyle because I realise that I could be creating a state in my body that doesn't best serve my health. I am going to reduce my use of vegetable oils and really work on including some more probiotic and prebiotic foods into my meals'*
2. Thanks for your time reading through this document. If you have any questions, please email Nicola via nicola@rossellfitness.co.uk