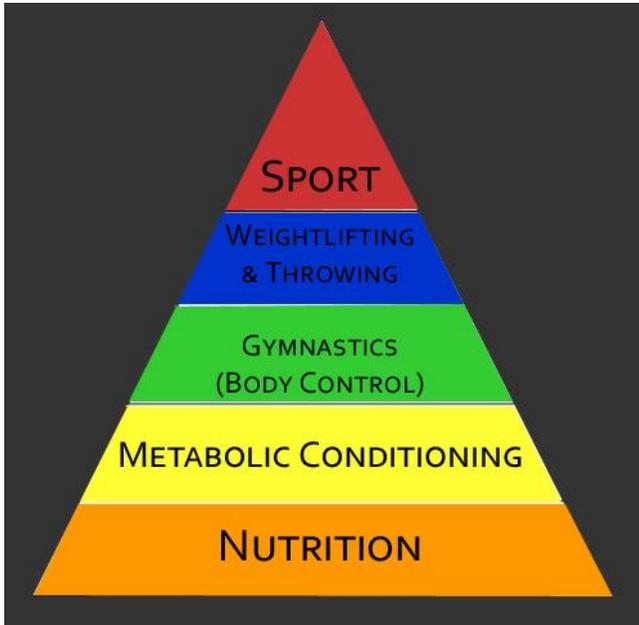# Introduction to Nutrition Handbook

Motivation is what gets you started; HABIT is what keeps you going!

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This is the fitness pyramid. As you can see, **nutrition is the foundation of your fitness.** You need to dial in your nutrition to achieve your goals. Here are some tools to get you started.

Nutrition Basics:

4 Kitchen Tools That You Need To Own:
1. Crockpot or Instant Pot
2. Three Compartment Containers
3. Muffin Tin
4. Water Bottle (with a straw)

4 Great Go-To Recipes (on the website):
1. Amish Oatmeal
2. Egg Muffins
3. Pulled Chicken
4. Meatloaf Muffins

4 Tips To Help You Stay On Track:
1. Meal Prep on Sunday
2. Don't Skip Your Meals or Snacks
3. Drink Lots of water (at least 80 ounces)
4. Balance Your Meals (include a protein, carbohydrate and healthy fat with every meal and snack)

Goal-Setting

Set yourself up for success by setting SMART goals!

- S: Specific
- M: Measureable
- A: Attainable
- R: Realistic
- T: Time-Sensitive

Goal-Setting Suggestions:

1. Start with the end in mind.
    - What are your health/ fitness/ weight/ financial/education/family goals in a specific amount of time, such as 1, 5, and 10 years down the line?

2. Set smaller goals for what you would like to accomplish in 1, 2 3, and 6-months' time.
    - Create a to-do list
    - Use a calendar
    - Prioritize

3. Set performance goals (ie: lifting weights, weight loss) that will motivate you.
    - Write down WHY it is important for you to achieve those goals.

4. Always have an action plan. Write down the steps you are *realistically* going to take to achieve your goals.

5. Stick with it! By telling your family and friends, you will have someone to stay accountable to and keep you motivated.

<u>Your Goals</u>

Goal #1: _____

_____

Steps to Achieve Goal:
    1. _____
    2. _____

Goal #2: _____

_____

Steps to Achieve Goal:
    1. _____
    2. _____

Know Your Macros

Carbohydrates

- **Favorable Carbohydrates:**
  - Low in sugar (less than 4 grams)
  - High in fiber (more than 3 grams)
  - Minimally processed (found in the perimeter of the grocery store)
  - Stick with low glycemic (low sugar) fruits, vegetables, and whole grains
  - Non-starchy vegetables are the best option-They contain some carbohydrates and should consist of ½ our plate for lunch and dinner (biggest section in the 3-compartment container).

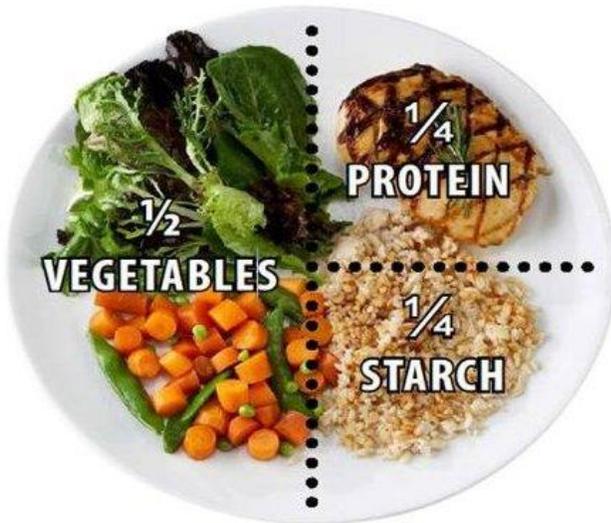| ½ Plate: Non-Starch Vegetables	¼ Plate: Starchy & Complex Carbohydrates	Consume in Moderation:
✓ Broccoli, carrots, green beans, asparagus, cauliflower, tomato, zucchini, squash, salad, cucumbers, and spaghetti squash	✓ Fruits: strawberries, blueberries, raspberries, apples, peaches, clementines, and pears ✓ Starchy veggies: sweet potato, peas, butternut squash, and acorn squash ✓ Starch: brown rice, quinoa, beans, oatmeal, and steel cut oats	✓ Rice cake ✓ Fingerling potato ✓ Ezekiel bread ✓ Banana, grapes, and melons

Protein

Lean Meats (Top Choice):	Medium Fat Meats (Moderation):	High Fat Meats (Limit):
✓ Fish, skinless chicken breast, pork loin, legumes, cottage cheese, triple zero greek yogurt (carbs + protein), turkey, egg whites	✓ Medium fat cheese (cottage + grated parmesan cheese), chicken (dark meat, no skin), sirloin, large eggs, turkey bacon, turkey sausage	✓ Full fat dairy, most red meats, bacon, most cheese, pork, ribs, extra large eggs, fried meats

Fat

Healthy Fats (in moderation):	Limit:
✓ Avocado, nuts, nut butters, seeds, coconut oil, olive oil	✓ Butter, fried foods, baked goods, chips, junk food, treats

The Plate Method

This is one of the *simplest methods* to use when changing your diet and eating quality foods.

- **½ of the plate** = Non-starchy vegetables
- **¼ of the plat**e = Lean meats
- **¼ of the plate** = Complex carbohydrates

Notes:_____

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