



NUTRITION WEBINAR - Jan 2021

KEY TOPICS

- WHAT ARE MACRONUTRIENTS AND MICRONUTRIENTS?

 - DIET PLANS

 - NUTRITION FOR HEALTH

 - NUTRITION FOR BODY COMPOSITION - FAT LOSS

 - NUTRITION MYTHS?

 - SIMPLE MEAL IDEAS

 - Q & A

MACROS!

Macronutrients are carbohydrates, fats, and proteins.

All of the food that you consume contains a combination of these macronutrients, along with a variety of micronutrients. The micronutrients are the vitamins and minerals that your body requires, commonly found in fresh fruit and vegetables.

There are no good or bad macronutrients. Regardless of the diet that you follow, you will need some of each macronutrient. Even a low-carb diet that excludes carbs for a certain period of time eventually adds a moderate amount of carbs to your meals.



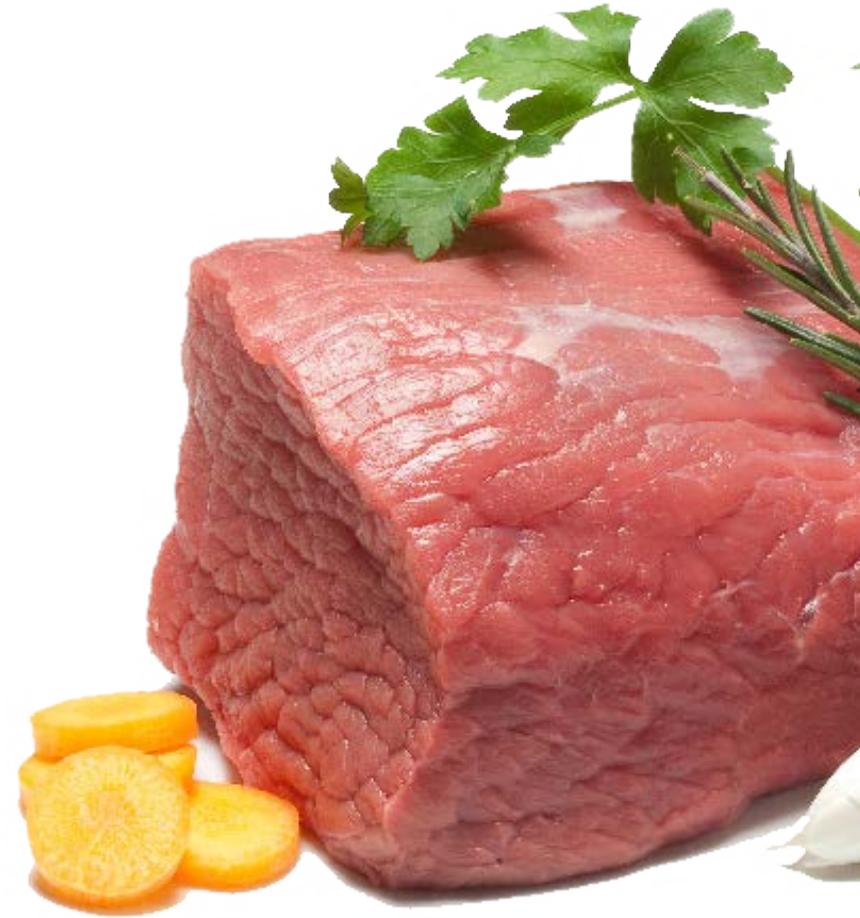
Carbohydrates

Complex carbs can provide energy to fuel your body throughout the day. Simple carbs, such as the simple sugars found in starchy vegetables and baked goods are quickly broken down by your body.

When you fill up on simple sugars, your body quickly uses the provided energy and stores the excess sugar as fat. Complex carbs take longer to break down, keeping you energized and satiated for a longer period of time.

Protein

Protein is essential for building muscle. While your body needs protein to repair muscle tissue, you also need protein for the health of your skin and bone tissue. You also use proteins to produce certain hormones. If you are concerned with your fitness, you need to ensure that you are eating enough protein.





