

<b>WHAT</b>	<b>Introduction</b>
<b>WHY</b>	<p><b>Eating is our source of energy, part of our health insurance policy... and it should be a great source of pleasure too!</b></p> <p>Putting in place a diet that ticks all these boxes in a modern world is not all that difficult, but you do need to be armed with the right information. Understanding what constitutes a balanced diet, and how to select the right foods is key.</p> <p>In the Nutrition dimension we will detail some of the relevant <b>Science</b> and the <b>Nutritional Values</b> of food that will guide you towards a healthy and enjoyable diet. We will take you through.....</p>
<b>HOW</b>	<p><b>THE MACRONUTRIENTS</b></p> <ul style="list-style-type: none"> <li>• Understanding <b>Carbohydrates</b>. These are 'fuels' for the body and brain, and there are three main types – sugars, starches and fibre. <ul style="list-style-type: none"> <li>- <b>Sugars</b> are easy to digest, and when occurring naturally, in foods like fruits and vegetables, can be a great source of energy. It is when they are refined and processed, removing the fibre, minerals and vitamins of their original environment, that they can become a problem for health.</li> <li>- <b>Starches</b>, or complex carbohydrates, take longer to digest, and so provide a great source of long-term energy. Best eaten in their original, whole form... like whole-grains, rice or starchy vegetables such as potatoes, and also in beans and pulses.</li> <li>- <b>Fibre</b> is an indigestible form of carbohydrate found in the plant cell wall, and is vital for maintaining good digestion and health. Fibre is not absorbed by the body and passes through the system, performing a number of important jobs along the way.</li> </ul> </li> <li>• Understanding <b>Proteins</b>. Proteins are building blocks for the body, common in foods like fish, meat, beans, nuts, pulses and dairy. The building blocks of proteins, amino acids, are vital for growth, repair and health maintenance... and should be included every day in a healthy, well balanced eating plan. Good quality protein sources should be as natural and unprocessed as possible.</li> <li>• Understanding <b>Fats</b>. Fats are concentrated stores of energy found in foods like butter, oils, spreads, dairy, meat and fish. With over double the calories per gram of carbs and proteins, they are essential for good health, but can be problematic when it comes to weight control.</li> </ul>

## THE MICRONUTRIENTS

- The **Micronutrients, or vitamins and minerals**, are vital to healthy development, disease prevention, and wellbeing. Although only required in small amounts, micronutrients are not produced in the body (except Vitamin D, as we'll see later in the programme) and must be absorbed from the foods we eat.
- A healthy, balanced diet full of fruits, vegetables, whole-grains, good quality protein and fats will deliver all the micro nutrition the human body needs. We will look more at this part of your nutrition in week 10 of the programme.

**If you would like to learn more about macro and micronutrition you could follow the following link:**

<https://www.nutrition.org.uk/healthyliving/basics/exploring-nutrients.html?limitstart=0>

### Other topics will include....

- The nutritional values of **Whole Foods v's Processed Foods**, and the effect that salt and sugar can have on your body.
- The nutritional values of **wheat and dairy**.
- How the **timings** of your meals could influence your health.
- Why your body needs **fats**, and what types of fat to eat.
- A review of **food supplements** and how best to use them to enhance health.
- What to do if you want to **gain or lose weight**.
- And in weeks 5, 6 and 7, we'll set out suggested dishes for **breakfast, lunch and the evening meal** that meet the scientific criteria.
- A full set or recommended dishes and recipes where relevant can be found in the **Recipe Library** in the members section of the website.

We will also introduce you in this first video to **the 80/20 guide**. The principle behind 80/20 is that you eat as well as you possibly can at least 80% of the time....and then for 20% of your weekly diet you can afford to be a bit looser, indulging in a treat or something less nutritious.

***A healthy, balanced diet full of good quality fruits, vegetables, whole-grains, protein and fats will deliver all the macro and micro nutrition the human body needs.***

# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Each serving (150g) contains

Energy	Saturated Fat	Sugars	Salt
1046kJ 250kcal	3.0g	34g	0.9g
13%	LOW	HIGH	MED
4%	LOW	38%	15%
7%			

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower  
in fat, salt and sugars

Choose wholegrain or higher fibre versions with less added fat, salt and sugar  
Potatoes, bread, rice, pasta and other starchy carbohydrates

Fruit and vegetables  
Eat at least 5 portions of a variety of fruit and vegetables every day

Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives  
Choose lower fat and lower sugar options

Oil & spreads  
Choose unsaturated oils and use in small amounts



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS