

BARS & BELLES.

NUTRI-BYTES

SIMPLIFYING CALORIES & MACROS



CALORIES

WHAT ARE THEY ?

THEY ARE THE FUEL THAT THE BODY NEEDS TO FUNCTION. FOOD PROVIDES CALORIES AND YOUR BODY USES THEM TO DO BASIC TASKS LIKE BREATHING, MOVING AND KEEP OUR ORGANS WORKING

CALORIES SURPLUS/DEFICIT

EATING MORE CALORIES THAN THE BODY NEEDS, THIS WILL CAUSE THE BODY TO STORE THE EXTRA AS FAT FOR LATER USE, ON THE OTHER HAND IF YOU EAT FEWER CALORIES THAN NEEDED, YOUR BODY WILL THEN BURN THE STORED FAT WHICH CAN AID WITH FAT LOSS





CALORIES IN V'S CALORIES OUT

CALORIES IN – MEANS THE CALORIES YOU GET FROM THE FOOD AND DRINKS YOU CONSUME

CALORIES OUT – IS THE CALORIES YOUR BODY USES FOR EVERYTHING IT DOES, AS MENTIONED PREVIOUSLY, MOVING, BREATHING AND EVEN SLEEPING

TO STAY THE SAME WEIGHT THE TWO SIDES OF THE SCALE NEED TO BE ABOUT EQUAL, IF YOU EAT MORE CALORIES THAN YOUR BODY USES IT'S LIKE ADDING WEIGHT TO ONE SIDE OF THE SCALE, WHICH CAN MAKE YOU GAIN WEIGHT, ON THE FLIP SIDE IF YOU EAT FEWER CALORIES THAN YOUR BODY USES. IT'S LIKE REMOVING WEIGHT FROM THE SCALE WHICH CAN LEAD TO WEIGHT LOSS