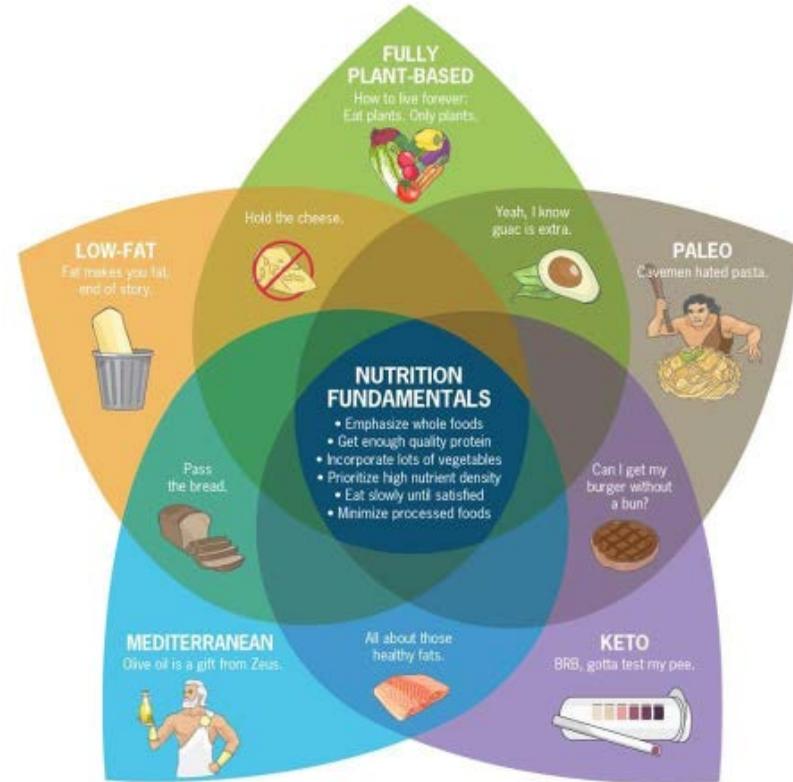
Fat

Like carbohydrates, fat often gets a bad reputation. As with all macronutrients, there are healthy fats and unhealthy fats.

Healthy fats come from foods such as dairy, avocado, nuts, and oils. Unhealthy fats can be found in processed foods, fast food, and packaged deli meats.

Food Choices

- The more whole foods we can consume the better. Things that grow in the ground, feed off the ground, are unprocessed and natural should be our main choices.
- Whichever diet or regime we follow these fundamentals are always at the heart of things and help promote overall wellness



Food Choices - Fitness and Wellness

- The better our food choices the more we promote health. Weight loss, muscle gain, and athletic performance are the secondary benefits.



A top-down view of a bowl filled with a variety of healthy foods. On the left, there's a mix of white and brown quinoa. In the center, there's a piece of fried chicken. On the right, there are several slices of avocado and a pile of fresh green leafy vegetables. The bowl has a speckled rim.

Nutrition for Health

- Make the biggest part of your plate veggies

- Consume a balanced macro profile. Carbs, fats, and veggies in every meal

- Eat real food. Try to avoid overly processed foods.

As a general rule eat; Meat & Fish, Lots of veggies, some fruit, nuts and seeds, and a little starch. Avoid sugar.

- Moderate alcohol intake

Nutrition for a healthy working Day

Night shifts, time zone changes, different food and water in different countries can all have an effect on digestion, energy levels and mood. There are certain things we can do to help mitigate any negative affects.

- Do not skip meals - If you are going onto a night shift make sure you have food prepped for this. Our bodies thrive off energy balance. If we work a night shift we may be awake longer, burn more energy, and subsequently need more fuel.

- Prioritise some time for meals while 'on the ground' While the above is crucial you want to keep food in the air simple and easily digestible and eat before and after the flight. Ideally consume a large meal 2-3 hours before flying. In the air focus on water, lighter food or snacks. Upon landing consume a good quality meal high in nutrients (greens, reds, and yellows)

Nutrition for a healthy working Day

- Small easily digestible snacks like a banana or berries are a good option if you need to get to sleep but are feeling hungry or do not have time for a dinner after a night shift. The idea of no carbs before bed should not be in the conversation as you need to look after your health at this point, first and foremost.
- Avoiding meals because of time zone shifts should also be avoided. If you land and it should be evening (but it's now morning) or vice versa then treat your meals as you would your sleep. For example if you are going to shift your sleep pattern for the current time zone then shift your meals too. If you are staying on your origin time then do the same with meals.
- If you know you have a lot of nights or time zone changes coming up you can practice for this in the weeks leading up to it. Simply make sure each meal has carbs, fats, and proteins.

