BALANCED NUTRITION

BALANCING YOUR WAY TOWARDS HEALTHY EATING AND BETTER HEALTH

Laticia "Action" Jackson
Olympian, Health and Wellness Expert

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INTRODUCTION

If you're like millions of other busy individuals, the thought of adding one additional task to your already full plate of things to do, will either make you want to scream orgo and hide!

Let's choose option one instead of option two. You can't hide, the world needs you! Allow me to acknowledge, I understand how overwhelming life can get and trying to figure out how to eat healthy adds additionalstress!

The consumers market is saturated with millions of nutrition, weight loss and diets books that tell you what to eat and what not to eat! There's the grapefruit diet, the low-carb diet, the gluten-free diet and the list goes on! I am sure you often find yourself searching online for nutrition books to teach you how to eat healthybut find so many booksthatyoudon'tknowwhichtochoose from.

With so many books advising you on what to eat and what not to eat, at any given moment, your mind can feel like it's on information overload! Don't fail to mention confused! This confusion may lead you to say, "Forget It, I will Just Eat Whatever I Want!"

Have you ever felt this way?

If you have, I have great news for you! I am about to un-complicate your feelings of being overwhelmed by nutrition do's and don'ts. I am going to accomplish

this by providing you with an easy and applicable understanding of BASIC nutrition. Once you learn the basics, you can eat healthy for the rest of your life!

I promise not to give you a science course on nutrition, tell you not to eat from a certain food group or make you stand on your head while preparing a meal that takes an hour and requires 30 different ingredients to prepare.

Alright, I may have gone a little overboard with the last detail, but please stay with me! Where am I going with all of this?

It's no secret that eating healthy well-balanced meals can ward off chronic diseases like diabetes, assist in weight loss and can provide your body with sustainable amounts of energy. Therefore, on the following pages, I will help you identify and understand the three main foods groups know as macro-nutrients which are comprised of carbohydrates, protein and fat. I will teach you the key to weight loss and show you that healthy eating can be enjoyable.

As a mom, career woman, sister or friend, you deserve to be healthy and feel great minus the confusion!

Grab yourself a cup of hot tea or coffee and let's start reading!

No More Dieting

Throughout the following chapters, you are going to learn the importance of macro-nutrients, identify their function in your body, what calories are and how to maintain a healthy weight.

However, before we get to that information, let's talk about dieting.

Eating healthy and sustaining weight loss can be hard for a lot of women. The diet and fitness industry comes up with a new diet every other day of the week

that promises drastic weight loss with only the popping of a few pills and only 3-minutes of exercise a day.

Many of these programs boost exceptional success, but I need you to ask yourself a question. If losing weight were that simple wouldn't everyone woman in America be at a healthy weight?

The truth is, one of the only ways to reach permanent weight loss and to become healthy, is to provide your body with proper balanced nutrition in moderation.

That is the reason for this book. The intention of this book is to teach you basic nutrition that will empower you to make better informed food choices by educating you on the most simplest information about healthy nutrition. Eating healthy shouldn't feel like a task!

Are you finally tired of dieting?

Learning basic nutrition will build the foundation to your lifetime of healthy living and assist you in choosing to eat healthy versus being on a diet most of your life.

Therefore, before we move on, allow me to explain why diets don't work!

Why Most Diets Don't Work

Most diets are restrictive: **Restricting certain foods groups from your nutritional plan may cause your body to miss out on essential nutrients. Restricting these essential nutrients may cause certain health problems if absent from your diet for too long.**

Most diets severely decrease your caloric intake: The body requires a certain amount of calories to perform the basic functions of life such as breathing and digestion. Consuming low amounts of calories can cause your body to use other sources such as your muscle tissue (protein) for energy. Very low calories diets can ultimately disrupt your metabolism. In the long run, this may actually make it harder to burn calories and lose weight.

Diets are unrealistic and difficult to follow: Choosing to stay on a diet for an extended amount of time is unrealistic. With low amounts of food intake and restriction, diets are often short lived and lead to additional weight gain. You can't eat grapefruit for the rest of your life.

Diets have regimented meal plans: Regimented diets often require the dieter to either buy expensive diet shakes or meals, or stock up their fridge with very specific regimented foods. This can be costly and boring to the palate, leaving you wanting foods higher in calories and flavor.

Most diets make you dependent on pre-packaged meals: Most diet plans require you to purchase their foods products as a tool for weight loss. In the long run, this can hinder you from learning how to cook, prepare and determine proper portion sizes of food. No one can remain on diet products forever, and eventually you have to learn how to eat in the real world.

Now that we have the diet issue out of the way. It's time to have nutrition talk! Are you ready? If you are, let's dive in!

YOU ARE WHAT YOU EAT

You are what you eat! How many times have you heard this saying?

I would guess too many times to remember. However, my question to you is - have you ever thought about the true meaning of this statement? If you haven't, now is the time to do so.

Healthy nutrition is essential for you to live a healthy balanced life. As we move forward, the first topic we are going to discuss are calories.

I will teach you the definition of a calorie and help you determine how to consume the right amount of calories to stay healthy and balanced.

What is a Calorie?

A calorie is a unit of heat or energy. It is that simple! Calories are required for basic human functions such a breathing, digestion and other biological processes. Without a sufficient amount of calories your body wouldn't function at optimal levels.

For weight loss, you will need to create a caloric deficit or decrease in the amount of calories you consume. For weight gain you will increase the amount of calories you consume. How does that feel? Not as overwhelming as you thought is wasright?

Below you will find answers to three of the most frequently asked questions regarding calories.

FAQs Regarding Calories

Q.

HOW MANY CALORIES SHOULD I EAT ON A DAILY BASIS?

A.

The amount of calories you need to consume is based on factors such as gender, age, physical activity, current weight and fitness goals. The first factor is gender. When it comes to caloric needs, men require a higher amount of calories than women. Women have less body mass, therefore require fewer calories.

The next factor is age. Generally, as we age, we tend to decrease our physical activity, which means our bodies require fewer calories.

As for current weight, if you desire to gain weight, you will consume more calories than a person trying to lose weight will. If you want to lose weight, consume less calories and increase your physical activity to burn more calories than you consume. By doing this, you will create a caloric deficit and lose weight.

The last and most important factor is activity level. If you are an inactive person, your caloric intake will be different from someone who works out five days per week.

An active person will consume a higher amount of calories that are needed for energy. Therefore, in order to determine your daily caloric requirement it is essential to determine your goals, current weight and activity level.

Once you have this data, follow the chart below to get a general idea of how many calories you need to consume on a daily basis. The numbers below are just a generalization. Adapt your caloric consumption based on your individual needs.