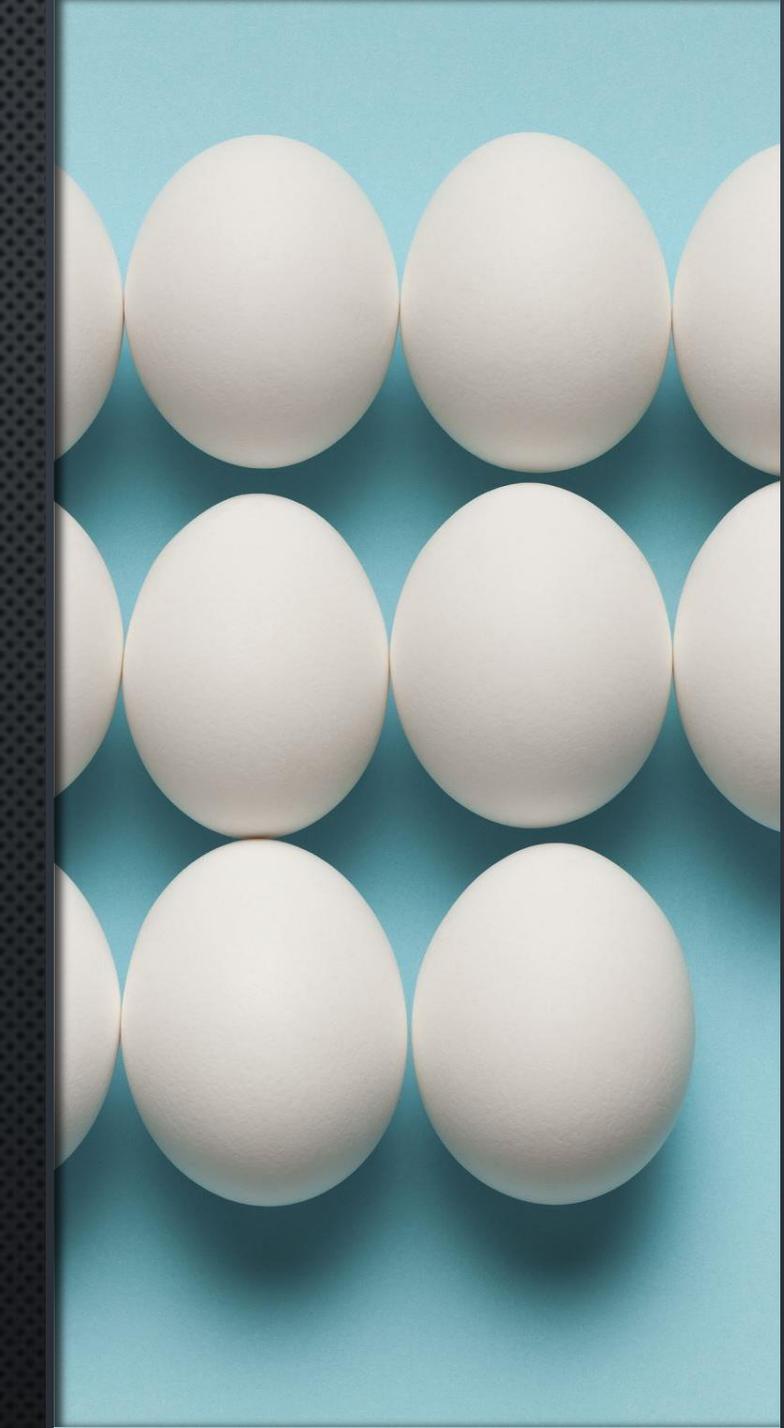
MACROS

WHAT ARE MACRONUTRIENTS?

THERE ARE 3 MAIN TYPES OF NUTRIENTS YOUR BODY NEEDS TO STAY HEALTHY

CARBOHYDRATES – THESE ARE THE BODY'S PRIMARY SOURCE OF ENERGY AND CAN BE FOUND IN THINGS LIKE BREAD, RICE, PASTA, OATS AND FRUITS. THINK OF CARBS AS THE FUEL THAT KEEPS YOU GOING THROUGHOUT THE DAY





MACROS

WHAT ARE MACRONUTRIENTS?

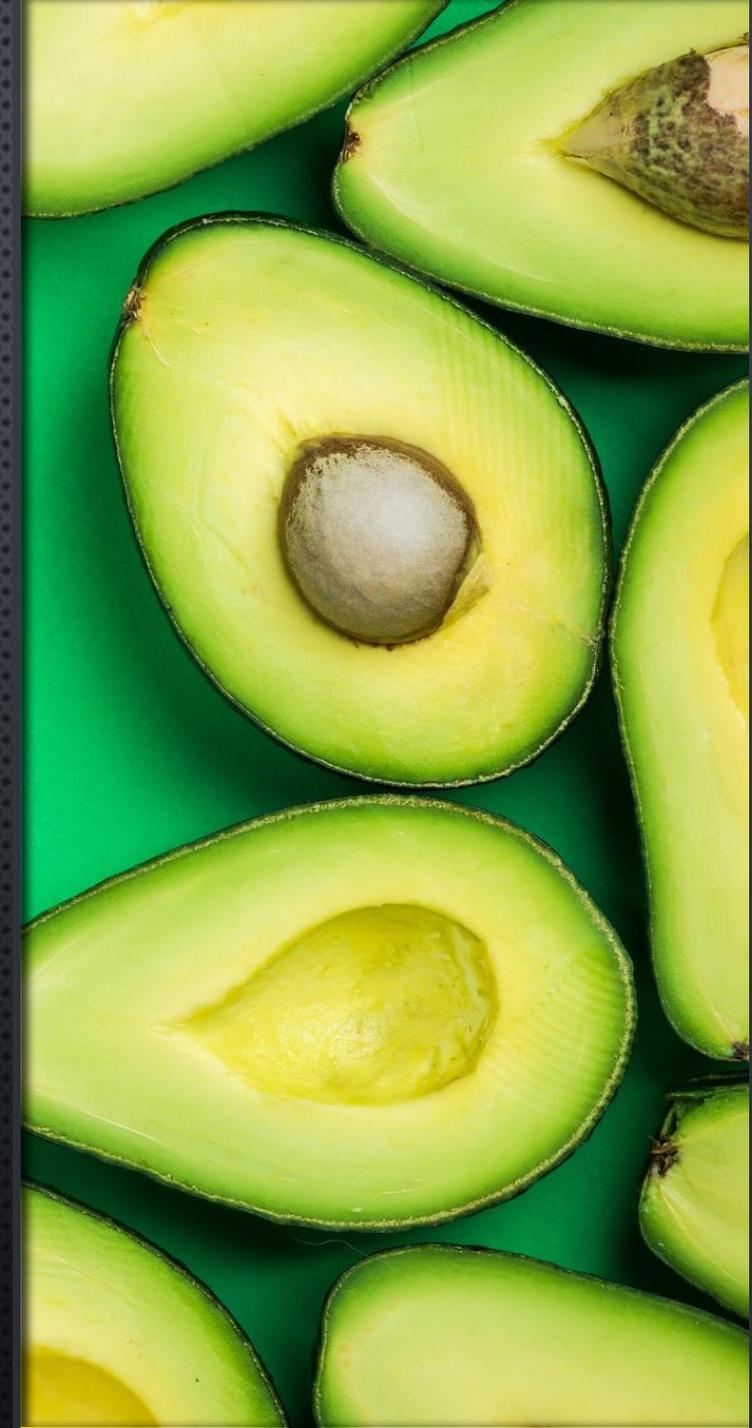
PROTEIN – THINK OF THESE AS THE BODY'S BUILDERS AND REPAIRERS, THEY HELP TO GROW AND REPAIR TISSUES SUCH AS MUSCLES AND SKIN. THESE CAN BE FOUND IN FOODS SUCH AS MEAT, FISH, EGGS AND BEANS

