



Nutrition Basics

MACROS

MICROS

Proteins

Essential Amino Acids :
Valine, Leucine, Isoleucine,
Tryptophan, Methionine, Lysine,
Phenylalanine, Histidine, Threonine

Vitamins

A,C,D,E,K & B-COMPLEX

Carbohydrates

Sugars (mono & disaccharides)
Starches (Natural, Modified, Waxy)
Fibre (Soluble & Insoluble)

Minerals

Iron, Calcium, Zinc, Sodium, Copper, Magnesium
Iodine, Chromium, Fluoride Manganese, Chloride
Potassium,
Molybdenum, Phosphorus, Selenium

Core Building Blocks

Fats

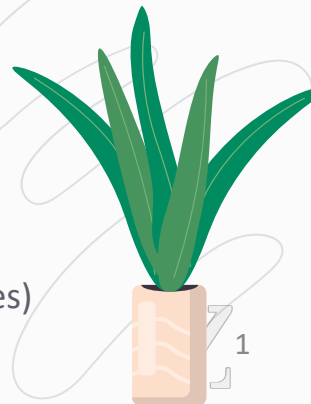
Essential Fatty Acids
Omega - 3 (ALA, DHA, EPA)
Omega - 6 (LA, GLA, ARA)
Omega - 9 (Oleic Acid)
Saturated, Trans fats.

Water

Optimum hydration

Phytonutrients

Polyphenols (flavonoids)
Terpenoids (carotenoids),
Alkaloids (caffeine)
Sulfur-Containing Compounds (Indoles)





Macro Nutrients

PROTEINS



CARBOHYDRATES



FATS



WATER



‘Complete’ protein foods:

Meat, Poultry, Fish, Eggs, Dairy

High Biological Value Vegan:

Soy, quinoa, buckwheat, hemp, chia, spirulina.

‘Incomplete’ protein foods:

Nuts, seeds, wholegrain, veg

*** Complete proteins do not have to be consumed in every meal***

Simple CHO (Sugars)
Mono-Glucose/Fructose/Galactose
Di- Sucrose/Lactose/Maltose

Complex CHO:
Oligo and Polysaccharides

Starches
Potatoes, Grains, Chickpeas..

Fibre
Soluble (Oats, apples...)
Insoluble (Wholegrains, Legumes)

Essential Fatty Acids : Omega-3s & 6’s

Omega - 6 now plentiful in Western Diet

Omega 3’s : ALA, EPA, DHA.

Difficult to acquire EPA/DHA for vegans
ALA is the Omega 3 in plants.
Supplements (Ethyl esters V TG form)

Oily fish - salmon, mackerel, tuna
Nuts and seeds - chia, flax, walnuts

****Limit Saturated, Avoid Trans Fats ****

Human body is up to 70% water

Guideline : 6-8 glasses/ day
Up to 1.5L - 3L/ day for active

Optimum Hydration
Regulates body temperature
Maintains healthy digestion
Protect joints and tissues

Not only water:
Herbal teas , Coconut water
Fruits / Veg/ Soups /Smoothies



Micro Nutrients

VIT A

(Retinol)

Fight Infection
Eyes & Vision
Heart, lung &
kidney
Skin, bones & teeth

VIT E

(Tocopherol)

Anti-oxidant
Anti-oxidant
Protects cells -
toxins
Muscle Function

Iron

Immune
function
Brain function
Carries O2
Metabolism

Iodine

Thyroid hormones
Metabolism
Growth & repair
cells

B Complex

Brain function &
memory
Energy release
Lowers LDL
cholesterol
Blood cells & nerves

VIT D

Ergo (D2) Cholecalciferol
(D3)

Immune Cell function
Nervous system
Regulation Ca & P
Bone Health

Sodium

Nerve function
Muscle
contraction
Electrolyte
balance

Calcium

Muscle function
Blood pressure
Hormone secretion
Bones & teeth

Chromium

Copper

Fluoride

Magnesium

Manganese

Molybdenum

Phosphorus

Selenium

Potassium

Chloride

VIT C

(Ascorbic Acid)

Anti-oxidant
Fight Infection
Skin & tissue health
Bones & teeth

VIT K

(Phytonadione)

Anti-oxidant
Blood clotting
Wound healing
Bone health
Prevent heart
disease

Zinc

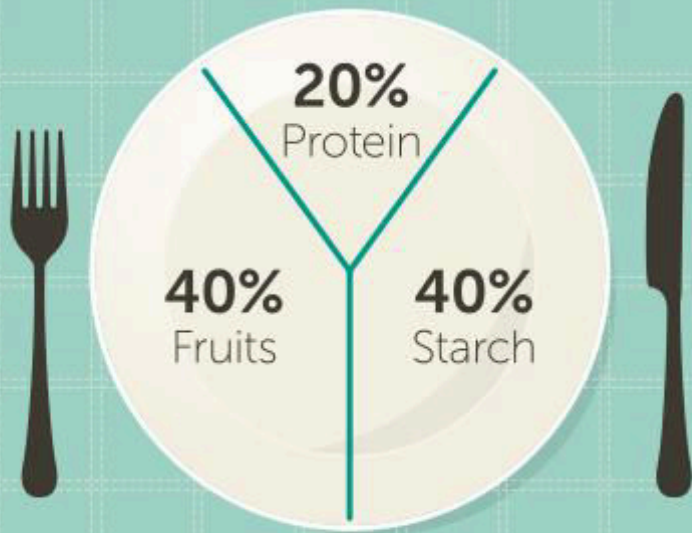
Immune function
Brain function -
memory
Disease
prevention