Recommended Calorie (Energy) Intake for Females			
Age	Light Activity	Moderate Activity	Heavy Activity
11-18	2,000	2,100	2,600
19-24	2,000	2,300	2,800
25-50	2,200	2,300	2,800
51+	1,900		

Classification of Activity Levels

Very Light: Typing, sewing, cross word puzzles, video games

Light: Gardening, garage work, golf, table tennis

Moderately Active: Walking, weeding, hoeing, bike riding, hiking

Heavy: Cycling, heavy resistance training, power lifting, sprinting

Q.

WHEN SHOULD I EAT MY FIRST MEAL TO CONSUME ALL OF MY CALORIES?

A.

Since you were a child, you probably have heard that breakfast is the most important meal of the day. I will reiterate what you have heard. Breakfast is the most important meal of the day. At night, we average 7-8 hours of sleep and by the time we eat our last meal and awake, our bodies have gone without food for approximately 10-11 hours.

In the morning we are in a catabolic (breaking down) state and need to re-fuel our bodies. During the morning, our bodies are seeking healthy nutrients to prepare us for the day. If you are one of those people who say, "I don't have time for breakfast" my response to that is, you can't afford not to make time for breakfast. Studies have shown people who eat breakfast are more likely to lose weight and keep it off versus those who skip breakfast. As a guideline, eat within 1 hour of waking up.

Q.

SHOULD I STOP EATING AFTER 6 P.M.?

A.

No. If you are on a daily nutrition plan that consists of consuming 2,000 calories a day and by 6 pm you have only consumed 1,400 calories, your body my still require more calories. Skipping out on 600 calories can leave you hungry and cause you to eat more calories at your next meal. Therefore when you recognize hunger, feed your body even if it is after 6:00 pm. If you eat after 6 pm, your meals should consist of a source of lean protein and vegetables. Late in the evenings your body doesn't need a large amount of carbohydrates. Remember calories are energy or a unit of heat. If you aren't active late in the evening consuming too many calories and not expending the calories you consume can lead to weight gain.

DON’T BELIEVE THE HYPE

Now that you have a better understanding of calories, next we’re going to discuss how you can determine if you’re consuming the right amount and types of calories!

One way to do this, is by knowing how to read food and ingredient labels.

There are numerous food products on grocery market shelves whose packaging boast their products to be healthy, when in actuality, their food products aren’t as healthy as their packaging would like to boast.

Marketing companies often create extraordinary visuals to grab consumer’s attention, doing so leaves a great opportunity to entice consumers with

beautiful packaging and fancy words without really telling what's completely in the food product.

If you're like many shoppers, more than likely you have fallen for this marketing hype at least once in your life.

Let me show you how this all works. Take a moment and walk with me down grocery lane.

One day you find yourself wandering down the grocery aisle and you pass by a bottle of fruit juice. Based on its enticing words like 100% Daily Serving of Vitamin C and that buzz word, ANTIOXIDANT, you put it in your cart without reading the nutrition or ingredient label.

The pretty picture of fresh fruit splashed across the bottle gave you a sense of fruit heaven and if you had a glass available, you would have poured yourself a serving or two.

You finally make it home and want a glass of your fruit juice, but before pouring a glass you turn the bottle over to read the nutrition label and you find out that your fruit juice really isn't all fruit juice. At the top of the bottle, you see a sign that says it contains 10% fruit juice.

Oh no! You mean this beautiful bottle really doesn't contain all the fruit it claimed by its array of fruit on the front of the bottle?

You got it, and you have just bought into the marketing hype. Don't feel bad, you are not alone. Many people buy food items based on what they see on the front of the package instead of turning over the product and reading the nutrition and ingredient labels.

No worries, long gone are the days when you pick up a food product and think it's healthy based on the appearance of the package. It's time to learn how to read nutrition and ingredient labels and make better food choices.

Read All Labels

What are nutrition facts and ingredient labels?

Nutrition facts and ingredient labels are located on food products that list nutrients by their daily percentages and ingredients by their weight. Making the decision not to read these labels and strictly depend on advertisement alone can be misleading. Learning how to read these labels will empower you to know what you are really consuming. Let's learn how to read ingredient and nutrition labels.

Explore the Labels

As you learn to eat healthier, a new guideline for grocery shopping involves not placing any food items into your cart without first reading the nutrition facts and ingredient list label. If it's an unpackaged product (such as fresh fruit or vegetables), it's okay to place these items into your cart. Sticking to this guideline will help you be more aware of the food choices you are making and help you get accustomed to reading food labels. Yes, this may be more time-consuming, but your health is worth it.

Where do you begin?

First, locate the nutrition facts label on the product. The majority of products list this information either on the back or side of the food item. The nutrition facts label informs you of the amount of a certain nutrient you will consume from a particular product (protein, saturated fat, sodium). Once you have located this label, proceed to follow these steps.

Locate the serving size and the number of servings in the package. Serving sizes are standard in order to compare similar foods. They are listed in units, such as cups or pieces, followed by the metric unit, e.g..the number of grams. Pay close attention to serving sizes. The more servings in the package equals more calories consumed.

Locate the amount of calories per serving. If you find a package that says 250 calories, but you fail to see that the entire package has two servings and eat the entire package, you are getting 250 more calories for a total of 500 calories.

Look at calories and percentages for fat, carbohydrates, protein, sodium and cholesterol. The nutrition facts label will list these items in grams per serving. Follow your guidelines when it comes to fat. The majority of your calories should come from unsaturated fat. Limit products that are high in saturated and trans fats. In addition to these bad sources of fat, stay away from foods that are high in sodium. Foods with more than 20 percent of your daily value of sodium should be avoided.

Look at the percentages of vitamins and minerals. Underneath the list of macro-nutrients you will find a list of vitamins and minerals with their percentages. These percentages are based on the amounts food in the food item.

Once you have read the nutrition facts label, you will look for the ingredients list label. Legally, every food product is required to list all ingredients that were used to make the particular product. Food products normally list ingredients by weight, therefore by reading the ingredient list you are more aware of what is truly in a product.

If you were reading an ingredient list, you would focus on the first five ingredients. Since ingredients are listed by weight, the products that are listed first in the list are the bulk of the product. If the first ingredient is sugar, most of that product is sugar. Even though the nutrition label may state that there are only 7 grams of sugar in this product, pay attention to the ingredient list. I stress again, if sugar is the first ingredient on the list, the majority of the product is sugar.

When reading ingredient lists, a rule of thumb to remember is if you can't pronounce the word, more than likely it is a chemical or preservative and you don't want that in your body.

Try to find products that have shorter ingredient lists and are as natural as possible. By doing this, you lessen the chance of putting excessive amounts of unhealthy products in your body.

MACRO-FIT

You're doing amazing! You have learned why diets don't work, how to determine your daily calorie requirements, how to read food ingredient labels and now we are getting to the bulk of this book.

We're about to discuss macro-nutrients!

