

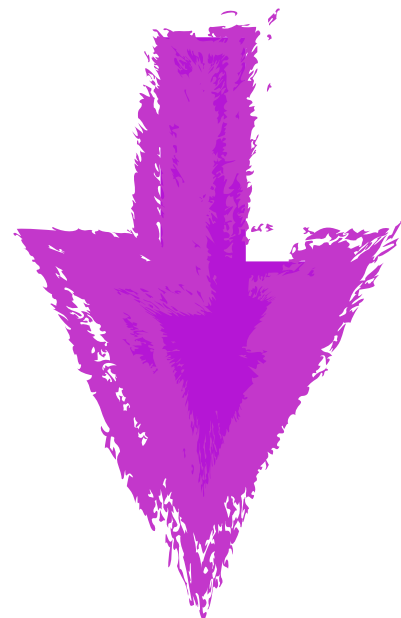


8 WEEKS ONLINE PROGRAM

My Food Romance

TRANSFORM YOUR BODY & MIND
TO LOVE WHAT YOU EAT AND
LOSE WEIGHT THE HEALTHY WAY

Week 1: Nutrition



MINDSET



NUTRITION



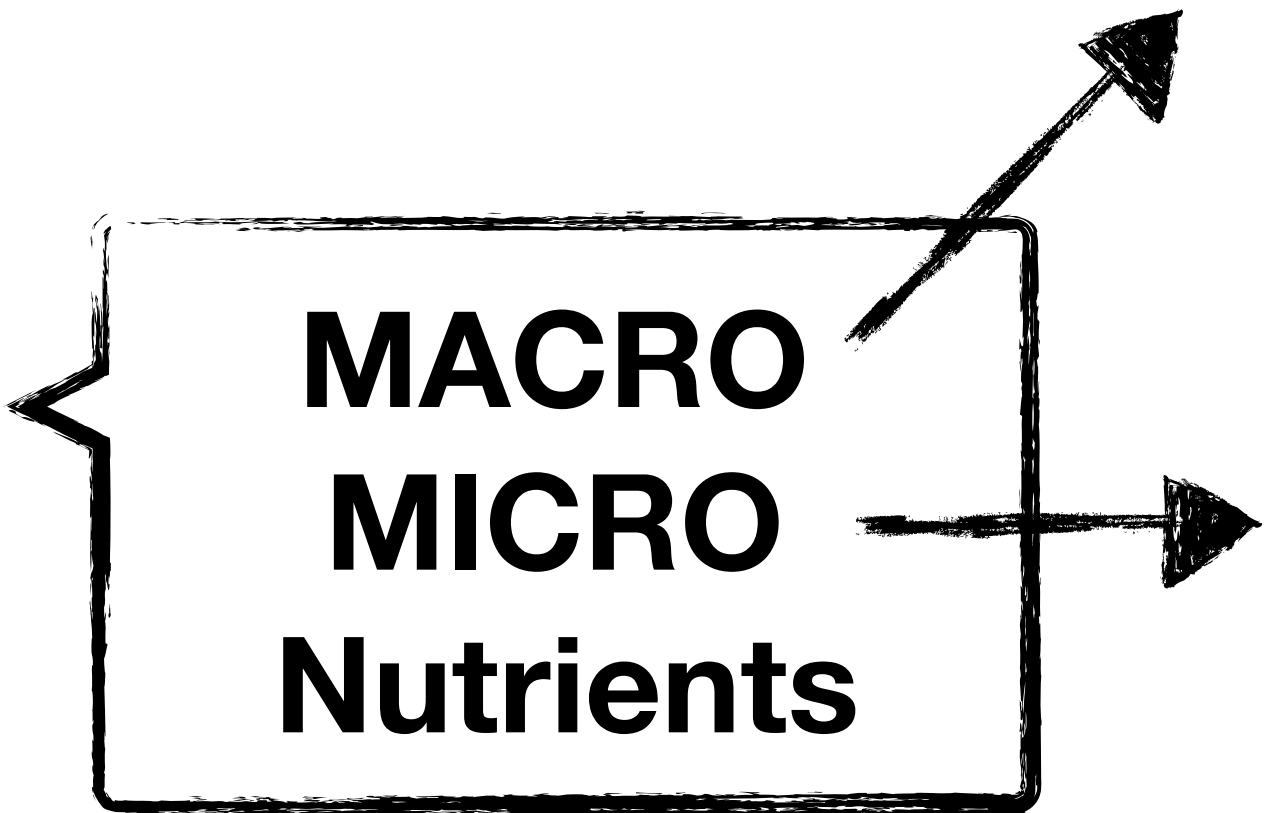
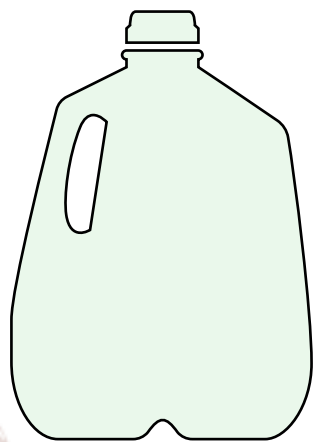
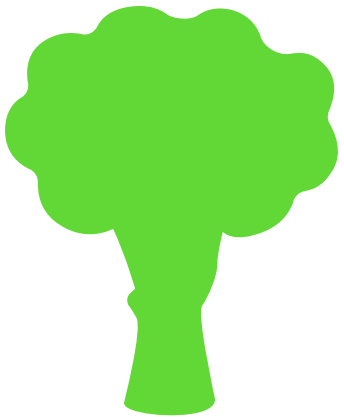
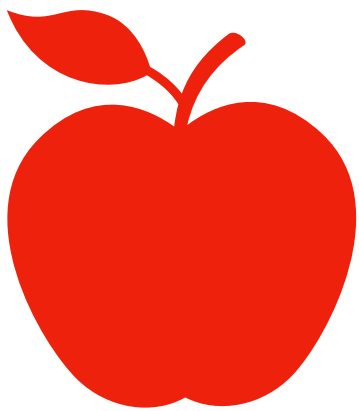
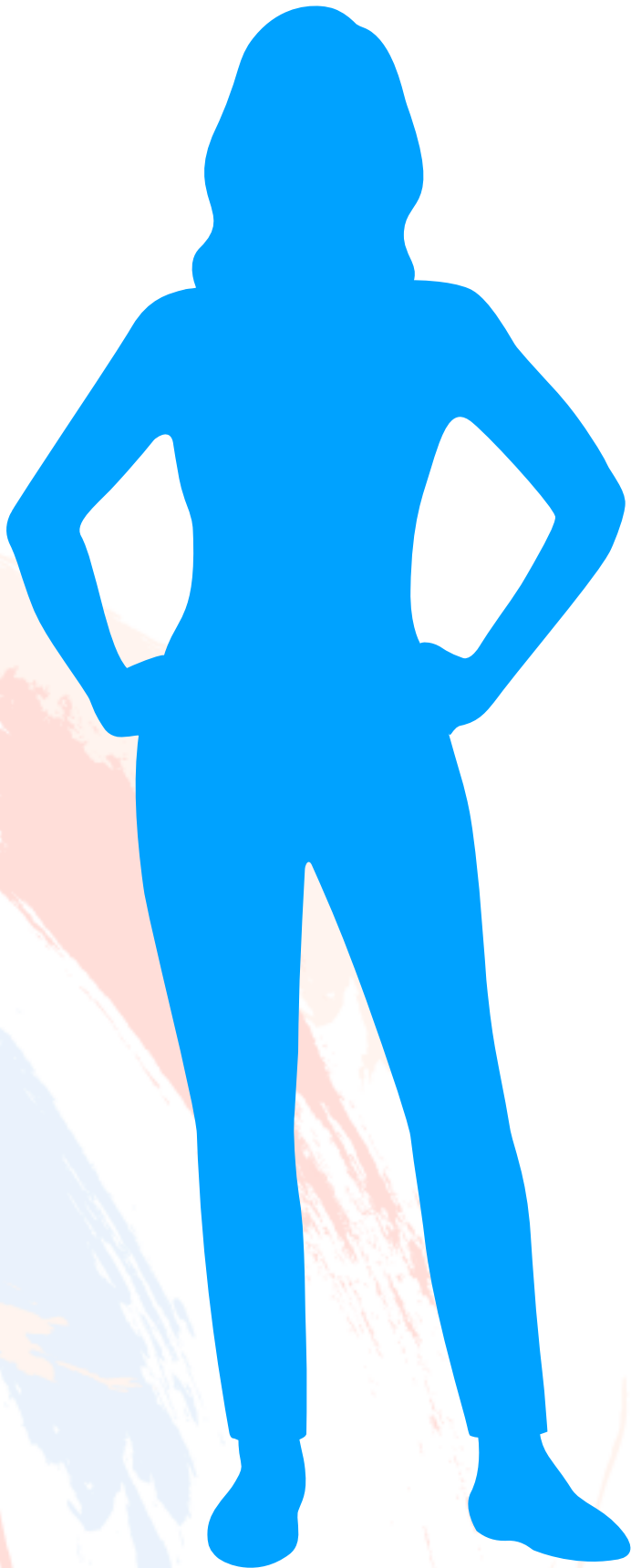
MOVEMENT



