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nutrition basics 101

guide

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nutrition & metabolism

Calories = Energy

If calories are energy, how much energy do you need?

Everyone has a bare minimum number of calories that they need. Resting metabolic rate (RMR) is the number of calories your body burns when you do absolutely nothing -- this is the bare minimum your body needs to keep you alive! Depending on several factors, a healthy person's energy needs will go up from there.

Chronic undernourishment is one way that the metabolism slows down. One of the most underrated ways to boost your metabolism is to simply eat enough food.

However, eating enough has several advantages aside from boosting your metabolism.

When you give your body the amount of fuel it needs, it will start to thank you with improved energy, mood, and health. You will also start to recognize your own unique hunger cues at first -- which may feel scary at first!

The key to cultivating a healthy mindset towards nutrition is making choices that align with your values and long-term health goals. Consistently nourishing your body with a balanced approach will improve your metabolism, energy levels, and help you regain the confidence in your body you deserve!

KEY POINTS TO REMEMBER

- Calories are a measurement of energy; the energy we get from food.
- Calories do not define the health of food. You may begin to notice that some higher calorie foods are also more nutrient-dense foods.
- Begin to shift your focus to incorporating more nutrient-dense, whole foods into your routine to support your body best.
- Challenge thoughts that put foods into groups. Eating a cookie doesn't make you "bad," just like how eating broccoli doesn't make you "good."

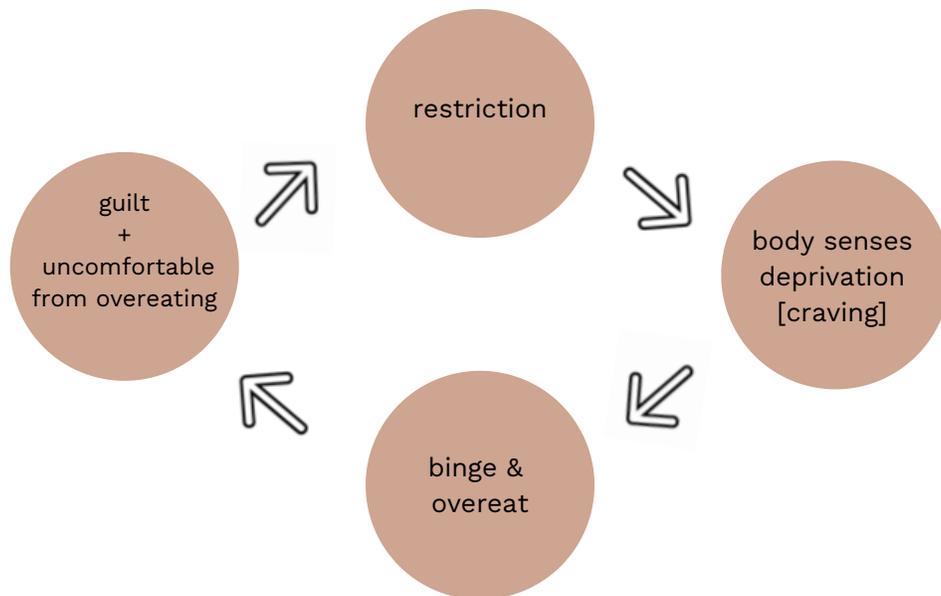
Ditch the Diet Mentality

The diet mentality is a false belief that weight loss creates health, confidence, happiness, and success. This mentality steals joy from life by saying you should delay your dreams until you have lost weight.

Diet mentality destroys body trust and replaces it with external rules. To be successful in intuitive eating, we need to ditch the diet culture mentality. It's hard to focus on our body's intuition if we are always looking to cookie-cutter diets that don't take our total health into account.

Diet mentality will only make it harder for you to get in tune with your body.

DIETING CYCLE



It's time to ditch the diet cycle and create a lifestyle that supports your entire well-being!

