

# Healthy Weights

## Week #2: Nutrition

### Carbohydrates

- 1g carbohydrate = 4 calories
- Best source of energy for human body
- Simple: honey, juices, candy, sugar etc.
- Complex: Beans, legumes, veggies, grains etc.

### Proteins

- 1g protein = 4 calories
- Complete: contain all 9 essential amino acids  
ex. eggs, meat, poultry, fish, cheese, yogurt
- Incomplete: missing >1 of the 9 essential amino acids ex. grains, beans, lentils, nuts seeds
- Good sources: fish, eggs, chicken, turkey (white), nuts, cheese, yogurt etc.

### Fats

- 1g fat = 9 calories
- Saturated: Raises cholesterol levels, solid at room temp. (animal products)
- Monounsaturated: Lower cholesterol (nuts/seeds, oils, soft margarine),
- Polyunsaturated: Lower cholesterol, liquid at room temp. (oils, omega 3's – fish)

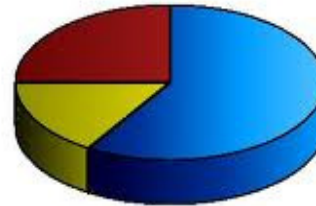
### Glycemic Index (GI)

- The rate at which glucose appears in the blood after eating a certain food.
- Aim for low GI foods such as almonds, dark breads, kidney beans, cheese etc.

### Fibre

- Soluble: delays glucose absorption, lowers LDL, ex. oats, legumes/beans
- Insoluble: promotes food passage ex. whole grains, fruits with edible seeds, root veggies, broccoli and cauliflower
- Total Recommended Daily Intake: 20-35g [25g for 2000 cal diet]
- Benefits: Decreases risk of heart disease, promotes regularity, removes toxins

Macronutrient Breakdown



Carbohydrates: 55-65%

Fat: 25-30%

Protein: 10-15%

### Calorie Distribution

(Based on a 2000k/cal day)

- Breakfast: 500
- Snack: 200
- Lunch: 500
- Snack: 200
- Dinner: 400
- Snack: 200

### Notes:

---

---

---

---

---

---

---

---

---

---

# Healthy Weights

## Top 10 Nutritional Strategies for a Healthy Weight

Do it	Will Try it	Strategy	Notes
		1.	
		2.	
		3.	
		4.	
		5.	
		6.	
		7.	
		8.	
		9.	
		10.	

What is one thing you're not currently doing, that you're willing to try this week?

---