RECOVERY

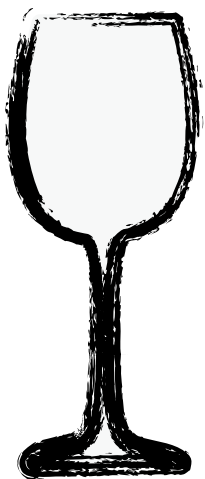
What is food for our body?

Why do we eat?



CARBS 4
PROTEINS 4
FAT 9

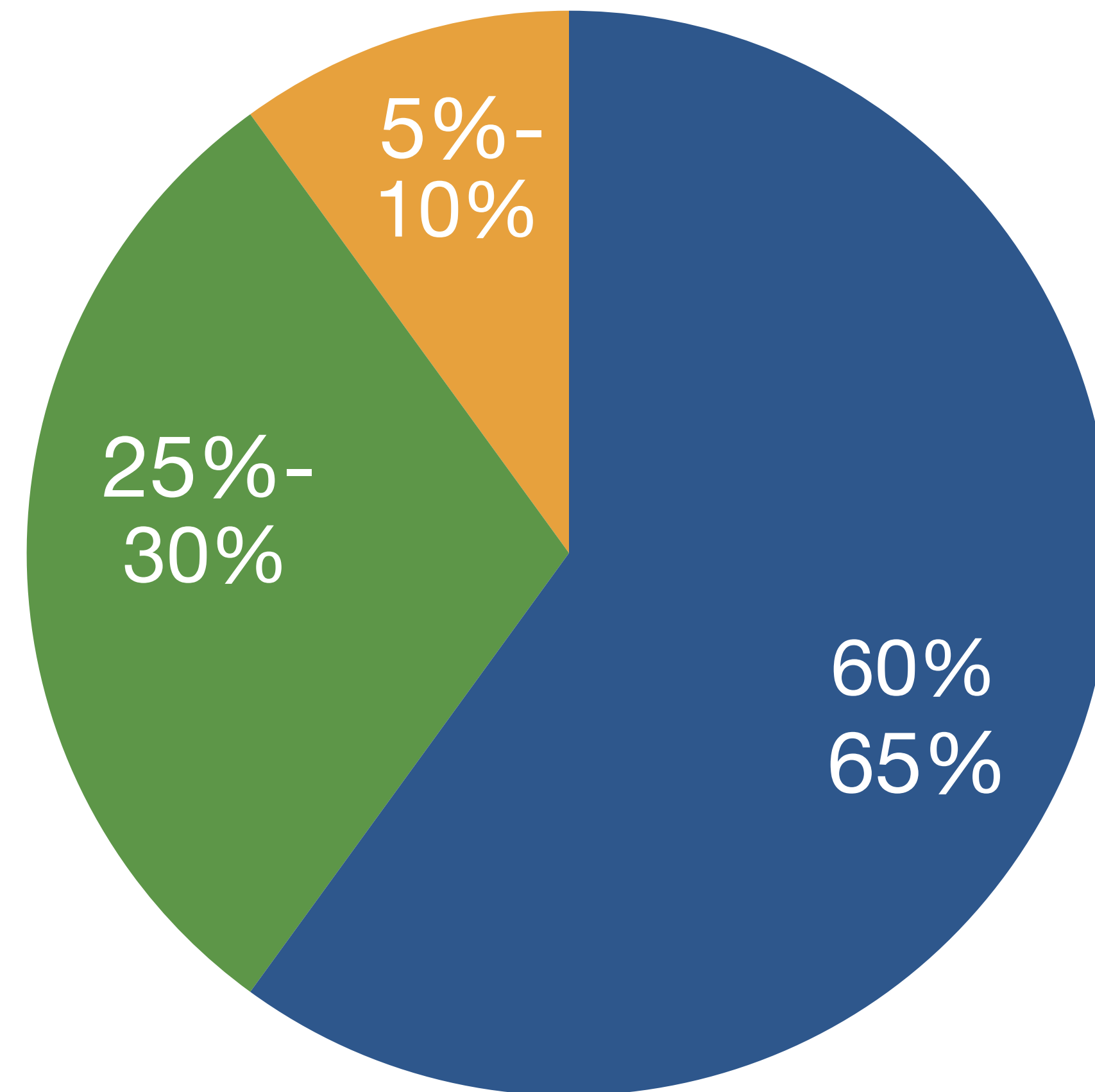
VITAMINS 0
MINERALS 0



?

7

Where does energy go?



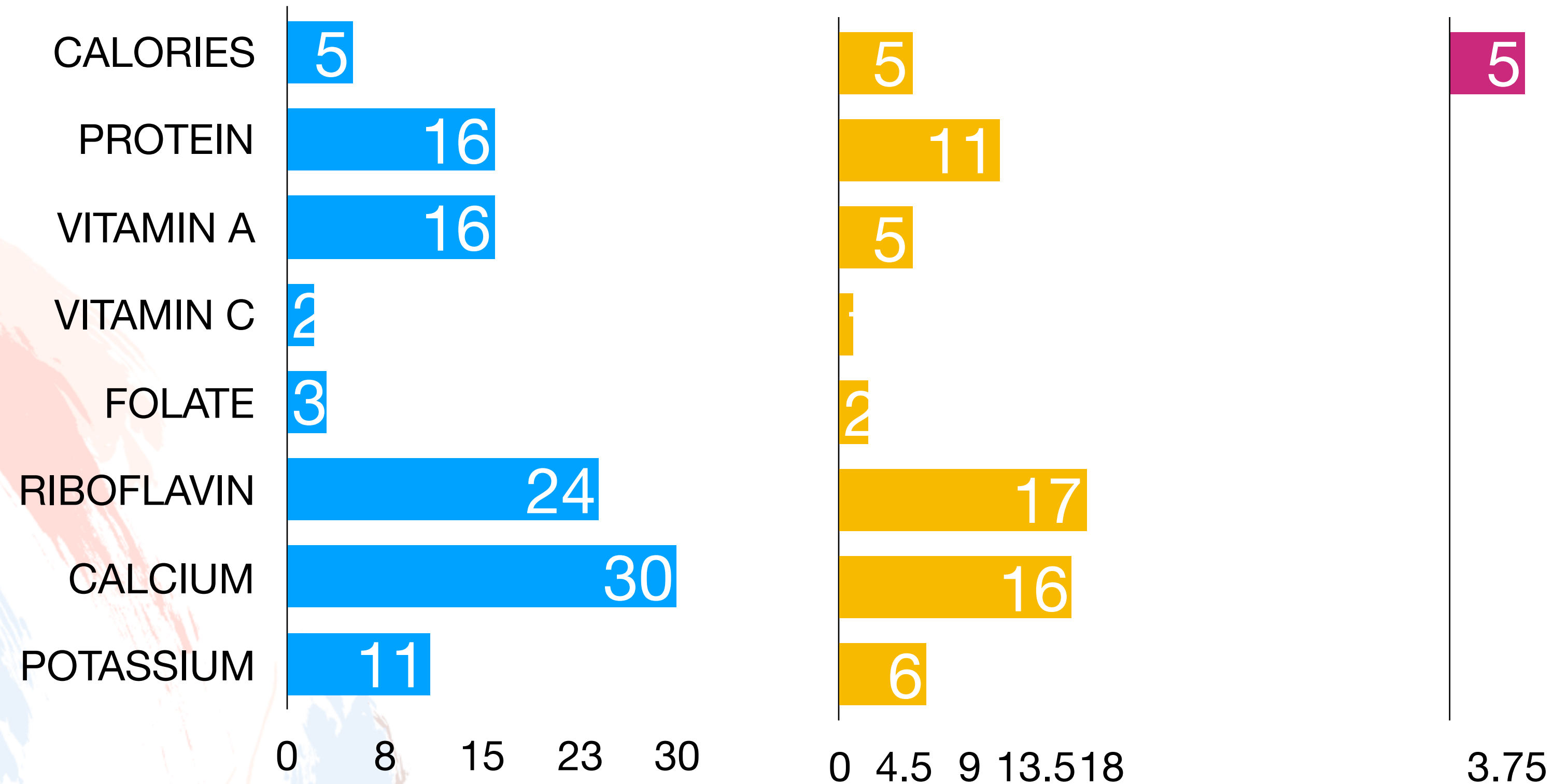
- Basal metabolism
- Physical Activities
- Thermic Effect of Food

Golden Rules of Healthy Eating

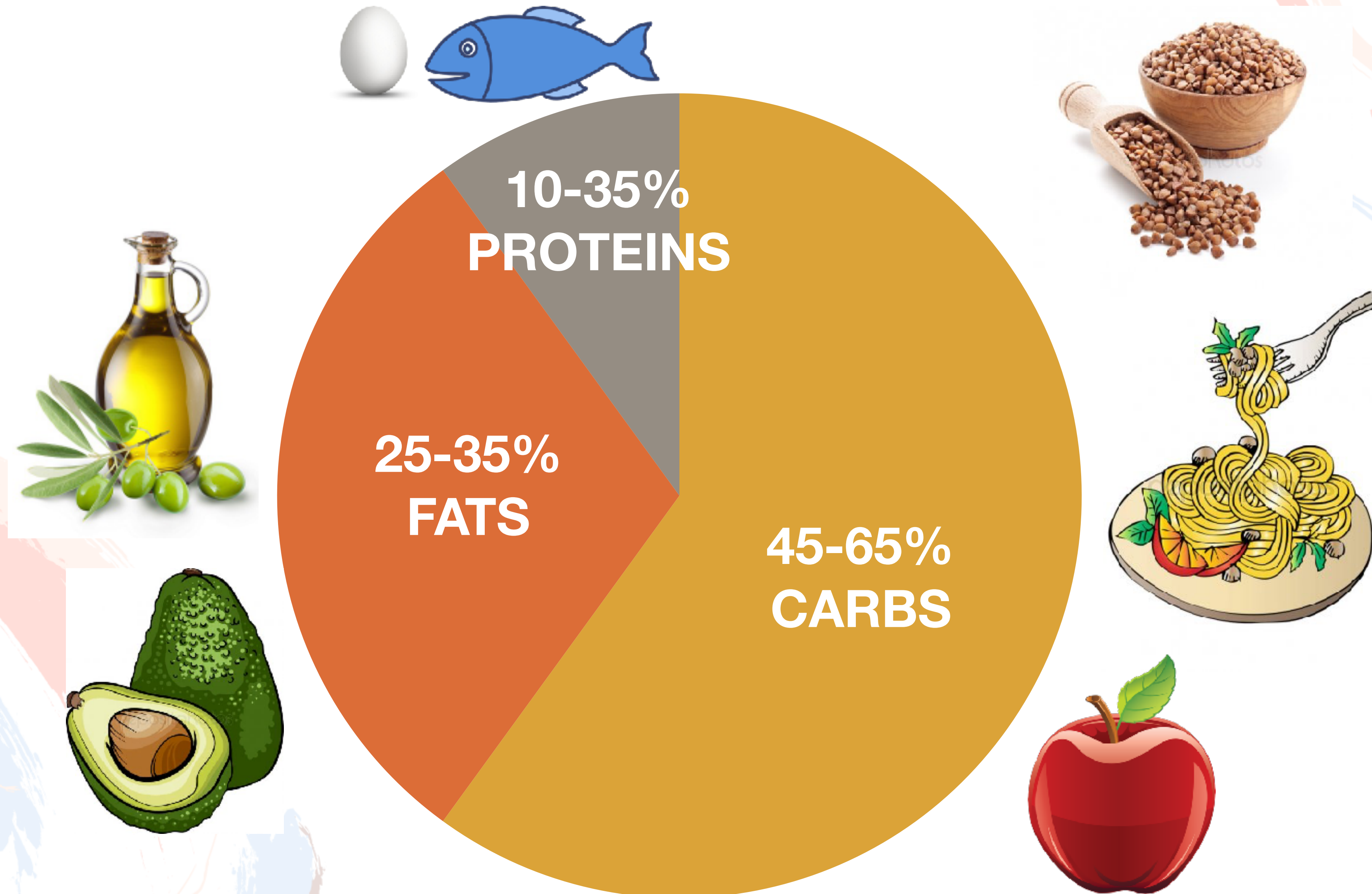
- Adequacy
- Balance
- Calories Control
- Moderation
- Abundance