MACROS

WHAT ARE MACRONUTRIENTS ?

FATS – FATS ARE LIKE YOUR BODY'S ENERGY RESERVES. THEY HELP STORE EXTRA ENERGY AND SUPPORT IMPORTANT FUNCTIONS LIKE NUTRIENT ABSORPTION OF CERTAIN VITAMINS. FAT UNDER YOUR SKINS ACTS AS INSULATION HELPING TO REGULATE BODY TEMP AND PROTECT VITAL ORGANS, ALSO YOUR BODY USES FAT TO MAKE VARIOUS HORMONES INVOLVED IN REGULATING METABOLISM AND REPRODUCTIVE FUNCTIONS.

IT'S IMPORTANT TO CHOOSE HEALTHY FATS LIKE THOSE FOUND IN NUTS, SEEDS, AVOCADOS AND OILS





myfitnesspal

TRACKING CALORIES/MACROS

WHAT'S THE POINT?

TRACKING CALORIES IS LIKE KEEPING SCORE OF THE ENERGY YOU HAVE CONSUMED FROM THE FOOD YOU EAT, THIS IS HELPFUL AS IT GIVES YOU A CLEAR PICTURE OF HOW MUCH YOU ARE EATING AND WHEN YOU COMBINE THIS WITH FITNESS IT CAN BE A POWERFUL TOOL

WE CAN DO THIS BY USING VARIOUS APPS FOUND ON OUR SMART PHONES, THE MOST POPULAR AND USER-FRIENDLY APP MYFITNESSPAL

LET US TELL YOU WHY

AWARENESS – TRACKING CALORIES HELPS YOU BECOME AWARE OF WHAT YOU'RE EATING AND HOW MUCH, THIS CAN PREVENT MINDLESS OVEREATING & ENCOURAGE HEALTHIER CHOICES

BALANCING CALORIES – TO LOSE WEIGHT OR MAINTAIN A HEALTHY WEIGHT, YOU NEED TO BALANCE THE CALORIES YOU EAT (INPUT) WITH THE CALORIES YOU BURN THROUGH EXERCISE AND DAILY ACTIVITIES (OUTPUT) TRACKING HELP YOU TO SEE IF YOU'RE ON THE RIGHT TRACK





GOAL SETTING – IF YOU HAVE SPECIFIC FITNESS OR WEIGHT GOALS, CALORIE TRACKING ALLOWS YOU TO SET AND ADJUST YOUR DAILY CALORIE/MACRO TARGETS TO WORK TOWARDS THOSE GOALS

ACCOUNTABILITY – IT HOLDS YOU ACCOUNTABLE FOR YOUR FOOD CHOICES AND HELPS YOU IDENTIFY AREAS WHERE YOU MIGHT NEED TO MAKE CHANGES

