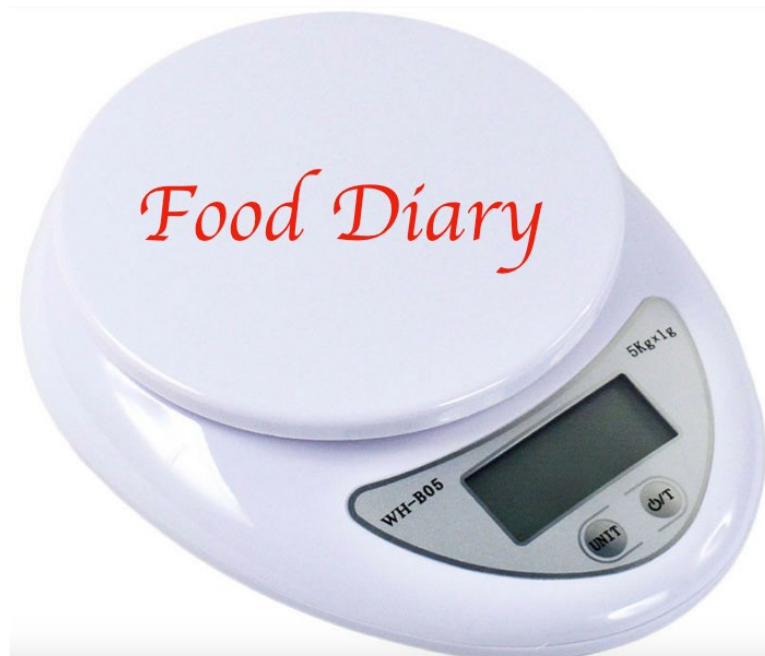


## NUTRITION STEP 1

### !!HOMEWORK!!



## FOOD DIARY

The task is to record all food consumed during the day.  
Length of activity - two weeks.

Yes, it happened.

### COUNTING CALORIES

Interesting fact that lots of people would try to avoid any diet which involved counting calories thinking it is boring or useless.

And some people would say that is it pointless counting calories and what is more important is quality of food.

Who is right? Is tracking consumed food really so useful 🤔?  
And even if it is important, can we actually avoid it anyway???

The answer is YES, we can 👍!

**\*\*However \*\***we need to perform a number of steps towards it and BE HONEST!

The ultimate goal of this program is to teach you how to get along without counting calories whilst enjoying delicious food !

Let us explain and show how to enjoy abundance in food and stay healthy without stressing about calories.

At the beginning of any transformation there is a goalsetting.

We need to define our goals, our current location and destination.

In nutrition terms it means to answer the following questions:

- How much energy you consume every day in particular and over prolonged period of time (the latter is very important)?
- Your food behavioral patterns or habits - (when, where, with whom do you eat, when do you overeat/under eat, are you skipping meals, are you an emotional eater , are you using salt, sugar in a coffee , etc.?)
- Your food preferences,
- Your food nutritional value and content.

Therefore our goal for this week is to observe !

Just observe in order to understand where we are now.

Our current location, our point A. Observe and make notes.

We believe that the best possible strategy here is a food diary. Why ?

Firstly, because people struggle with estimation of consumed food.

Studies says that people tend to underestimate how much they eat by up to 45% and can underreport their calorie intake by as much as 2,000 calories per day. Similarly, people tend to overestimate how much they move by up to 51% 😞😞😞!!! Even if they were paid to be accurate (Statistics were taken from healthline.com).

That is why our answer is a food diary.

✓ What is it?

It is an honest tracking of what you consume during the day for the duration of two weeks minimum. It is an easy and available way of keeping track of everything you eat. You weight your food and make a record in a special App.

✓ What will we get from this activity?

It will hugely support you in your understanding of what you eat, your food patterns and habits and what changes are needed. On top of that you will get the understanding of food constituents and by the end of this experiment you will be able to estimate nutritional content of food instantly.

! Reminder

Here our goal is to observe and define current patterns. So you don't need to make changes to the way you eat yet.

✓ What do you need to start?

◆ You will need **kitchen scales** . Don't buy expensive scales. Any cheap scales will do the job. The cost is around 10 AUD on e-bay.

Q: Can I go without kitchen scales and just to eyeball the weight?

A: No. It is quite hard to make a correct estimation. People tend to underestimate or overestimate the quantity.

! Good news is that you don't need to weight all food. Some products are measured by volume ( cups, spoons ). For some you just specify quantity (ex. almonds).

!!! Do not cheat here! If you pan fry something using oil, please do not forget about it and record the amount of oil you use for frying.

◆ Food tracking App. I recommend Free app **Fat Secret**. All you need to do is to create an account here

[www.fatsecret.com.au](http://www.fatsecret.com.au) and upload the application to your smartphone. Easy to use. It also stores your food. It takes time to get used to it but in a week time you will be a professional user.

◆ **Bathroom scales** to do your baseline measurements. I also recommend to take measurements of your hips, thighs, waist-line if you wish so. Or photos )

This is it!

Good luck and ask questions. We are here to help)