I promise you, if you learn the principles of each macro-nutrient, you will have the knowledge to control your nutrition for the rest of your life! I really don't like to promise much, but this I can promise you!

Are you excited? I am....

Here we go!

Although there are many nutrients that are important to your health, three nutrients make up the majority of your nutritional requirements. These nutrients are termed "macro-nutrients" and consist of protein, carbohydrates and fats.

When consumed in balance, macro-nutrients can provide your body with proper nutrition for the growth and repair of your body's tissues.

For many women attempting to get in shape or eat healthier, there's a great amount of confusion surrounding the roles of these macros - especially protein and carbohydrates.

We will discuss each nutrient! However, let's start with protein, the building blocks of nutrition!

Protein: The Building Blocks

Protein is one of the most popular macros. Everywhere you turn - whether it's in a women's health or fitness magazine - there's talk about the latest and greatest sources of protein. But for some women, they have been led to believe if they consume protein that they will gain more muscle and look bulky like a man!

This is a myth, and although protein is required for muscle growth and repair, it has many other functions in the body and consuming protein alone will not cause your muscles to grow.

Before I go any further, I promise I'm not going to give you a chemistry lesson on protein, but I will provide you with basic essential information.

What's the truth about protein?

Protein is the major functional and structural component of all cells in the body. Everything from skin, hair, nails, enzymes and collagen are formed from individual proteins (amino acids).

If consumed in inadequate amounts, you risk hair loss, skin problems, stunted muscle growth and many other health-related issues. To keep it basic, protein is needed in your everyday life for all body functions, including repairing your toned muscles from resistance-training and exercise.

In order to clarify some of the confusion on protein, below you will find frequently asked questions accompanied with the answers regarding the role of protein.

FAQS Regarding Protein

Q.

HOW MUCH PROTEIN DO I REALLY NEED?

A.

The recommended daily consumption of protein is 0.8 grams of protein per kilogram of bodyweight.

For more active individuals who resistance train and desire to build lean muscle, your intake may be higher. For optimal recovery, consume at least 1.0 gram of protein per kilogram of body weight.

No worries, I will show you how to determine your body weight in kilograms.

Use the following equation to determine these samples of protein intake.

(See below)

Protein Equation:

Plug in your body weight

Example: If you weigh 150 pounds and are inactive (sedentary)

1. Divide your body weight by 2.2.

   This will convert pounds into kilograms (150/2.2) = 68 kilograms

2. Multiply 68 kilograms by 0.8

   (68x 0.8)= 54

3. Consume approximately 54 grams of protein per day

Q.

HOW CAN I ADD PROTEIN TO MY DIET?

A.

Protein can be found in foods such as beans, nuts, eggs, dairy products, fish, bison, lean beef and seafood. When choosing meat, look for sources that are low in amounts of saturated fat*. If you are often on-the-go, purchasing a protein powder and a shaker bottle can provide you with a quick and easy way

to get optimal consumption of protein. Just add 1-2 scoops of protein based on the grams per serving, add water, shake and go.

* Saturated fat content is generally located on the nutrition label of the package. Look for items that have less than 5% of the Daily Value (DV) from saturated fat*

Q.

I'M VEGAN, HOW CAN I GET PROTEIN?

A.

You can get your required protein intake by consuming a variety of grains, beans, legumes, soy, tofu, veggie burgers and nuts. The key to your protein consumption is to consume a variety and combination of these food items.

Q.

WHAT ARE ESSENTIAL AND NON-ESSENTIAL AMINO ACIDS?

A.

There are 20 amino acids needed for proper functioning of the human body. Of these 20 amino acids, 8 are considered essential. Essential means the body does not produce them, therefore they must be consumed in the diet. The other 12 amino acids are non-essential, which means the body naturally produces them. To find out more information on amino acids visit www.webmd.com.

Q.

WHAT IS THE BEST FORM OF PROTEIN POWDER?

A.

There are many forms of protein powder, but whey protein has one of the highest biological values (BV). Biological value is defined by the amount of protein that is readily available and used by the body. You can find whey protein in many nutrition and health food stores.

In order to find a whey protein that works for you, experiment with different brands and flavors. Whey protein is a by-product of milk, therefore if you are lactose intolerant, this may not work well with your digestive system. If this is the case, you may want to use a vegetable protein or find a whey product that has reduced lactose or is lactose free.

Q.

WHAT IS A COMPLETE PROTEIN?

A.

A complete protein is a protein that contains all 20 amino acids needed for the body to function properly. Most animal products are sources of complete proteins, whereas plant proteins do not contain all essential amino acids.

Q.

SHOULD I CONSUME PROTEIN AFTER A WORKOUT?

A.

Yes. It is important to replenish the body with protein (amino acids) after a training session. Consuming protein within 30-45 minutes after a workout is important for muscle tissue repair and recovery. After your workout, consume

at least 25 grams of protein with a fast absorbing carbohydrate (sports drink such as Gatorade™, PowerAde™, or fruit). Some studies believe combining protein and a fast absorbing carbohydrate will transport amino acids into the cells at a faster rate.

Q.

WHAT ARE QUICK AND CONVENIENT WAYS TO CONSUME PROTEIN?

A.

Purchasing RTD's (Ready-To-Drink) (which are pre-packaged protein drinks) is a quick and convenient way to meet your protein needs. RTD's come in various brands and flavors. These drinks may be pricey, but are convenient.

Before purchasing, read ingredient and nutrition labels. Reading these labels will help you determine the amount of calories, carbohydrates, protein and fat per serving in each drink. Some of these drinks are high in calories and sugar so read ALL labels.

Another convenient way to consume protein is to purchase a tub of protein powder along with a shaker bottle. You can purchase snacks bags and measure out the required amount per serving and place in your gym or lunch bag. The only thing required to make a protein shake is water and a shaker bottle. Shake, enjoy and go!

Q.

IF I CONSUME MORE PROTEIN, WILL I GET INTO SHAPE FASTER?

A.

No. Consuming more protein will not get you in better shape at a faster rate. A combination of resistance training, regular cardiovascular activities and healthy

eating is required to reach optimal health and fitness levels. Protein is used to help build and repair damaged tissue, but consumption alone will not get you to your desired fitness level faster.

Q.

IF I CONSUME PROTEIN WILL MY BODY LOOK TOO BULKY?

A.

No. Building bulky muscles should not be a concern for the average person who works out. Genetics, sex related hormones (testosterone) and heavy resistance training (weight lifting) are the main factors in building bulky muscle. Consuming the appropriate amount of protein in conjunction with light resistance training will aid you in building lean, toned muscles.