What happens when energy demands aren't met

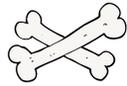
When your body doesn't get the fuel it needs, it needs to "pay the bills" somehow, and the health of these body functions can be compromised to do it:



Brain



Digestion



Reproductive System + Bones



Immune System



Liver



Metabolism

How your body functions on low energy

↑ Anxiety
moodiness, sluggish

↓ Gut function
reflux, constipation/diarrhea,
discomfort after meals

⊘ Shortened or absent periods

↓ Bone density

↓ Immune function

↓ Skin integrity (+ gut lining)

↓ Body temperature

↓ Metabolism

VS

How your body functions on adequate energy

✓ 30% of Energy → Brain
improved focus and energy

↑ Gut function
improved digestion, less bloat and
discomfort

✓ Regular periods

✓ Bone growth + density

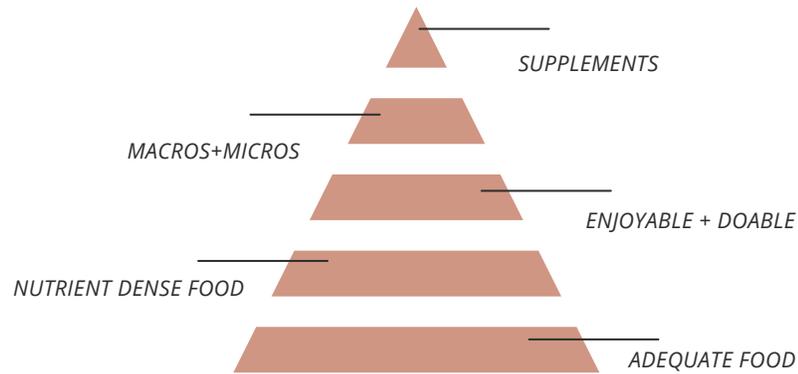
↑ Immune function

↑ Skin integrity (+ gut lining)

✓ Maintain body temp

↑ Metabolism

Creating your Food Foundation



ADEQUATE FOOD

It's always best to eat as much food as possible for happy hormones, healthy metabolism, and great energy. Signs of under-eating include low energy, poor cognition/ productivity, and irritable mood. Adequate and consistent nourishment is the most vital piece of nutrition.

So, how much food do I actually need?

That's a great question.

Everyone's energy needs are as unique as you are as a human.

There are so many factors that go into it and a math equation just won't cut it - I mean, your body is so much cooler than that!

This is something we will discuss in our sessions together when we discuss your unique lifestyle and health goals to find the right amount of food for you!

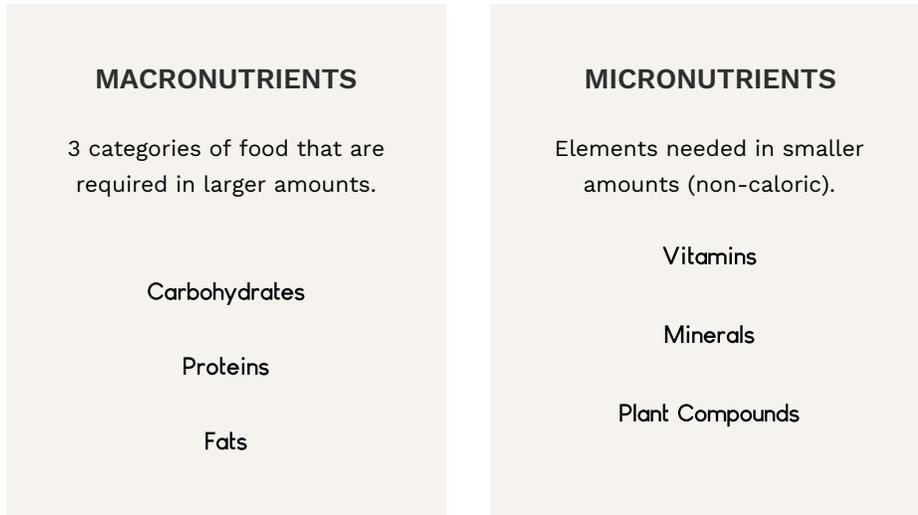
NUTRIENT DENSE FOODS

After giving your body enough food consistently, the next stage is to focus on incorporating more whole, nutrient-dense foods approach.

It can be helpful to focus on what foods to add as opposed to what foods to remove from your diet. Adding more color, variety, and nutrient-dense whole foods will help you feel your best.

