



NEOT90
for women!

NUTRITION START UP GUIDE

WHAT IS A CALORIE?

Simply put, a calorie is a unit of energy.

Just like a car burns petrol so it can drive, our bodies burn calories so we can function.

WHAT IS ENERGY BALANCE?

Energy balance is what determines weight gain, weight loss, or weight maintenance in the human body.

Calorie Maintenance

If you consume the same amount of calories on average than you expend, you will maintain your current weight.

Calorie Deficit

If you consume less calories on average than you expend then you will lose weight/body fat.

Calorie Surplus

If you consume more calories on average than you expend then you will gain weight/body fat.

WHAT ARE MACROS?

Macro is short for macronutrient.

These are the nutrients our bodies need to function in fairly large quantities.

The three main macronutrients are Proteins, Carbohydrates and Fats. Each macro has a different calorie value per gram.

WHAT ARE PROTEINS?

Proteins are essential nutrients for the human body.

They are one of the building blocks of body tissue and can also serve as a fuel source.



Proteins contain 4 Cals per 1g.

WHAT ARE CARBOHYDRATES

Carbohydrates (or carbs for short) are the sugars, starches and fibres found in fruits, grains, vegetables and milk products.



Carbohydrates contain 4 Cals per 1g.

WHAT ARE DIETARY FATS?

Dietary fats are essential nutrients for optimal health.

Fats provide energy and support cell growth. They help your body absorb some nutrients and produce important hormones.



Fats contain 9 Cals per 1g.

HOW TO USE MY FITNESS PAL



- 1** First, make sure you have downloaded the MyFitnessPal app on your mobile phone.
- 2** MyFitnessPal is used to track your calories. Please check your welcome e-mail to see what your target calories are.
- 3** You don't have to input a weight loss goal, its irrelevant on this app.
- 4** I ignore the macros my fitness pal set's, or calories, only go off the information we have set you.



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- 1) Click diary
- 2) Add food
- 3) Search the my fitness pal database for the food you wish to enter, alternatively, you can scan the barcode
- 4) Enter the quantity of the food you wish to eat.
- 5) Click the tick so the food is added to your diary
- 6) Continue the same process until you hit your calorie target

Do not be frustrated if it takes a while to crack it, it will happen, just be patient.

No food groups are off-limits

Try to include 3-5 portions of fruits/ vegetables per day

Foods will need to be weighed unless it comes from a packet which is portioned and you can track using my fitness pal

EXAMPLE SHOPPING LIST

PROTEIN FOODS

- Chicken
- Beef
- Eggs
- Pork
- Lamb
- Fish
- Milk
- Cheese
- Yoghurt
- Whey Protein
- Soy Protein
- Tofu
- Quorn
- Legumes
- Lentils/ Beans

HIGH FAT FOODS

- Nuts
- Cheese
- Milk
- Eggs (with yolk)
- Avacado
- Olive oil
- Coconut oil
- Oily fish
- Butter
- Red meats
- Seeds
- MCT oil
- Margarine
- Nut butter
- Yoghurt

CARBOHYDRATE FOODS

- Rice
- Bread
- Cereal
- Pasta
- Rice cakes
- Cous cous
- Oats
- Bagels
- Wraps
- Fruits
- Vegetables
- Seeds
- Condiments
- Sports drinks
- Syrups
- Honey
- Fruit spreads
- Confectionary

HIGH FIBRE FOODS

- Beans
- Broccoli
- Berries
- Avacado
- Popcorn
- Whole grains
- Apples
- Dried fruits
- Potatoes
- Nuts

NUTRITION F.A.Q'S

01 "WHAT DO I EAT PRE-WORKOUT? "

Fueling your body with the right nutrients prior to exercise will give you the energy and strength you need to perform better. I recommend eating a pre-workout snack anywhere from 90mins to 30mins before your session. Anything high carb, high protein and low fat.

02 "HOW MUCH WATER SHOULD I DRINK?"

Try to have 2-3 litres a day minimum. Being just slightly dehydrated can affect your performance. Water is the best fluid to drink, but juices, milk, coffee, tea and other drinks all count. You should be passing pale to clear urine, if you're not, then its an indication that you might be dehydrated.

03 "HOW MUCH FRUIT AND VEGETABLES SHOULD I EAT?"