Protein Sources

Chicken	Edamame (soybeans)
Beans	Egg whites
Tofu	Lean Beef (93%)
Nuts and Seeds	Fish (Salmon, Halibut, Tilapia)
Peanut Butter	Ground Turkey
Buffalo	Cottage Cheese
Venison	Almond Butter

Additional Protein Sources

Fish

Tilapia 4 oz 100 kcal 2.5g fat 20g protein	Whiting 4oz 77 kcal 2g fat 18g protein
Cod 4oz 80 kcal 3g fat 14g protein	Flounder 40z 120 kcal 6g fat 17g protein
Wild Alaskan Salmon 4oz 80 kcal 1.5g fat 16g protein	Canned Tuna (In water or olive oil) 5 oz 50 kcal 1g fat 11g protein

Chicken

Chicken Breast 4 oz 120 kcal 22g fat 19g protein	Ground Chicken 4 oz 180 kcal 11gfat 19g protein

Beef

Lean ground beef 93% 4 oz 180 kcal 8g fat 24g protein

Turkey

Turkey breast cutlets 4 oz 120 kcal 0.5g fat 28gprotein	**Turkey Bacon (low sodium)** 1 slice 35 kcal 3g fat 2g protein
Ground Turkey 4 oz 140 kcal 3.5g fat 27g protein	**Turkey Sausage** 2 oz 100kcal 5g fat 8g protein

FAT ATTACK

The second macro-nutrient we will discuss is dietary fat. Over the years, dietary fat has earned a negative reputation based on increased health issues related to high consumptions of saturated and trans fats in most American's diets.

Saturated and trans fats have been linked to alarming rates of obesity, heart disease and other health related issues, but all fats are not created equal and dietary fat isn't to be solely blamed for the increasing rates of obesity in America.

Yes, believe it or not, there are good sources of dietary fat and it is important to understand that almost all foods have some form of fat, but the fats you want as a part of your regular nutritional plan are unsaturated fats, which include monounsaturated and polyunsaturated fat. These fats when eaten in moderation are known to provide the body with many health benefits such as lowering your bad cholesterol (LDL), increasing your good cholesterol (HDL), and fighting inflammation.

The Department of Health and Human Services (H.H.S.) recommends no more than 20 to 35 percent of your diet come from fat. This means that the majority of your dietary fat should come from unsaturated fat, which includes monounsaturated and polyunsaturated fat.

The Good, Bad and the Ugly

Understanding the difference between healthy and unhealthy fats is important in order to make healthier food choices for you and your family. Therefore, let's discuss the four major categories of dietary fat which include, unsaturated fat, trans fat, monounsaturated fats and polyunsaturated fats.

Unsaturated fats (which include monounsaturated and polyunsaturated fats) are considered healthy sources of fat which have been shown to help lower your risk of heart disease by lowering your bad cholesterol (low-density lipoprotein) (LDL) and increasing your good cholesterol high-density lipoproteins (HDL). Unsaturated fats are found in foods such as nuts, seeds, olive oil and peanut butter.

One polyunsaturated fat known to be beneficial to your health is Omega-3 Fatty Acids. Studies have shown that Omegas 3's appear to decrease your risk of

Coronary Artery Disease (C.A.D.) and may protect against irregular heartbeats and help lower blood pressure levels.

Now that we have discussed the categories of healthy fat (good fat), let's discuss the two categories of unhealthy fats (bad fats). The two categories include, saturated fats and trans fats. These fats have been linked to causing heart disease, diabetes and other major health concerns. Food sources that contain saturated and trans fats include baked goods, cakes, pies, red meat cheese and diary. It is recommended that you eat these foods sparingly due to the health concerns linked to their consumption.

Can you avoid dietary fat? No, and neither should you try. Instead of completely removing dietary fat from your meals, focus on consuming healthy sources of fat found in products such as nuts, fresh water fish, peanut butter (in moderation), nuts, seeds, olive oil and avocados.

It is also important to understand that although good sources of fat are needed in your nutritional plan, when compared to other macro-nutrients, fat contains more calories per gram (9 calories per gram). Therefore, consume in moderation.

FAQS Regarding Fat

Below you will find answers to questions most frequently asked about dietary fat.

Q.

WHAT IS SATURATED FAT?

A.

Saturated fat is an unhealthy fat found in many foods such as meat, eggs, cheese, fried foods, crackers, cookies, desserts, whole milk, palm oil and coconut oil. Animal fats are the primary source of saturated fat and should be consumed in moderation.

The U.S.D.A. recommends that less than 10 percent of our total daily calories come from saturated fat. Consuming saturated fat on a regular basis can lead to coronary heart disease and other heart related ailments, therefore saturated fat should be consumed in small amounts.

Q.

WHAT ARE TRANS FATS?

A.

Trans fats are unhealthy fats used to preserve the shelf life of many products. trans fats can be found in fried foods, baked goods, chips, cookies and crackers. One common trans fat is partially hydrogenated oils which are used to keep the crunch in snacks like chips and crackers.

It is recommended that no more than 1% of your daily calories come from trans fats. To avoid consuming these fats, read ingredient labels and be aware that

some products may list a product as "Trans Fat Free" if a single serving contains less than 0.5 grams. Always read the fine print.

Q.

HOW DO I DETERMINE HOW MUCH FAT TO CONSUME?

A.

1. **Determine your total calorie intake for the day.**
2. **Multiply that number by .20 (lower intake of fat) or by .35 (higher intake of fat)**

Example: **(To figure out the amount of fat you would consume on a daily caloric diet of 2,000 calories: Multiply 2,000 by 0.20 or 0.35 and then divide that number by 9,** (9 equals the number of calories per gram of fat.) **Based on a 2,000 calorie-a-day diet, this amounts to between 44-78 grams.**

Fat consumed based on 20%

2000 X .20 = 400

400/9 = 44 grams

Fat consumed based on 35%

2000 X .35 = 700

700/9 = 78 grams

Q.

WHAT ARE MONO AND POLYUNSATURATED FATS?

A.

Mono and polyunsaturated fats are healthy fats that yield many health benefits when consumed. Foods such as olive oil, fish, seeds, peanut butter and nuts are great sources of healthy fats.

One particularly good fat is Omega-3 fatty acids. Studies have shown that Omega-3 fatty acids have the ability to protect the heart's vessels, prevent inflammation and some forms of Omega-3 are needed for brain, heart and eye health. The majority of your dietary fat should come from sources of mono or polyunsaturated fats.

Q.

HOW MUCH DIETARY FAT DO I NEED?

A.

It is recommended that no more than 20-35% of your total daily calories should come from fat and from mono and polyunsaturated sources.

Guidelines for Fat Consumption

Saturated Fat: **less than 10%**

Mono and Polyunsaturated: **at least 20%**

Trans Fat: **no more than 1 percent**

Samples of healthy daily allowances of fat consumption:

1,800 calories a day:

- **40 to 70 grams of total fat**

- **14 grams or less of saturated fat**
- **2 grams or less of Trans fat**

2,200 calories a day:

- **49 to 86 grams of total fat**
- **17 grams or less of saturated fat**
- **3 grams or less of Trans fat**

2,500 calories a day:

- **56 to 97 grams of total fat**
- **20 grams or less of saturated fat**
- **3 grams or less of Trans fat**

Q.