Benifits - Fitness and Wellness

A healthy and balanced diet has many benifits beyond fat loss or body composition change

- Better sleep
- Higher productivity
- More energy
- Healthier organs
- Less minor health conditions

Nutrition for composition change - Fat Loss

- For fat loss the same macro advice as health applies, stay balanced.
- To lose weight we must create a calorie deficit. Somewhere between 500 and 1000 calories less than we burn per day is a safe amount and usually results in a fat reduction of 0.5 to 1kg per week or 1-2lbs.
- Remain consistent. Eating in a deficit for one week will not help reduce fat. A sustained effort for 30 days or more will.
- Track everything you eat, condiments, treats and drinks, even if you feel like you shouldn't have eaten it... track it!
 - Avoid simple carbs before bed.

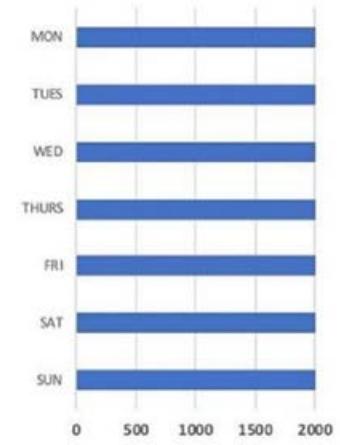
Things to avoid when aiming for fat loss

- Cutting out everything you love! You won't stick to your calories and you will end up bingeing. Allow yourself treats in moderation.
- Plan ahead. If you are going out for dinner, estimate how much more you may eat and reduce your intake a little on the surrounding days.

BINGE RESTRICT CYCLE



INCREASED DAILY INTAKE



Things to avoid when aiming for fat loss

- Set realistic goals. You can not correct years of over indulgence with days of calorie restriction
- Be consistent. If you consistently eat well and occasionally treat yourself then overall you will see positive changes



Ways to enjoy 'treats'

'Cheat meals' or treats are not a bad thing but our attitude towards them and the choices we make can be. Sticking to healthy food, a balanced diet and fresh ingredients for 80-90% of meals will still have a positive impact if we are careful. So how do we plan 'cheat meals'

- Account for them in our daily calories. If the burger has 700 calories then having a slightly smaller lunch may allow for it
- Stick to one plate. If your treat won't fit on one plate you are over indulging. The burger and fries are fine. Do you need the chicken wings and cheesecake as well?
- if you love something like doughnuts or pizza then don't cut them out of your life. That doesn't mean it has to be Domino's

The background of the image shows two meal prep containers on a dark, textured surface. The top container holds green peas, lemon wedges, and fresh basil. The bottom container holds a piece of salmon, white rice, a half of an avocado, and broccoli. To the right, there is a small container with green grapes and a whole ear of corn on the cob. A silver fork and spoon are visible in the bottom left corner.

Simple changes - Easy wins

- First identify if you are really hungry? Have a glass of water first

- Are you just bored? Pop a post it on the fridge as a reminder

- Change 1/4 to 1/3 of traditional meals to greens

- Pre cook healthy snacks, have seed pots, fruit etc easily available

Nutrition Myths - True or False

- Eating carbs with your dinner is detrimental to weightloss?
 - Low fat = healthy?
- You need to eat small frequent meals for optimal health?
 - Vegans don't get enough protein to build muscle?
 - Coffee helps you lose weight?
- If you eat too little your body stores fat to protect you from 'starvation'?
 - fat makes you fat?

Simple Meal Options (for fat loss)

Morning shakes can often be a good option. they are smaller meals, have a lower number of calories but they contain some really important nutrients.

'The Science'

These shakes are great for stimulating the fat metabolizing hormone glucagon. This releases stored energy and can be stimulated by high protein intake, low carb intake, calorie deficits and being in a fasted states. They should be about 1/2 the amount of carb and calories you might eat a full meal. They allow you to stay in a calorie deficit for the first half of the day while achieving a sense of satiety when you get up in the morning.

Morning Shake

- 1 cup of blueberries (frozen or fresh)
 - 30g of protein powder
- 1 cup of spinach (frozen or fresh)
 - 1 tbsp of nut butter
 - 2 cups of plant based milk

30g Protein
25g Carbs
10g Fats
Total cals 300

you can easily sub in other berries, normal milk (and reduce the nut butter), or actual nuts or seeds like flax.