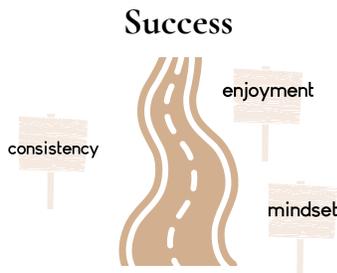
Creating your Food Foundation

MACROS & MICRONUTRIENTS



ENJOYABLE & DOABLE

In order to get to success, you have to find a path that you enjoy and can stay consistent with! This path looks different for everyone so don't be afraid to experiment and find what works best for you.



SUPPLEMENTS

Supplements can be used to provide doses of specific vitamins, minerals antioxidants, or plant compounds. These can range from protein powders to vitamins in minerals in pill or powder form. Speak to your dietitian to see what supplements can be beneficial for you and always seek third-party tested brands for best safety and quality.

For women (16 years and older) Omega-3 and multivitamins are a great place to start.

Disclaimer: supplements are only helpful when the foundation of your diet is dialed in!

macronutrients

The three macronutrients are carbohydrates, proteins, and fats.
All three play important roles in the body.

1

CARBOHYDRATES

- Provide energy for nearly every body system
- Preserve muscle mass and supports intense exercise
- Promote good digestive health
- Necessary for adequate thyroid, adrenal, and sex hormone function

2

PROTEINS

- Building blocks of all body tissues and neurotransmitters
- Helps build and maintain lean muscle mass
- Stimulating to the metabolism
- Essential for detoxification pathways in the liver

3

FATS

- Building blocks for our hormones (!!!)
- Essential for fat-soluble vitamin absorption
- Reduce inflammation (oxidative stress)
- Keeps us satisfied between meals
- Fats make up the protective lining around our brains, organs and cells

Having a combination of all three macronutrients will not only help you create balanced meals, but also ensure that your body gets all the nutrients it needs, and support you in feeling your best!

carbohydrates

TYPES

Simple carbohydrates: quick digest for quick energy

Complex carbohydrates: slower digest for delayed longer energy

WHAT DOES MY BODY DO WITH CARBOHYDRATES?

Carbohydrates provide energy for nearly every body system

- Brain: carbohydrates are the preferred fuel source for the brain, which uses about 120g CHO daily (~480 kcal)
- Muscle: uses carbohydrates as a fuel source! Carbohydrates are also stored in the muscle as glycogen (up to ~300g or 1200 kcal) that is used during activity. Keep in mind, our heart is a muscle and uses carbohydrates for fuel in the same way as skeletal muscle.
- Liver: Our liver uses carbohydrates as fuel to metabolize all of the macronutrients (carbohydrates, fats, proteins).

So, how many carbohydrates do I need?

Recommended intake: 30-40% of calories (typically around 150g/day is the minimum for hormone health but will vary greatly based on the individual).



Low Carb Veggies



Root Veggies



Fruit



Grains



Legumes

A NOTE ON FIBER:

- Important for bowel regularity and for the removal of estrogen + other toxic compounds bound up by your liver
- Important for blood sugar balance and keeping you full
- Important for feeding the good gut bacteria
- Aim for 30-40 g/daily

protein

TYPES

Animal based protein: red meat, poultry, fish, eggs, dairy / more protein per bite

Plant based protein: soy products, nuts, protein powders / less protein per bite

WHAT DOES MY BODY DO WITH PROTEIN OTHER THAN BUILD MUSCLE?

Different organs and parts of the body use protein in order for us to survive!

- Immune system: our antibodies (illness-fighting cells) are made up of protein
- Hormones: hormones, the messenger cells that regulate all processes in our body, are made of protein.
- Transport: protein in the body provides a method of transport for nutrients and things we need to survive. For example, hemoglobin is a protein that helps transfer oxygen throughout the body via the bloodstream.

So, how much protein do I need?