HOW CAN I CUT BACK ON EATING BAD FATS?

A.

There are many ways to cut back on eating bad or unhealthy fats, which include:

- **Remove skin from chicken, turkey and other poultry before cooking. Skin contains fat.**
- **When re-heating soups or stews, skim the solid fats from the top before serving.**
- **Drink low fat (1%) or fat-free (skim) milk rather than whole or 2% milk, or almond milk.**
- **Purchase low-fat or non-fat versions of your favorite cheese and other milk or dairy products.**

- **In order to satisfy your sweet tooth, reach for a low-fat or fat-free version of your favorite ice cream or frozen dessert. These versions usually contain less saturated fat, but be aware of sugar content in these food items. The removal of fat sometimes leads to adding additional sugar for taste.**
- **Use low fat margarine spreads instead of butter. Most margarine spreads contain less saturated fat than butter. Look for a spread that is low in saturated fat and does not contain trans fats.**
- **Choose baked goods, breads, and desserts that are low in saturated fat. You can find the fat content on the Nutrition Facts label.**
- **Pay attention at snack time. Some convenience snacks (such as sandwich crackers) contain saturated fat. Choose instead to have non-fat or low-fat yogurt, a piece of fruit or lightly salted nuts.**
- **Choose leaner cuts of meat that do not have a marbled appearance (where the fat appears embedded in the meat). Choose leaner cuts (including top round and sirloin) and trim all visible fat off meats before eating.**
- **Read all food labels and be conscious of what you are eating.**

HEALTHY FAT

Polyunsaturated Fats

- **Vegetable Oils (Safflower, Corn, and Canola)**
- **Cold Water Fish (salmon, mackerel)**
- **Flaxseeds**
- **Flax Oil**

Monounsaturated Fats

- **Avocadoes**
- **Peanuts**
- **Almonds**
- **Fish (Omega-3 fattyacids)**
- **Olive Oil**
- **Walnuts**
- **Sunflower seeds**
- **Peanut Butter**

UNHEALTHY FAT

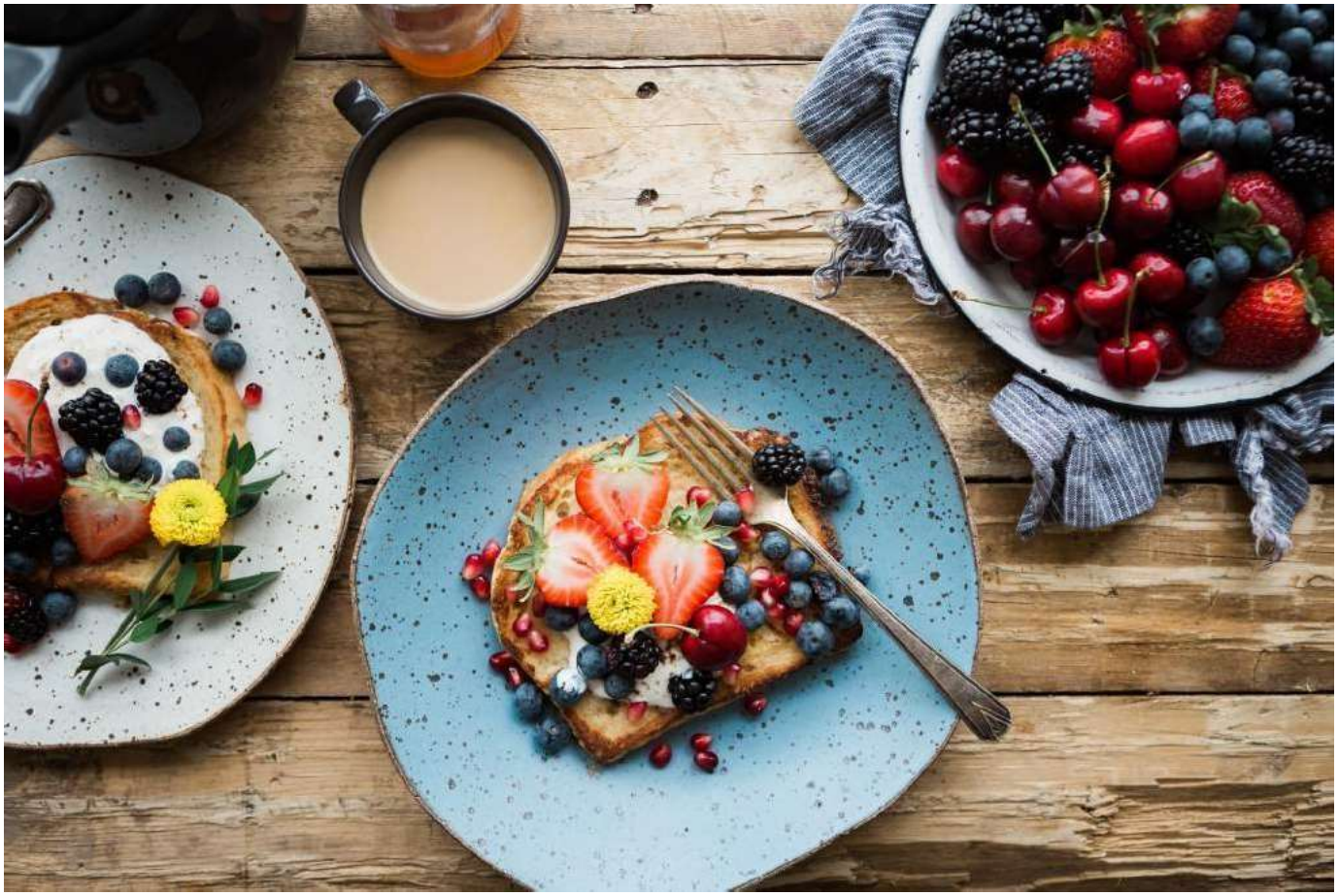
Saturated Fats

Animal products such as meat, poultry, seafood, dairy products, lard, butter, coconut, palm, and other tropical oils.

Trans Fats

Partially hydrogenated vegetable oils, commercially-baked goods such as crackers, cookies and cakes, fried foods such as donuts, French fries, shortening and margarine.

CARBS, THE ENERGYMAKERS



We have saved the best for last! We are going to discuss the "Rock Star" of macro-nutrients! We're going to discuss carbohydrates!

Carbohydrates, just like fat, have earned a negative reputation over the years due to increased health-related issues such as Type 2 Diabetes and Obesity.