Simple Breakfasts

Basic Breakfast

(394 Calories: 46g protein, 30g carb, 10g fat)

- 1 Cup of Egg Whites
- 4 Strips of Turkey Bacon - 1 Low Fat Bagel
- 2 Tomato Slices
- 1/2 Avocado In Slices

Hard Boiled Breakfast:

(452 calories: 38g protein, 30 carbs, 20 fat)

- 3 Hard Boiled Eggs
- 4 Slices of Bacon - One bag of instant oatmeal - 1/2 Cup blueberries



Simple Breakfasts

Pepper & Cheese Omelette:

(501 calories: 51g protein, 33.8g carbs, 27.9g fat)

- 2 Whole Eggs
- 1 Cup of Egg Whites
- 1/2 Cup of Red Peppers
- 1/2 Cup of Green Peppers
- 1/2 Cup of Shredded Cheddar Cheese - 1 tbsp of Chopped Chives
- 1 Whole Wheat English Muffin

Icelandic Yogurt, Almonds:

(383 Calories: 33g protein, 29 carbs, 15 fat)

- 2 small containers of Skyr Icelandic Yogurt -15 Almonds



Simple Lunches

Steak or Tofu

(420 calories: 35g protein, 25g carbs, 20 g fat)

- 6 oz Lean Steak (Tofu)
- 1/2 Cup of Rice
- 1/2 Avocado
- 1 Cup of Spinach

Chicken Salad:

(382 calories: 44.6g protein, 18g carbs, 19.3g fat)

- 5 oz Shredded Grilled Chicken - 3 Cups Mixed Salad Greens
- 1 oz Blue Cheese Crumbles
- 1/2 oz Walnuts
- 1 tbsp of Balsamic Vinaigrette - 3 diced Cherry Tomatoes



Tuna Salad Wrap

(622 calories: 32.7g protein, 49.2g carbs, 21.5g fat)

- 4 oz of Solid White Tuna
- 1 Spinach Wrap
- 1 Avocado
- 2 tbsp of diced red onions - 1/4 cup of chopped cilantro - 1 tsp of olive oil
- 1 cup of sliced cucumber



Simple Dinner

Chicken Meal

(403 calories: 42g protein, 25g carbs, 15g fat)

- 6 oz of Lean Chicken Breast
- 1/2 Cup of White Rice
- 1 Cup of Spinach
- 1 Cup of Green beans
- 15 Almonds
- Bell Peppers and Pickles (No Sugar)

Steak Meal

(524 Calories: 49g protein, 37g carbs, 20g fat)

- 6 oz of Sirloin Steak
- 1 Medium Baked Sweet Potato
- 4 oz of Steamed Broccoli
- 1/2 tbsp Grass-fed butter



Simple Dinner

Fish Meal

(483 calories: 44g protein, 25g carbs, 23g fat)

- 6 oz Salmon
- 1/2 Cup Whole Grain Brown Rice
- 8 Asparagus Spears
- 1 Cup of sugar snaps, caulie, broccoli
- 10 Cashews



Snacks

Rice Cake Snack

(250 calories: 9g protein, 20g carbs, 16.8g fat)

- 2 Quaker Oats Rice Cakes
- 1 oz Maranatha Almond Butter

Fruit & Nuts:

(265 calories: 6.5g protein, 30.1g carbs, 15.3g fat)

- 1 Medium Apple (Sub in preferred fruit) - 1 oz
Roasted Almonds or Cashews

Plain Greek Yogurt*

(260 calories: 9g protein, 14g carbs, 18g fat)

* Look for brands that have full fat content and are lower (less than 10g) of sugar. Cottage cheese plain also works well. Mix in fruits such as blueberries as desired.



Favourable Carbs (raw)

Apple, apricots, beans, blackberries, blueberries, broccoli, casbbage, cantaloupe, carrot, cauliflower, celery, cherries, cucumber, grapefruit, grapes, honeydew, kale, kiwi, lettuce, lime, mushrooms, nectarines, onion, orange, peas, peach, pear, peppers, pineapple, plum, radish, raspberries, salsa, spinach, sprouts (yes sprouts), strawberries, tangarine, tomato, watermelon, courgette.

more carbs!! :)

Artichoke, asparagus, black beans, bok choy, chick peas, chard, aubergine, green beans, kidney beans, leeks, lentils, oats, okra, squash.

Favourable Fats

Almond, avacado, butter, cashews, coconut oil, cream cheese, light cream, guacamole, macademia nuts, light mayo, olive oil, olives, peanut butter, peanuts, sesame oil, sour cream, sunflower seeds, walnuts.

Dinners Full of Fruit and Veggies

Lamb with noodles

- 12 cherry tomatoes, quartered
- 1 tsp fish sauce
- juice and zest 1 lime
- 1 tbsp sweet chilli sauce
- 100g buckwheat noodle
- 2 tsp rapeseed oil
- 1 red onion, halved and sliced
- 1 carrot cut into matchsticks
- 1 red pepper, deseeded and sliced
- 100g shredded white cabbage
- 200g lean lamb
loin fillet or steaks, diced
- 4 tbsp chopped fresh mint



Method

- 1) Lightly squash the tomatoes with the fish sauce, lime juice and zest, and the chilli sauce. Cook the noodles following pack instructions.
- 2) Meanwhile, heat the oil in a wok and stir-fry the onion, carrot and pepper for 5 mins or until softening. Add the cabbage and cook for a few mins more. Remove the vegetables from the pan, add the lamb and cook for 5-8 mins so that it is still tender and juicy. Take the pan off the heat, toss in the noodles, vegetables, tomato dressing and mint, and serve.