Recommended intake: 0.7-1.0 g/lb of body weight depends highly on daily activity level (a good goal to shoot for is at least 100 g/day)



A NOTE ON ANIMAL VS PLANT PROTEINS:

- Animal proteins are complete proteins - meaning they provide all of the essential amino acids that we are unable to produce within the body.
- Plant proteins are often incomplete proteins, meaning they do not contain all of the essential amino acids. Aim for a variety of plant based protein sources if you tend to prefer these foods to ensure you are meeting daily requirements.

fat

TYPES

Unsaturated fats: extra virgin olive oil, nuts, avocado

Saturated Fats: coconut, meat, cheese



WHAT DOES MY BODY DO WITH FATS?

- Vitamin absorption: Vitamins A, D, E, and K are fat-soluble vitamins. This means that these vitamins require fat in order to be absorbed and used in the body. A good way to boost fat-soluble vitamin absorption is by adding oil to your vegetables.
- Omega-3 fatty acids (found in fish, seeds, and nuts) are used to make molecules in the body that reduce inflammation by opening up the blood vessels to allow for better circulation throughout the body.

So, how much fat do I need?

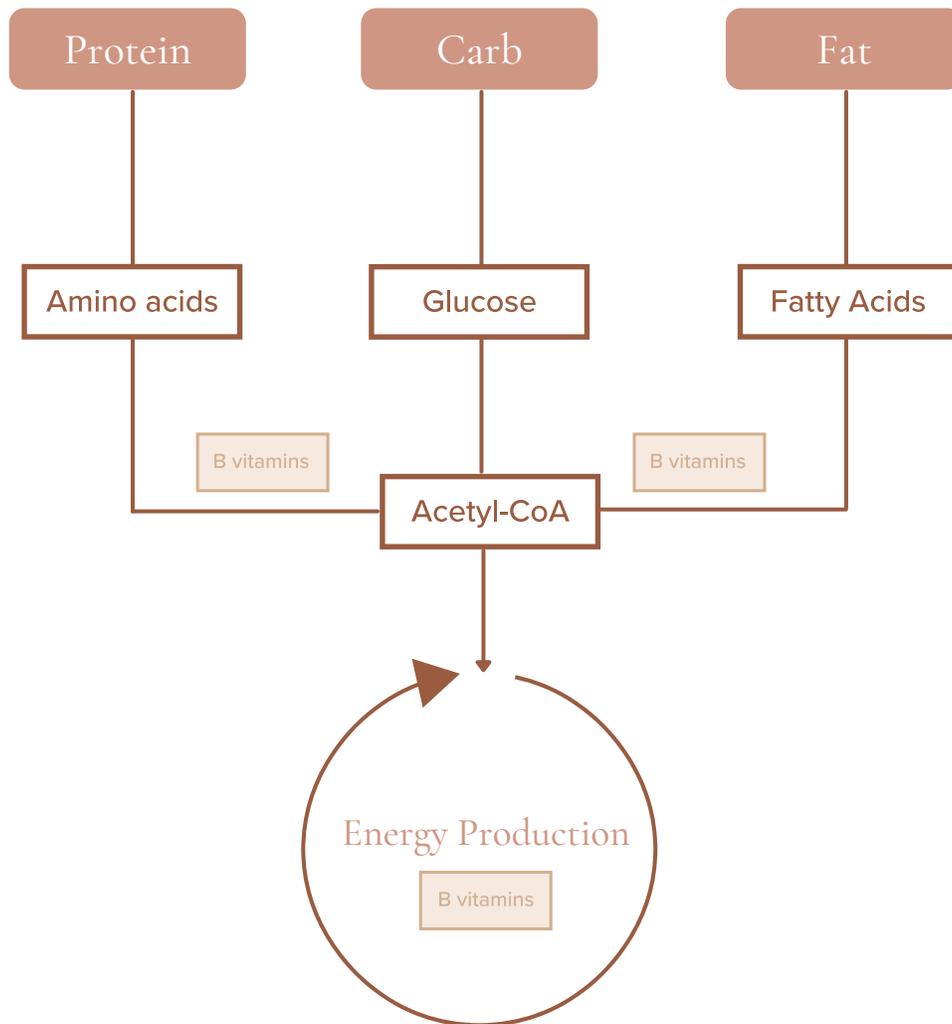
Recommended intake: 25-35% of calories (typically at least 60-70 g/day for hormone health).