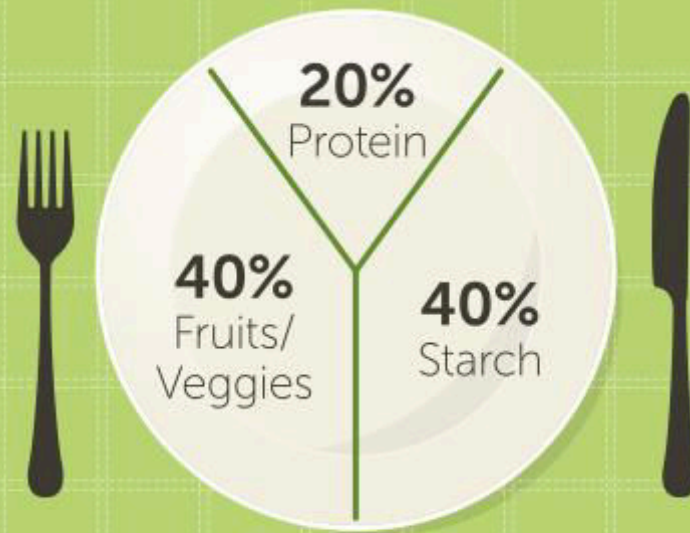


Macro-Ratio

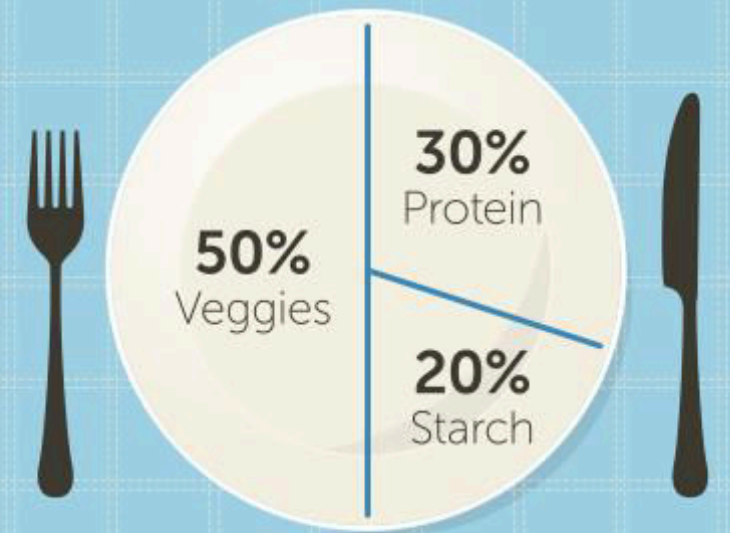
BREAKFAST PLATE



LUNCH PLATE



DINNER PLATE





Top Tips

There is no perfect cooking method that retains all nutrients, but the following general rules apply:

- 1) Cooking for shorter periods at lower temperatures with minimal water will produce the best results.
- 2) Use as little water as possible when poaching/ boiling / cooking veg.
- 3) Don't peel vegetables until after cooking them - or not at all!
- 4) Cut food after cooking to reduce heat exposure.
- 5) Consume the liquid left in the pan after cooking veg.
- 6) Eat cooked veg within a day or two, as Vit C loss exposed to air.
- 7) Use shortest cooking time for safe consumption of meat /poultry/ fish
- 8) Most enzymes are deactivated at a wet-heat temperature of 47 °C, and a dry-heat temperature of 66 °C
- 9) Anti-nutrients can be removed/deactivated by soaking, sprouting, boiling
- 10) Consume Calcium/ Iron supplements/ Tea away from high fibre meals





Healthy Dietary Pattern

Mindful Eating

Practice greater self-awareness around food choice & eating habits



Social / Family Support

Exploring ways to meet everyone's needs - share the tasks.



Contingency Planning

Know your weakness & plan ahead!
eg. a 'Fake away' on Friday nights

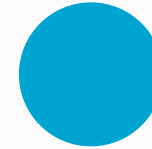


Planning for Success



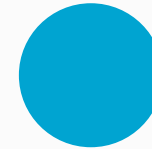
Meal Prep & Batch Cooking

Taking time out over the weekend to plan the meals for the week ahead/ batch cook on a Sunday afternoon.



Choice Architecture of Kitchen

Whole foods in full sight
(countertop nuts/ seeds/ fruit bowl)
Treats/ junk food not easily accessible



Healthier Snack Options

Homemade where possible
Read labels - be informed.