100 Cal example



Balanced Food

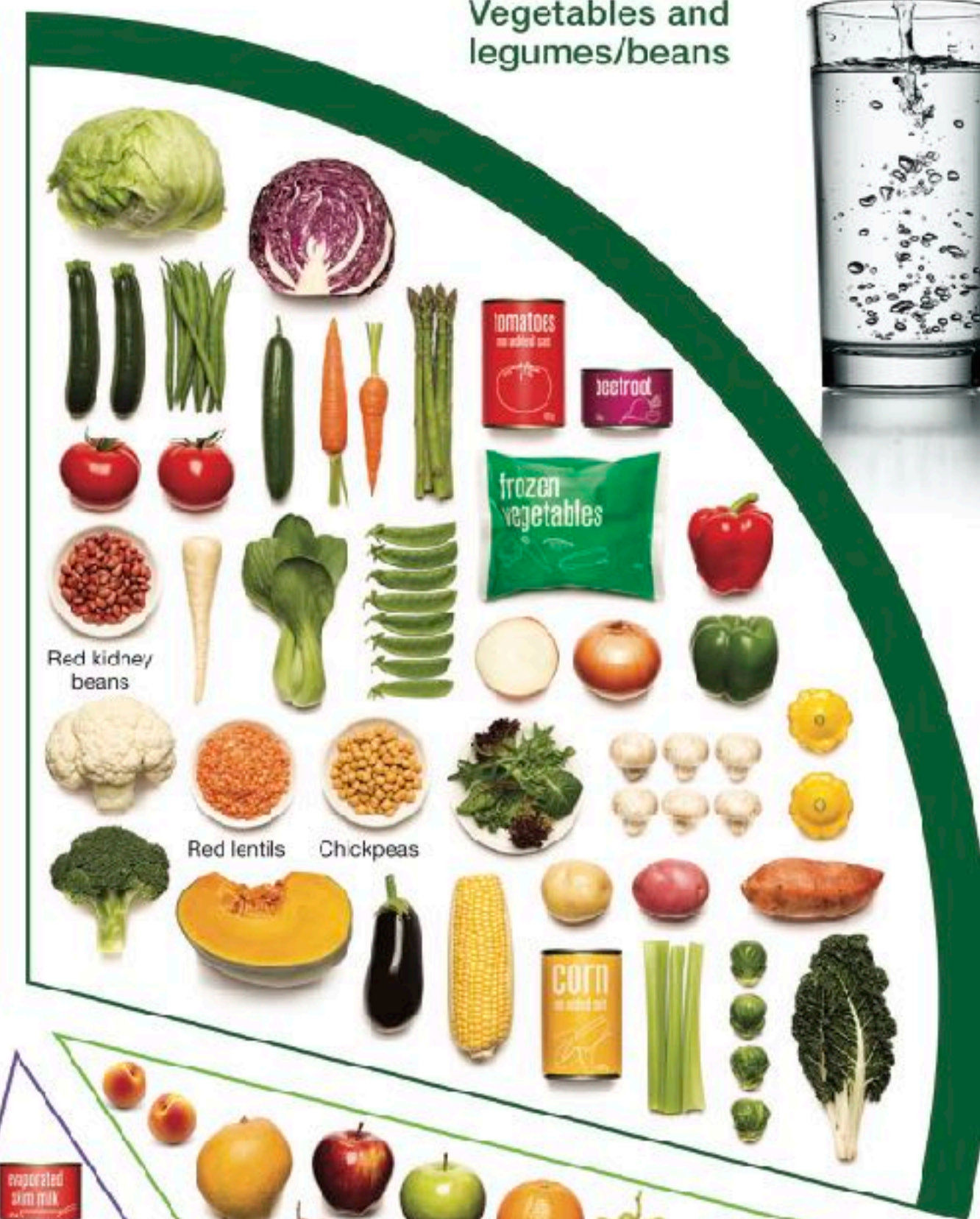


Drink plenty of water.

Grain (cereal) foods,
mostly wholegrain
and/or high cereal
fibre varieties



Vegetables and
legumes/beans



Australian Guidelines

Lean meats and
poultry, fish, eggs,
tofu, nuts and seeds
and legumes/beans



Milk, yoghurt, cheese and/or
alternatives, mostly reduced fat



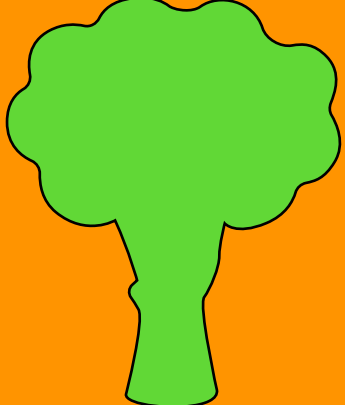
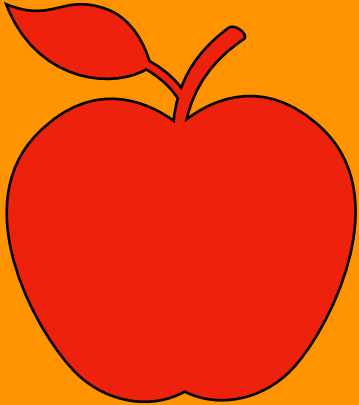
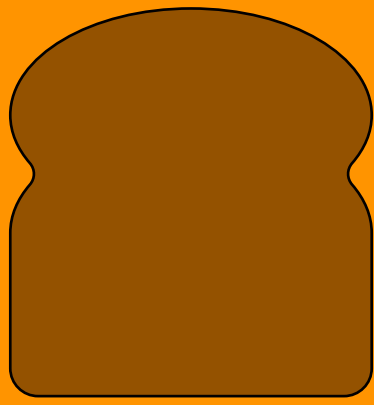
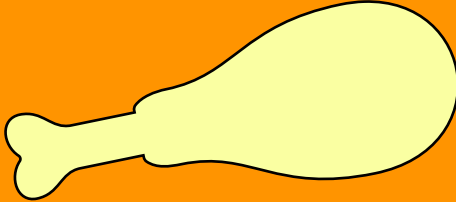
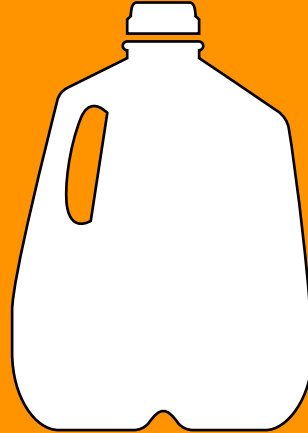
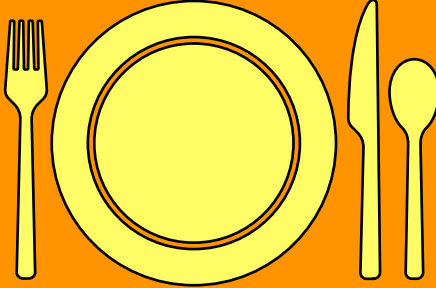