A NOTE ON CHOLESTEROL:

- Important for steroid hormone production
- Only found in animal sourced fats (yogurt, cheese, etc), but the body can make some cholesterol in the liver, but getting enough cholesterol in the diet is still important
- Aim for the upper end of the lab range (~200 mg/dL total cholesterol)

micronutrients

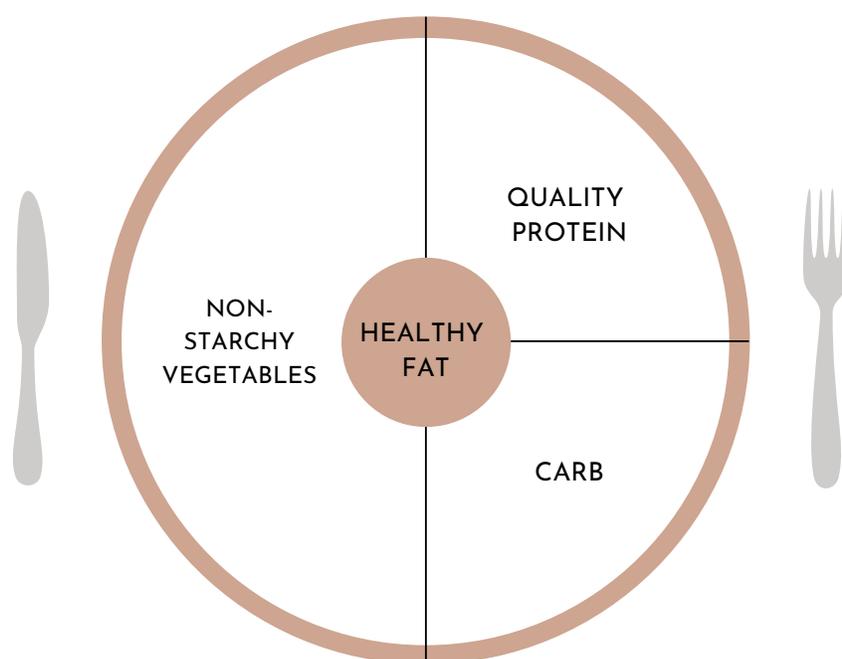
The vitamins, minerals and plant compounds that do not provide calories and are not needed in large quantities but are absolutely essential for optimal function and sustaining life. They form the cofactors required for all cellular processes and metabolism.



power plate method

By having a balanced plate we provide our bodies the nutrient's they need to thrive. Balanced plates help us feel the most satisfied, can help to balance our blood sugars, and helps support our metabolisms.

Sometimes, our plates will not look anywhere near this and that's okay, the goal is to consume balanced meals *most* of the time.



HOW MUCH TO EAT AT EVERY MEAL?

Protein: 20-30 grams (3-4 oz)

Carbohydrate: 30 grams-45 grams (1 cup)

[fiber: 8-10 g fiber/meal]

Healthy Fat: 20-30 grams (1-2 tablespoons)

1/2 plate from veggies + 1-2 palm sized serving of protein +
1-2 handful starchy carbs + 1-2 tbsp healthy fats

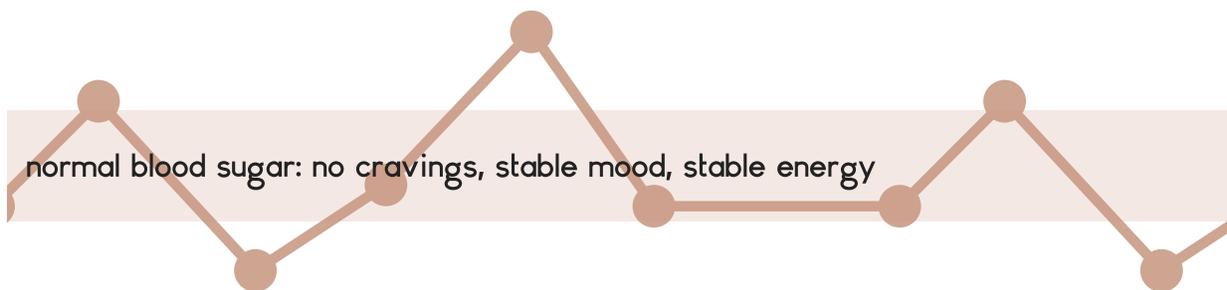
The Power Plate method is created to be used as a guide, not a rule.

blood sugar balance

Keeping stable blood sugar levels can have a direct impact on many aspects of your health. Blood sugar balance plays a role in just about every metabolic mechanism -- this includes: managing inflammation and oxidative stress, hormone balance, and cognition.