Fruits and vegetables are major sources of several nutrients that are strongly linked to good health. They will also increase your satiety because they are high in fibre and also in volume whilst being low in calories. Aim for 5 portions of fruit and veg everyday. (80g is the adult serving size)

04 "CAN I EAT AT NIGHT? OR WILL I GAIN FAT?"

Calories don't count for more at night. You won't gain weight by merely eating later if you eat within your daily calorie needs. However, studies show nighttime eaters tend to make worse food choices. Make sure you're pre-planning your days.

05 "CAN I EAT SUGAR?"

NO Foods are off-limits. Assuming you hit your nutritional targets and you avoid foods which can trigger binge eating for you.

Sugar is fine whether that's complex or simple sugars that you find in "junk food".

However, they won't satiate you like complex starchy / high fibre carbohydrates, will also be higher in calories.

06 "DO I HAVE TO EAT BREAKFAST?"

No, it isn't essential, hitting your total nutrition goals over the day is more important. If you want breakfast, great, have it. If you've never eaten breakfast or you find it hard to, save these calories for later on in the day.

07 "WHAT TIMES IN THE DAY SHOULD I EAT?"

Choose your meal times based on your schedule. The most important thing is adherence.

If possible, try to eat 45-90 minutes before you workout and protein every 4-6 hours (at least 20g).

08 "WHAT IF I GO OVER ON MY CALORIES?"

If you miscalculate your calories, if you have an unexpected meal out, if you overeat, then you simply deduct the next day.

Calories work on average over time, so if you overeat for one day, you do not immediately gain body fat. It's about what you do over time!

If you're set a goal of 2,500 calories and you overeat, for example 3,000 instead, then for the next day eat 2,000. Your average over the two days is still 2,500. And this means that you can still make progress because you're still on track. When you do deduct the next day, make sure that you hit your protein goal, we always want to make sure we eat enough protein to retain our muscle if dieting, build muscle if we are in a muscle building phase.

09 "DO I HAVE TO EAT ALL OF MY CALORIES?"

If you're struggling to hit your calories and you find yourself under-eating on the calorie goal set, you need to look at higher-calorie foods or drinks to increase this. Even if you are dieting, under-eating isn't recommended as your calories are set for you to be able to perform in and out of the gym, as well as so you can adhere to your diet long term.

10 "HOW DO I MANAGE HUNGER?"

The biggest tool to manage hunger is controlling food volume and calories. The more voluminous the food, the more satiety you will get, the smaller the volume, the hungrier that you will be.

For example:

100g of vegetables will be more filling than 100g of sugar because there is more of them for that amount of weight.

You should also choose lower calorie foods, to eat more of them per weight, we can use the same example as above for this.

Other things that will affect your hunger include:

Stress

Lack of sleep

Under-eating on your calories

Under-eating on your fibre

Dehydration

Fatigue

Lastly, the chances of being hungry at times in this programme are high. This is your bodies natural signalling that it does not want food to decrease, after all, your bodies goal is to maintain bodyweight. Controlling the variables above, will manage this.

13 "CAN I DRINK ALCOHOL?"

The repercussions of a lot of alcohol will be lethargy, fatigue, dehydration and poorer decision-making around food and exercise.

Alcohol is fine in moderation, but you should still try to keep the calories down (if you are dieting), or keep up with your eating (if your goal is building muscle).

You can do this by estimating how much you will drink, research the calories of that, then eat that amount of calories less per day.

Example:

10 Vodka & diet cokes = 520 calories

So you would deduct 520 calories from your daily total (still hitting your protein goal for that day).

I would never train on a "hangover", but light cardio or steps might help you recover. The best thing to do in this state is to hydrate, catch up on lost sleep and take a rest day from working out.

14 "CAN I EAT OUT?"

Should we eat out? Yes! But you should try to control your calories. After all, your diet should fit around your life, not the other way around!

Here's how:

Use generic My Fitness Pal Entries:

Simply search for the food you're going to eat (some restaurants will have menus on there), if not you can use generic entries.

Plan in advance:

If you know you are going out, enter this food into your My Fitness Pal first, then enter foods around this meal.

Choose simple dishes:

This reduces your chances of error. It's easier to track meat & vegetables than it is say a curry or bake where there's a lot of ingredients.

Deduct the next day:

If you go over, deduct these calories from the following day of your diet, to keep your calories under control.

15 "DO I TRACK MY ACTIVITY THROUGH MY FITNESS PAL?"

No, no activity should be logged through my fitness pal, this is because it will alter your calories. Only food and water should be tracked used my fitness pal.