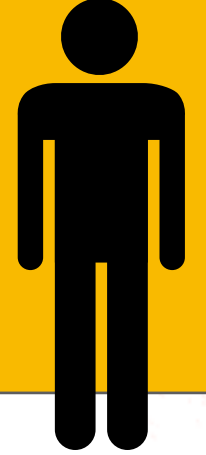
Use small amounts



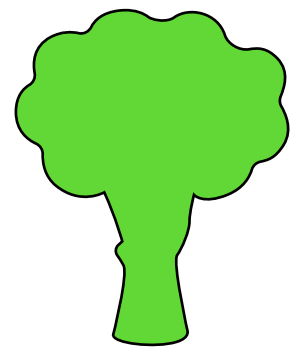
Only sometimes and in small amounts



Australian Recommendations

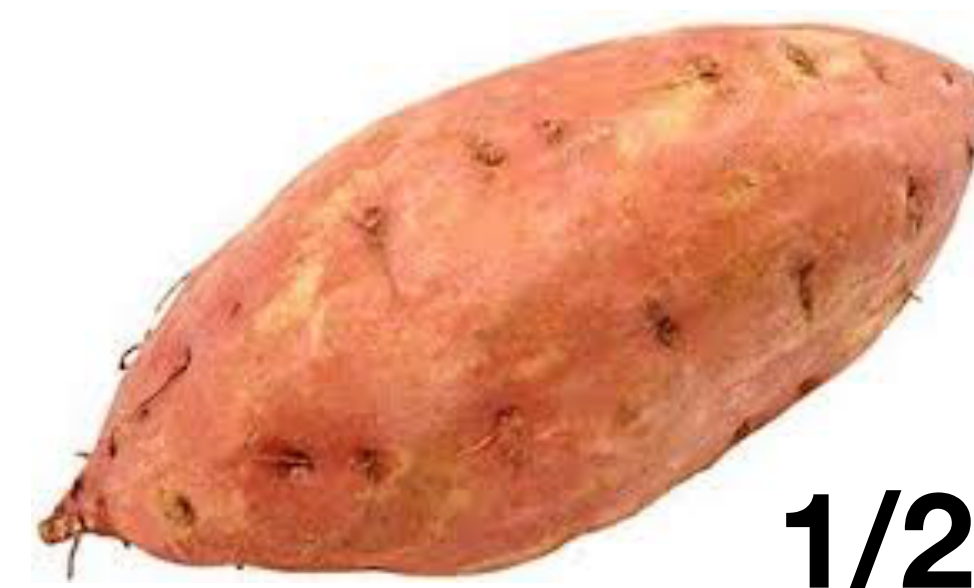
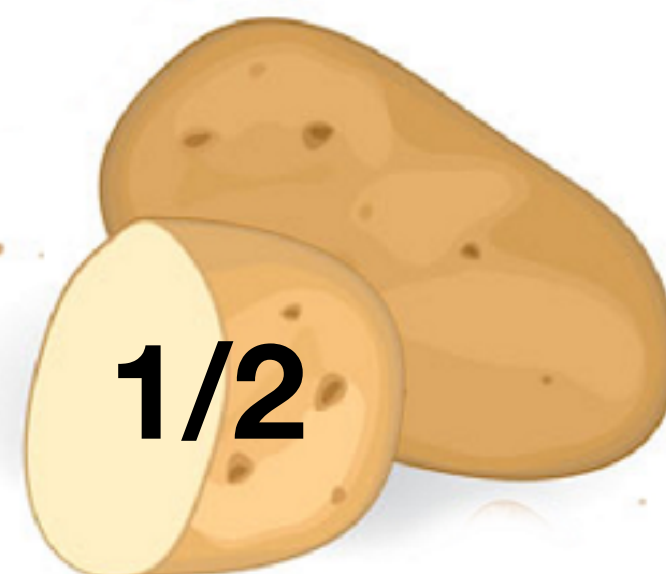
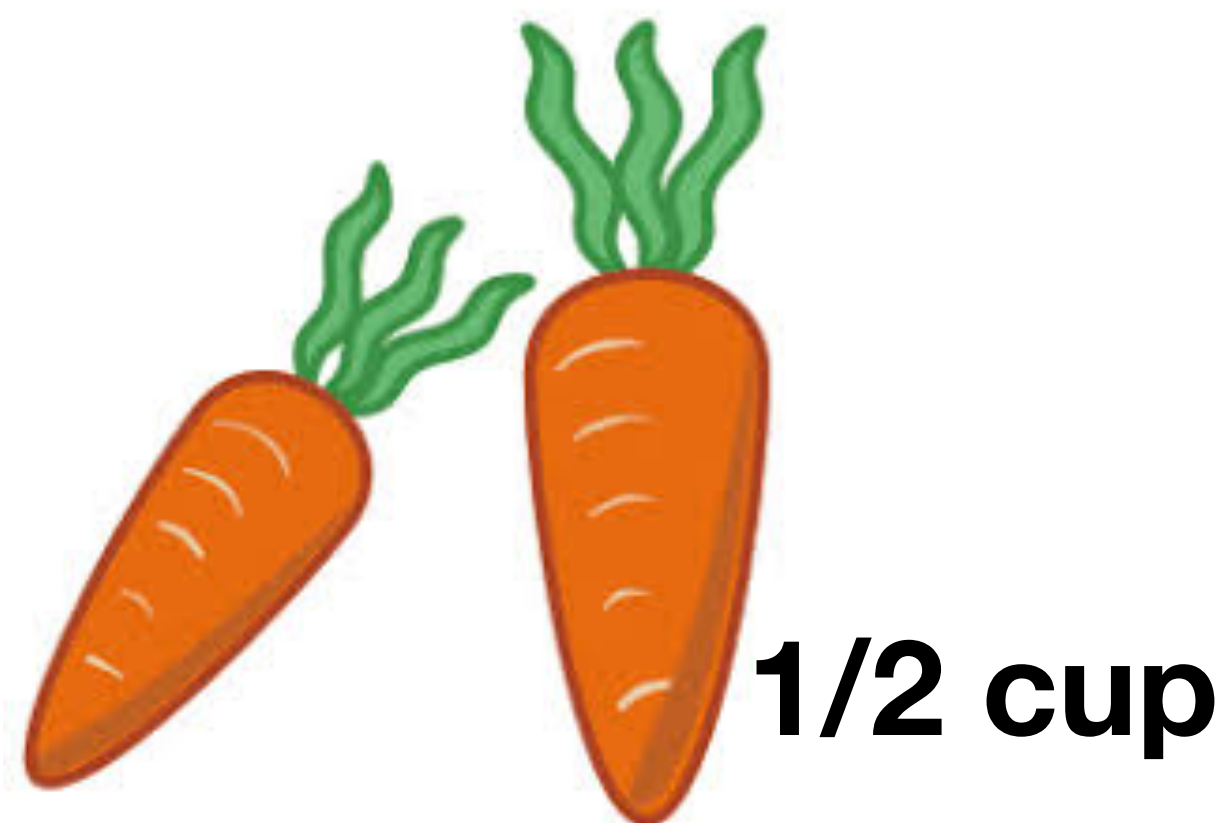
	 Veggies/ Beans/ Legumes	 Fruits	 Grains	 Meat/fish Eggs/Beans Nuts Seeds	 Milk Yoghurt Cheese	 Extra
	5*	2	6	2.5	2.5	0-2.5
	6	2	6	3	2.5	0-3