It has been proven that American's consume excessive amounts of sugar found in processed foods such as cakes, donuts, sugary energy drinks, coffee drinks, white breads and white pasta - which are all void of many healthy nutrients.

But are all sugars bad for one's health and created equal? No, all sugars are not created equal, and there are healthy forms of sugars.

With so many rumors, are you afraid of consuming carbohydrates?

It is important to understand that although carbohydrates have been given a bad name, all carbohydrates aren't the culprit of poor health and weight gain. Poor health and weight gain are the combined result of limited physical activity, diets high in calories and unhealthy lifestyle behaviors.

For years you may have stayed away from carbohydrates, not knowing the truth behind these important macro-nutrients. Therefore, let's paint a different picture and learn the truth about carbohydrates.

What Are Carbohydrates?

Carbohydrates are the body's main fuel source that provides energy for basic bodily functions such as breathing, body movements, digestion and normal heart functioning. When compared to fat and protein, carbohydrates are broken down at a quicker rate and are more readily available than any other macro-nutrient. For many reasons this is beneficial, but over the years there has been a great amount of dispute regarding whether or not a person should consume carbohydrates or stay away from them.

In the early 2000's, this dispute became profitable for many companies that focused on low-carb diet plans that encouraged low-to-no consumption of carbohydrates. This short-lived diet craze created the buzz that carbohydrates were the enemy within the food industry, but this picture wasn't painted as clear as it should have been.

Why are Carbohydrates Important?

Have ever been on an extremely low carbohydrate diet? If you have, you probably experienced low energy levels and restricted mental focus. If this occurred, it was a result of low glucose or blood sugar levels.

As stated earlier, carbohydrates are an important source of fuel for the bodies basic functioning and without the proper amount of carbohydrates from the right sources, the body doesn't function at its best levels.

I understand with all the differing opinions on carbohydrates if you are still apprehensive about consuming carbohydrates, but I want to put your fears to rest and teach you more about carbohydrates.

Let's move on and learn more about the energy makers.

Why So Much Drama?

Right about now you might be a little confused about carbohydrates due to the fact that you have always heard carbohydrates are the enemy.

Let me emphasize, carbohydrates aren't the enemy and there's no need for you to deal with the carbohydrate drama anymore.

First things first - let's identify the different types of carbohydrates.

There are two primary types of carbohydrates: they are complex carbohydrates (3 or more sugar molecules) and simple sugars (1 or 2 sugar molecules). Carbohydrates are categorized by the number of sugar molecules they are made of and each type of carbohydrate metabolizes differently in the body based on their chemical structure.

What are complex carbohydrates?

Complex carbohydrates are made up of 3 or more sugar molecules. This molecular structure results in a slower absorption rate into our blood stream as compared to simple sugars. This slow absorption process provides the body with sustained amounts of energy and you are less likely to experience the blood sugar spikes compared to consuming simple sugars. Therefore, it is recommended that the majority of your carbohydrates come from complex carbohydrate sources such as whole grain breads, sweet potatoes, quinoa, brown rice, steel cut oatmeal and vegetables. We have learned about complex carbohydrates, now let's learn about simple sugars.

What are simple sugars?

Simple sugars are made up of 1 or 2 sugar molecules. Their molecular structure results in faster sugar absorption into our bodies and high spikes in blood glucose or blood sugar levels. Consumption of simple sugars provides quick, but inadequate, amounts of sustained energy. These sugars are found in processed foods such as, baked goods, milk products, honey, corn syrup, molasses, brown sugar and maple syrup. Consuming high amounts of simple sugars has been linked to diabetes, weight gain and other health related issues including inflammation. Therefore, these should be consumed in moderation.

The Great Crash

Let's travel down memory lane for a moment.

Have you ever had one of those mornings where you didn't have time to do anything, including eating a healthy breakfast? You stormed into work one minute before start time and didn't recognize your hunger signals until you

reached your desk and started working. After working for a few minutes, you listen to your hunger signals and take a quick stroll into the office kitchen where you find donuts and a cup of coffee. You grab a donut, cup of coffee and indulge in both. All of a sudden, you get this burst of energy and feel like you can attack all of your work in no time.

Before long, you feel like taking a nap and your desk seems like a good place to get some shuteye.

Can you guess what happened?

You have just experienced a sugar crash. Bob, tell her what she has won! Behind door number one, is a big headache followed by the desire to take a nap and eat more sugar or caffeine to get more energy.

Behind door number two is a case of Type 2 diabetes from the continual blood sugar spikes. Finally, behind door number three are 15-20 extra pounds that you will eventually see in the mirror and on the scale.

Eating excessive amounts of simple sugars are detrimental to your health and waistline. Therefore, it is essential to monitor the amount and types of carbohydrates you consume.

How Can You Limit Your Simple Sugar Intake?

You can limit the amount of simple carbohydrates in your diet by ensuring you always have healthy snacks and meals prepared for the workday that are lower in sugar, higher in protein and healthy fat.

Having healthy snacks like fresh fruit, nuts, veggies and lean protein will assist you in making better food choices within your work day. Another way to

decrease your simple sugar intake is to learn how to read a glycemic (sugar) index. We will discuss this next!

Rank Your Carbohydrates

Now that you have learned the basic essentials about carbohydrates, let's learn one way to ensure you are eating the right types of carbohydrates without the fear of gaining weight. This can be accomplished by learning how to use the glycemic index.

What is the GlycemicIndex?

The "Glycemic Index" is a numerical ranking system which assigns a numeric value to foods based on their immediate rise or effect on blood sugar levels.

Foods with a high ranking of 70 and above enter into the blood streams quickly, whereas foods with a ranking of 55 and lower enter into the blood stream at a lower and steady rate. Foods with a high ranking (70 or above) should be eaten sparingly and the majority of your carbohydrates should be chosen from the low ranking category in order to maintain healthy blood sugar levels, weight and to lessen your chance of getting Type 2 diabetes.

In order to use the glycemic index to make healthier food choices, familiarize yourself with the numbers of the foods you currently enjoy eating. If you discover that the majority of your foods come from the higher ranked category, start to discover new foods that appeal to your liking from the lower ranked carbohydrate list. Getting used to new tastes may be a challenge, but in the long run will be beneficial to your health.