Dinners Full of Fruit and Veggies

Chorizo & Pea Risotto

1 tbsp oil
200g chorizo peeled and chopped
300g arborio risotto rice
2 tbsp vinegar (white wine vinegar if you have it)
1.2l chicken stock (fresh is best), heated until simmering
200g frozen peas
60g parmesan
, finely grated, plus extra to serve



Dinners Full of Fruit and Veggies

Chorizo & Pea Risotto

Method

- 1) Heat the oil in a large frying pan, tip in the chorizo and fry until it is crisp and all the oil has been released. Remove a quarter of the chorizo with a slotted spoon and set aside.
- 2) Tip the rice into the pan, stir to coat it in the oil and toast for a min or so, then pour in the vinegar. Once the vinegar has evaporated, add a ladleful of the stock, stir then, once absorbed, add a bit more. Continue doing this for about 20 mins until most of the stock has been absorbed and the rice has swollen but still has a slight bite.
- 3) Tip in the peas, parmesan and the remaining stock. Give everything a good stir. Once the cheese has melted, season with black pepper, then divide between bowls, topping each portion with the remaining crisp chorizo and extra grated parmesan.

Dinners Full of Fruit and Veggies

Mint Roast Veg & Hummus

4 parsnips peeled and cut into wedges
4 carrots cut into wedges
2 tsp cumin seeds
400g can chickpeas, drained
2 tbsp vegetable oil
500g pack cooked beetroot
(not in vinegar)
drained and cut into wedges
2 tbsp clear honey
200g pot hummus
2 tbsp white wine vinegar
small bunch mint leaves picked
200g block Greek-style salad cheese or
feta



Method

Heat oven to 200C/180C fan/gas 6. Toss the parsnips, carrots, cumin seeds and chickpeas with the oil and some seasoning in a large roasting tin. Cook for 30 mins, tossing halfway through cooking.

Add the beetroot to the tin and drizzle over the honey, then return to the oven for 10 mins. Spread the hummus thinly over a large platter, or divide between 4 dinner plates. When the veg is ready, drizzle with the vinegar and toss together in the tin. Tip the roasted vegetables on top of the hummus, scatter over the mint and cheese, drizzle with any juices from the tin and serve.

Dinners Full of Fruit and Veggies

Lentil & Sweet Potato Curry

- 2 tbsp vegetable or olive oil
 - 1 red onion, chopped
 - 1 tsp cumin seeds
 - 1 tsp mustard seeds (any colour)
 - 1 tbsp medium curry powder
 - 100g red or green lentil
, or a mixture
 - 2 medium sweet potatoes
, peeled and cut into chunks
 - 500ml vegetable stock
 - 400g can chopped tomato
 - 400g can chickpea, drained
 - ¼ small pack coriander (optional)
- natural yogurt and naan bread, to serve



Dinners Full of Fruit and Veggies

Lentil & Sweet Potato Curry

Method

- 1) Heat 2 tbsp vegetable or olive oil in a large pan, add 1 chopped red onion and cook for a few mins until softened.
- 2) Add 1 tsp cumin seeds, 1 tsp mustard seeds and 1 tbsp medium curry powder and cook for 1 min more, then stir in 100g red or green lentils (or a mixture), 2 medium sweet potatoes, cut into chunks, 500ml vegetable stock and a 400g can chopped tomatoes.
- 3) Bring to the boil, then cover and simmer for 20 mins until the lentils and sweet potatoes are tender. Add a drained 400g can chickpeas, then heat through.
- 4) Season, sprinkle with $\frac{1}{4}$ small pack coriander, if you like, and serve with seasoned yogurt and naan bread.

For your reference

App for calorie tracking - My Fitness Pal

Calorie calculator - <https://www.calculator.net/calorie-calculator.html>

Calories per Macro per gram - Protein 4 Calories per gram, Carbs 4, Fat 9

3,500 Calories equates to 1lb of fat. In essence if you eat 3,500 calories per week less than you burn you will lose 1lb per week.

Try to consume 1.5 - 2.2grams of protein per Kg of bodyweight.

Thank you