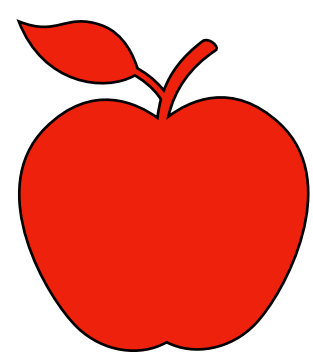
* portions



Veggies

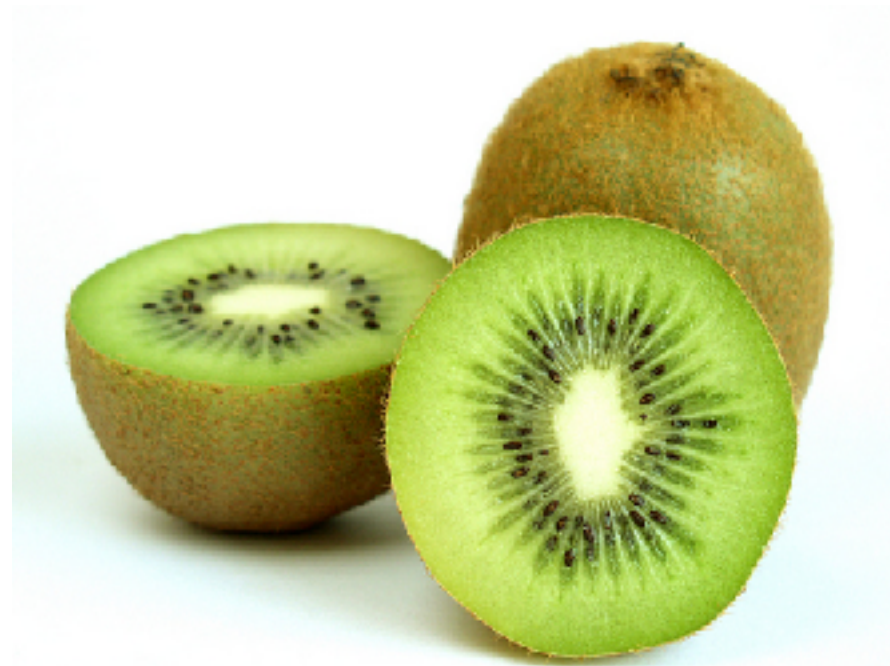
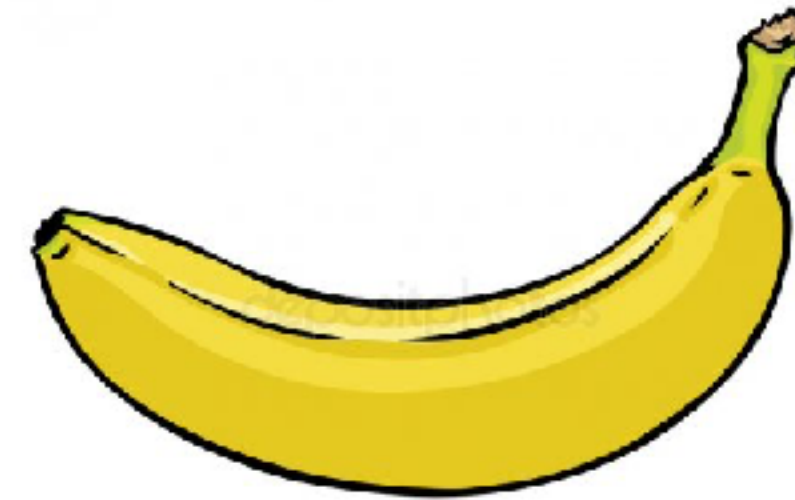
What is one portion? 75 g/ up to 85 Cal