Below you will discover a glycemic index for over 100 foods.*

Food	Glycemic Index (glucose =100)	Serving Size (grams)	Glycemic Load per Serving
BAKERY PRODUCTS AND BREADS			
Banana cake made with sugar	47	60	14
Bananacakemadewithoutsugar	55	60	12
Sponge cake, plain	46	63	17
Vanilla cake made from packet mix with vanilla frosting (Betty Crocker)	42	111	24
Apple made with sugar	44	60	13
Apple made without sugar	48	60	9
Waffles, Aunt Jemima (Quaker Oats)	76	35	10
Bagel, white, frozen	72	70	25
Baguette, white,plain	95	30	15
Coarse barley bread, 75-80% kernels, average	34	30	7
Hamburger bun	61	30	9
Kaiser roll	73	30	12
Pumpernickel bread	56	30	7
50% crackedwheatkernelbread	58	30	12
White wheat flour bread	71	30	10
Wonder™ bread,average	73	30	10
Whole wheat bread, average	71	30	9
100% Whole Grain™ bread (Natural Ovens)	51	30	7
Pita bread, white	68	30	10
Corn tortilla	52	50	12
Wheat tortilla	30	50	8
BEVERAGES			
Coca Cola®, average	63	250 mL	16

Food	Glycemic Index (glucose =100)	Serving Size (grams)	Glycemic Load per Serving
Fanta®, orange soft drink	68	250 mL	23
Lucozade®, original (sparkling glucose drink)	95±10	250 mL	40
Applejuice, unsweetened, average	44	250 mL	30
Cranberry juice cocktail (Ocean Spray®)	68	250 mL	24
Gatorade	78	250 mL	12
Orange juice, unsweetened	50	250 mL	12
Tomato juice, canned	38	250 mL	4
BREAKFAST CEREALS AND RELATED PRODUCTS			
All-Bran™, average	55	30	12
Coco Pops™, average	77	30	20
Cornflakes™, average	93	30	23
Cream of Wheat™ (Nabisco)	66	250	17
Cream of Wheat™, Instant (Nabisco)	74	250	22
Grapenuts™, average	75	30	16
Muesli, average	66	30	16
Oatmeal, average	55	250	13
Instant oatmeal,average	83	250	30
Puffed wheat, average	80	30	17
Raisin Bran™ (Kellogg's)	61	30	12
Special K™ (Kellogg's)	69	30	14
GRAINS			
Pearled barley,average	28	150	12
Sweet corn on the cob, average	60	150	20
Couscous, average	65	150	9
Quinoa	53	150	13
White rice, average	89	150	43
Quick cooking white basmati	67	150	28

Food	Glycemic Index (glucose =100)	Serving Size (grams)	Glycemic Load per Serving
Brown rice, average	50	150	16
Converted, white rice (Uncle Ben's®)	38	150	14
Whole wheat kernels, average	30	50	11
Bulgur, average	48	150	12
COOKIES AND CRACKERS			
Graham crackers	74	25	14
Vanilla wafers	77	25	14
Shortbread	64	25	10
Rice cakes, average	82	25	17
Rye crisps, average	64	25	11
Soda crackers	74	25	12
DAIRY PRODUCTS AND ALTERNATIVES			
Ice cream, regular	57	50	6
Ice cream, premium	38	50	3
Milk, full fat	41	250mL	5
Milk, skim	32	250 mL	4
Reduced-fat yogurt with fruit, average	33	200	11
FRUITS			
Apple, average	39	120	6
Banana, ripe	62	120	16
Dates, dried	42	60	18
Grapefruit	25	120	3
Grapes, average	59	120	11
Orange, average	40	120	4
Peach, average	42	120	5
Peach canned in light syrup	40	120	5
Pear, average	38	120	4

Food	Glycemic Index (glucose =100)	Serving Size (grams)	Glycemic Load per Serving
Pear canned in pearjuice	43	120	5
Prunes pitted	29	60	10
Raisins	64	60	28
Watermelon	72	120	4
BEANS AND NUTS			
Baked beans, average	40	150	6
Blackeye peas,average	33	150	10
Black beans	30	150	7
Chickpeas, average	10	150	3
Chickpeas canned in brine	38	150	9
Navy beans, average	31	150	9
Kidney beans,average	29	150	7
Lentils, average	29	150	5
Soy beans, average	15	150	1
Cashews salted	27	50	3
Peanuts, average	7	50	0
PASTA and NOODLES			
Fettuccini, average	32	180	15
Macaroni, average	47	180	23
Macaroni and Cheese (Kraft)	64	180	32
Spaghetti, white, boiled, average	46	180	22
Spaghetti, white, boiled 20 min, average	58	180	26
Spaghetti, whole meal, boiled, average	42	180	17
SNACK FOODS			
Corn chips, plain, salted, average	42	50	11
Fruit Roll-Ups®	99	30	24
M & M's®, peanut	33	30	6

Food	Glycemic Index (glucose =100)	Serving Size (grams)	Glycemic Load per Serving
Microwave popcorn, plain, average	55	20	6
Potato chips, average	51	50	12
Pretzels, oven-baked	83	30	16
Snickers Bar®	51	60	18
VEGETABLES			
Green peas, average	51	80	4
Carrots, average	35	80	2
Parsnips	52	80	4
Baked russet potato, average	111	150	33
Boiled white potato, average	82	150	21
Instant mashed potato, average	87	150	17
Sweet potato,average	70	150	22
Yam, average	54	150	20
MISCELLANEOUS			
Hummus (chickpea salad dip)	6	30	0
Chicken nuggets, frozen, reheated in microwave oven 5 min	46	100	7
Pizza, plain baked dough, served with parmesan cheese and tomato sauce	80	100	22
Pizza, Super Supreme (Pizza Hut)	36	100	9
Honey, average	61	25	12

* "International tables of glycemic index and glycemic load values: 2008" by Fiona S. Atkinson, Kaye Foster-Powell, and Jennie C. Brand-Miller in the December 2008 issue of Diabetes Care, Vol. 31, number 12, pages 2281-2283.

Below are answers to some of the most frequently asked questions regarding carbohydrates.

FAQs Regarding Carbohydrates

Q.

WHAT WILL HAPPEN IF I GO TOO LONG WITHOUT CARBOHYDRATES?

A.

Going too long without a sufficient amount of carbohydrates will cause the body to find other sources of energy to function. This energy may come from protein (muscles) or fat stores. Additionally going long periods of time without a sufficient amount of carbohydrates can cause fatigue and dizziness. The brain and central nervous system need carbohydrates (glucose) in order to function properly, therefore consume carbohydrates in moderation and in the form of complex carbohydrates (whole grains, beans, brown rice and legumes).

Q.

SHOULD I CONSUME CARBOHYDRATES BEFORE I WORK OUT?

A.

Yes. Carbohydrates are the body's main source of energy and the amount you consume before a workout is based on your fitness goal. If your goal is to build lean muscle, you'll need to consume at least 45-50 grams of carbohydrates along with 10-15 grams of protein. If your goal is weight loss, consume at least 25 grams of carbohydrates and 15 grams of protein.

If you're going to consume your carbohydrates in a liquid form, consume it at least 45 minutes prior to your workout. If your source is whole food, allow 90 minutes to 2 hours for food to digest before training. If you exercise for more

than an hour, you may need to refuel with a sports energy drink such as Gatorade™ or Powerade™ in order to maintain energy levels. On non-work out days, carbohydrate consumption should be lower. On these days, the body doesn't require as much energy to fuel your body.