Balancing your blood sugars throughout the day will help with steady energy levels. Once they become unstable, you bounce between extreme hunger and intense cravings in addition to things like headaches, irritability, and fatigue.

high blood sugar: high insulin, low energy



low blood sugar: intense cravings, low "self control", low energy, irritability, headaches

SO HOW DO WE ACHIEVE BALANCED BLOOD SUGAR?

- Make it a goal to include combine all 3 macronutrients (or at least 2 out of 3) in all meals every ~3-4 hours throughout the day
- Protein and healthy fat are important to help to slow digestion of carbs
- Be mindful of large portions of simple carbohydrates, these digest too rapidly into sugar and send your blood sugar soaring

build a balanced meal

KEEP IT SIMPLE

Simply choose one item from each column to build the base of your meal.

carb

+

protein

+

fat

+

veggies

Sweet potato
White potato
Rice
Quinoa
Grains
Oats
Corn
Beans
Legumes
Squash

Chicken
Turkey
Beef
Pork
Seafood
Eggs
Yogurt
Cottage Cheese
Tempeh
Edamame

Olives
Olive oil
Avocado
Avocado oil
Coconut oil
Shredded Coconut
Butter
Nuts & Seeds
Nut butters
Grapeseed oil

Spinach
Broccoli
Cabbage
Brussel sprouts
Arugula
Lettuce
Cauliflower
Zucchini
Bell peppers
Tomatoes

SPICE IT UP

Fresh herbs & spiced pack in nutrients and add so much flavor to your dishes.

- Basil
- Oregano
- Dill
- Saffron
- Thyme
- Mint
- Rosemary
- Cilantro
- Cinnamon
- Nutmeg
- Ginger
- Turmeric

MEAL PREP BASICS

Pick one day a week and set aside 1-2 hours to:

- Wash, chop and store fruit and veggies
- Prepare 1-2 proteins - i.e. baked chicken and ground beef
- Prepare 1-2 starches - i.e. roasted potatoes and batch of rice or quinoa
- Ensure easy healthy fats are on hand - i.e. avocado or guacamole, nuts/seeds/nut butter, olives or olive oil
- Have 2-3 flavor-enhancing options - i.e. salsa, hummus, pesto, peanut sauce, etc. that can easily add or change the flavor of a dish

build a balanced meal

PROTEIN

- Chicken
- Seafood
- Beef
- Pork
- Eggs
- Tofu
- Tempeh
- Lentils & Beans
- Greek yogurt
- Cottage cheese
- Protein Powder
- Hard cheese

CARBOHYDRATE

- White or brown rice
- Whole wheat pasta
- Quinoa
- Spaghetti Squash
- Whole grain bread
- Sweet potatoes
- White potatoes
- Lentils & Beans
- Cereals
- Oats
- Berries
- Fruit

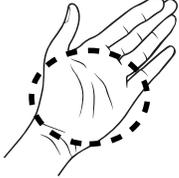
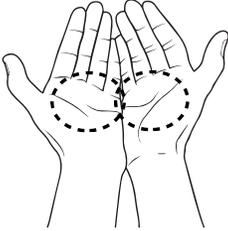
HEALTHY FAT

- Olive oil
- Avocado oil
- Coconut oil
- Peanut Butter
- Avocado
- Nuts
- Seeds
- Almond butter
- Butter
- Hemp hearts
- Sour cream
- Olives