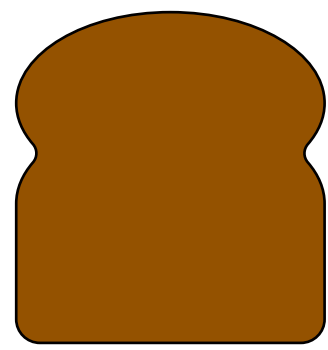




Fruits

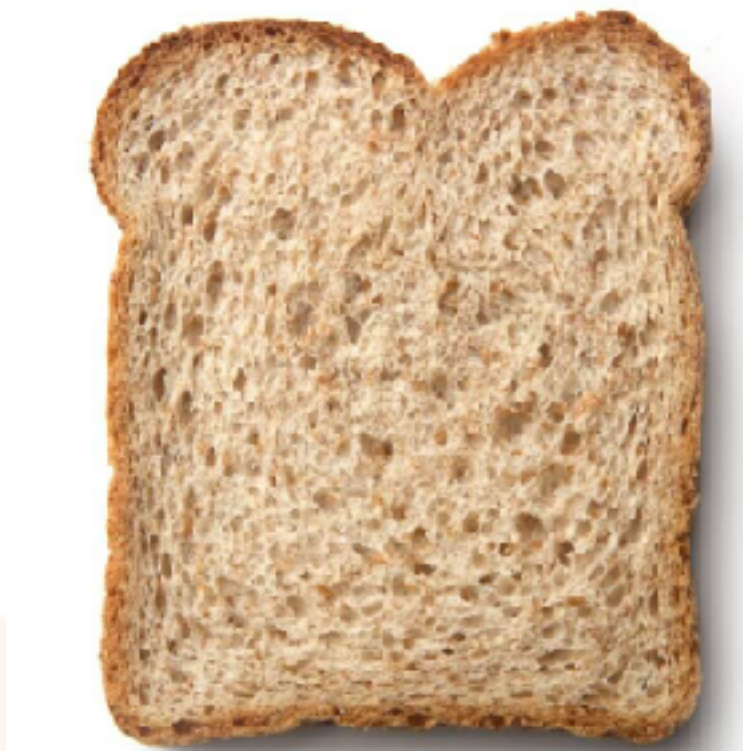
What is one portion? 150 g/ up to 85 Cal





Grains

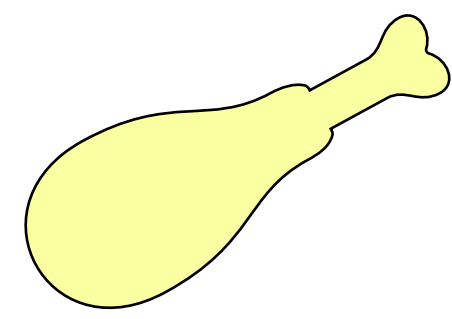
What is one portion? 130 Cal



**1/2 cup
75 - 100 g**

**1/2 cup (75 - 100 g)
Rice, Quinoa, buckwheat**

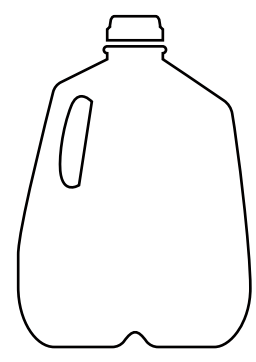




Meat, fish, Eggs, Beans, Nuts & Seeds

What is one portion? 120-150 Cal





Milk, Yoghurt and Cheese

What is one portion? 120-150 Cal



1 cup



2 slices



3/4 cup



1 cup

How it is all calculated?

MEN

$$\text{BMR} = 88.36 + (13.4 \times \text{weight in kg}) + (4.8 \times \text{height in cm}) - (5.7 \times \text{age in years})$$

WOMEN

$$\text{BMR} = 447.6 + (9.2 \times \text{weight in kg}) + (3.1 \times \text{height in cm}) - (4.3 \times \text{age in years})$$

Physical Activity

Minimal	BMR x 1.2
Low	BMR x 1.375
Medium	BMR x 1.55
High	BMR x 1.725
Very High	BMR x 1.9