Q.

WILL CARBOHYDRATES MAKE ME FAT?

A.

No, not if consumed in moderation and in the form of complex carbohydrates, along with regular physical activity and resistance training. People don't become overweight by just consuming carbohydrates. Weight gain is a combined result of consuming too many calories and limited physical activity.

Q.

IS IT ALRIGHT TO CONSUME SUGAR-FREE PRODUCTS?

A.

Many sugar-free products contain high amounts of synthetic or artificial flavoring and studies have shown some products may cause diarrhea and gastric problems such as bloating and gas. Instead of consuming artificial sweeteners, opt for natural sweeteners that have zero calories. Stevia™ and Truvia™ are a few.

Q.

IF I DON'T WANT TO USE REFINED SUGAR, WHAT IS A GOOD ALTERNATIVE TO SWEETEN FOOD?

A.

There are many natural products on the market such as agave nectar, Stevia™ and Truvia™ that add flavoring and don't cause high sugar spikes. Most of these products are at your local grocery or health food store. You may use these products to bake or sweeten your favorite drinks.

Q.

WHAT IS THE PERCENTAGE OF CARBOHYDRATES SHOULD I CONSUME DAILY?

A.

The amount of carbohydrates you consume on a daily basis is based on your daily physical activity, fitness goals and current weight. If you are an athlete, your intake of carbohydrates may be between 50-60% or higher based on the intensity and duration of your activity. For less active individuals, at least 40 % percent of your diet should come from complex carbohydrate sources.

Q.

HOW DO I CALCULATE THE GRAMS OF CARBOHYDRATES I NEED TO CONSUME ON A DAILY BASIS?

A.

The first step in calculating your required grams is to determine your fitness goals. Do you want to lose weight or do you want to focus more on athletic events and gaining lean muscle? If you want to lose weight, take 40 % of your

daily calories to determine carbohydrates in grams. If you want to build lean muscle tissue or you're an athlete, take at least 55% of your daily calories.

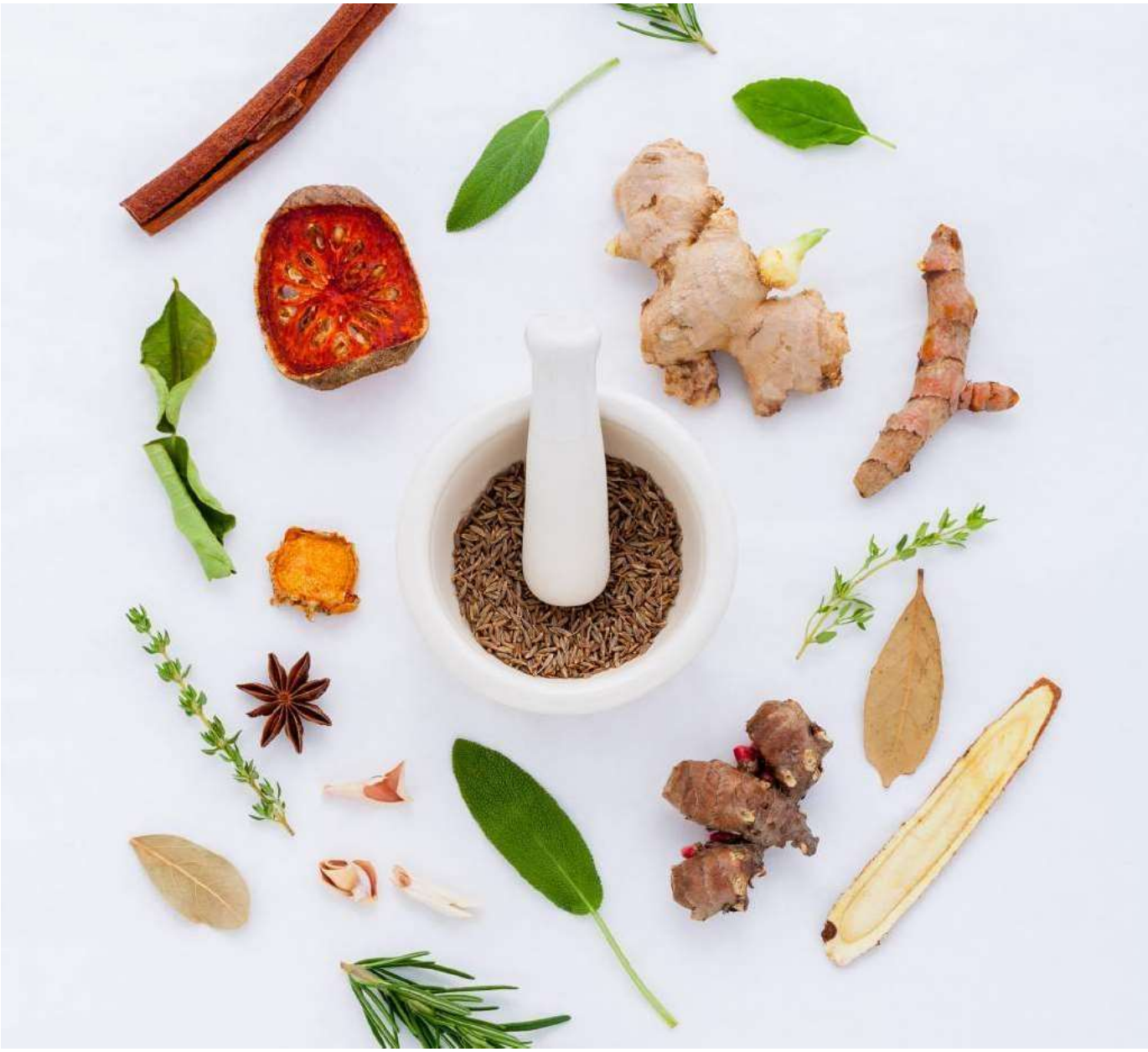
Example: You want to lose weight and you consume 1,600 calories a day

1. Take 1,600 X .40 = 640
2. Take 640/4 (4 = the amount of calories in 1 gram of carbohydrates) = 160
3. Your total daily consumption of carbohydrates equals 160 grams

Example: You want to gain lean muscle or you're athletic and you consume 2,200 calories aday

1. Take 2,200 x. 55 = 1211.
2. Take 1,221 / 4 (4 = the amount of calories in 1 gram of carbohydrates) = 302.5
3. Your total daily consumption of carbohydrates equals 302.5 grams

YOU MADE IT!



You've reached the end of Balanced Nutrition. Be mindful of how many calories you consume on a daily basis, read all food ingredient labels and don't be afraid to consume healthy amounts of carbohydrates. You are what you eat. Therefore, use the information in this nutrition guide to make more informed nutrition choices. Your body and mind will say thank you.