VEGETABLES

- Broccoli
- Bell Peppers
- Spinach
- Kale
- Cucumbers
- Tomatoes
- Zucchini
- Yellow Squash
- Celery
- Asparagus
- Cauliflower
- Brussel Sprouts

portion size guide

	FIST 1 cup	CARBS SERVING ~ 1 cup Rice, Pasta, Bread Fruit or cooked vegetables
	PALM 3 ounces	PROTEIN SERVING ~ 3 oz Meat, Fish, Poultry
	HANDFUL 1 ounce	SNACKS SERVING ~1/2 cup nuts or dried fruit
	2 HANDFULS 2 ounces	SNACKS SERVING ~ 1 cup Chips, Popcorn, Pretzels
	THUMB 1 tablespoon	FAT SERVING: 1 Tablespoon Peanut butter, Hard cheese
	TIP OF THUMB 1 teaspoon	FAT SERVING: 1 Teaspoon Olive oil, mayo, butter

build a balanced snack

Snacks can fit into a healthy eating plan and provide an energy boost between meals.

Get creative and remember the Power Plate method. The goal for a snack is to stay full until the next meal and help keep blood sugar well regulated. Use the following matrix to mix & match different foods for a balanced, nourishing snack!

INCLUDE 2-3 CATEGORIES FOR A NOURISHING SNACK

PROTEIN	FIBER	FAT
Plain Yogurt	Apple	Almonds
Cottage Cheese	Berries	Avocado
Hardboiled Egg	Pear	Dark Chocolate
Edamame	Crackers	Flaxseeds
Turkey	Carrots	Hemp Seeds
Hummus	Cucumber	Olives
Roasted Chickpeas	Bell Pepper	Nut Butter
Tuna	Tomato Slices	Salad Dressing
Jerky	Broccoli	Pistachios

EXAMPLES



+



+



Protein

Fiber

Fat



+



+



snack ideas

- Greek yogurt + 1/2 cup blueberries + cinnamon
- Apple + 2 tablespoon peanut butter
- 1/2 cup raspberries + 1-2 hardboiled eggs
- 2 tablespoon hummus + 1/2 oat pita + bell peppers
- Crunchy chickpeas + clementine
- 2 tablespoon guacamole + 12 tortilla chips
- 1 tablespoon nut butter + 12 crackers
- 1/2 cup cottage cheese + peach
- 2 Hard-boiled egg + cherry tomatoes
- Celery and sunflower seed butter
- 1 small banana + 15 almonds
- Protein bar (KIND, GoMacro, Oatmega)
- String cheese + grapes
- Trail mix with nuts and dried fruit
- 3 turkey slice rollups + crackers
- Tuna Salad + avocado
- Hummus/guacamole + carrots/bell peppers
- Oatmeal with fruit and nut butter
- Pretzels with string cheese or peanut butter
- Homemade protein energy balls
- Chia seed pudding + berries
- Dates stuffed with almond butter

quick & easy grocery shopping

KEEP IT SIMPLE

Pick 2-3 items from each category to create mix-and-match meals at home. Most of these items are around the perimeter of the grocery store.

carbs

+

proteins

+

fats

+

veggies

Sweet potato
White potato
Rice
Quinoa
Grains
Oats
Corn
Beans
Legumes
Squash

Chicken
Turkey
Beef
Pork
Seafood
Eggs
Yogurt
Cottage Cheese
Tempeh
Edamame

Olives
Olive oil
Avocado
Avocado oil
Coconut oil
Shredded Coconut
Butter
Nuts & Seeds
Nut butters
Grapeseed oil

Spinach
Broccoli
Cabbage
Brussel sprouts
Arugula
Lettuce
Cauliflower
Zucchini
Bell peppers
Tomatoes

SHOP SMART & HAVE FUN

Freezer and pantry sections have nutrition, cost-effective items. Don't forget to get fun items you enjoy, too!

freezer

+

pantry

+

fun

Frozen veggies
Frozen fruits
Frozen pizzas
Frozen meals

Canned beans
Canned tuna
Canned salmon

Chips
Crackers
Dips & Spreads
Condiments

SOME OF OUR FAVS

[Amazon Lists](#)

[Kit.co](#)

RESOURCES FOR GROCERY DELIVERY

[Instacart](#)

[ThriveMarket.com](#)

[Local Grocery Story Pick-up or Delivery](#)

nutrition resources

grocery list

proteins

fruits

dairy

grains

vegetables

frozen items

nuts/seeds

pantry items

misc

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