FEEDBACK – BY TRACKING YOU CAN SEE WHAT'S WORKING AND WHAT'S NOT, MAKING IT EASIER TO ADJUST YOUR DIET AND FITNESS ROUTINE TO ACHIEVE BETTER RESULTS

IN SIMPLE TERMS, TRACKING CALORIES/MACROS IS LIKE HAVING A MAP TO HELP YOU NAVIGATE YOUR FITNESS JOURNEY. IT KEEPS YOU ON COURSE, SHOWS YOU WHERE YOU'RE GOING, AND ALLOWS YOU TO ADJUST ALONG THE WAY TO REACH YOUR DESTINATION, WHETHER ITS WEIGHT LOSS, MUSCLE GAIN OR JUST MAINTAINING A HEALTHY LIFESTYLE

HOW DO I TRACK

SIGN UP & SET UP

- DOWNLOAD *MyFitnessPal* OR VISIT THE WEBSITE
- CREATE AN ACCOUNT OR LOG IN
- ENTER BASIC INFORMATION LIKE YOUR AGE, GENDER, WEIGHT & ACTIVITY LEVEL TO SET YOUR DAILY CALORIE GOAL

LOG YOUR MEALS

- TAP THE "DIARY" ICON
- SEARCH FOR THE FOOD YOU ATE IN THE "SEARCH" BAR
- SELECT THE CORRECT ITEM FROM THE RESULTS
- ENTER THE QUANTITY YOU CONSUMED





ADD SNACKS & DRINKS

- DON'T FORGET TO INCLUDE SNACKS, DRINKS, CONDIMENTS AND DRESSINGS

REVIEW & TRACK

- MYFITNESSPAL WILL CALCULATE AND DISPLAY THE CALORIES YOU'VE CONSUMED
- IT WILL ALSO SHOW HOW MANY CALORIES YOU HAVE LEFT

MONITOR PROGRESS

- REGULARLY CHECK YOUR DIARY TO ENSURE YOU'RE STAYING WITHIN YOUR CALORIE TARGET

STAY CONSISTENT

- CONSISTENCY IS KEY. LOG YOUR MEALS & SNACKS DAILY FOR THE BEST RESULTS

THESE ARE THE ESSENTIALS TO GET YOU STARTED WITH TRACKING IN MYFITNESSPAL. AS YOU BECOME MORE COMFORTABLE, YOU CAN EXPLORE ADDITIONAL FEATURES LIKE SETTING AND HITTING MACRONUTRIENT GOALS AND CREATE CUSTOM RECIPES FOR MORE PRECISE TRACKING

MEASURING UP!

CERTAINLY, TRACKING YOUR FITNESS PROGRESS INVOLVES MORE THAN JUST MEASURING YOUR WEIGHT AND COUNTING CALORIES, HERE'S A FEW THAT WE RECOMMEND

- BODY MEASUREMENTS – LOG KEY BODY METRICS LIKE, WAIST, HIPS, CHEST, ARMS & THIGHS REGULARLY
- PHOTOS – TAKE PROGRESS PICS FROM DIFFERENT ANGLES, VISUAL COMPARISONS CAN REVEAL CHANGES IN YOUR PHYSIQUE OVER TIME
- STRENGTH & ENDURANCE – KEEP A LOG OF YOUR STRENGTH TRAINING WORKOUTS, TRACK YOUR WEIGHTS LIFTED, REPETITIONS, SETS. FOR CARDIO NOTE THE DURATION, DISTANCE & INTENSITY LEVEL
- BODY COMPOSITION ANALYSIS – BIOELECTRICAL IMPEDANCE ANALYSIS USED TO ESTIMATE THE AMOUNT OF FAT, LEAN MUSCLE MASS, AND WATER IN VARIOUS PARTS OF THE BODY, GIVING A MUCH MORE COMPREHENSIVE SET OF NUMBERS RATHER THAN JUST SCALE WEIGHT



INBODY



Measurements recorded are transferred directly to an app on your smartphone



Total Body Weight – the overall weight of your body



Body Fat Percentage – the proportion of your weight that is composed of fat



Lean Body Mass – the weight of your body minus the fat



Muscle Mass – the weight of muscle in your body



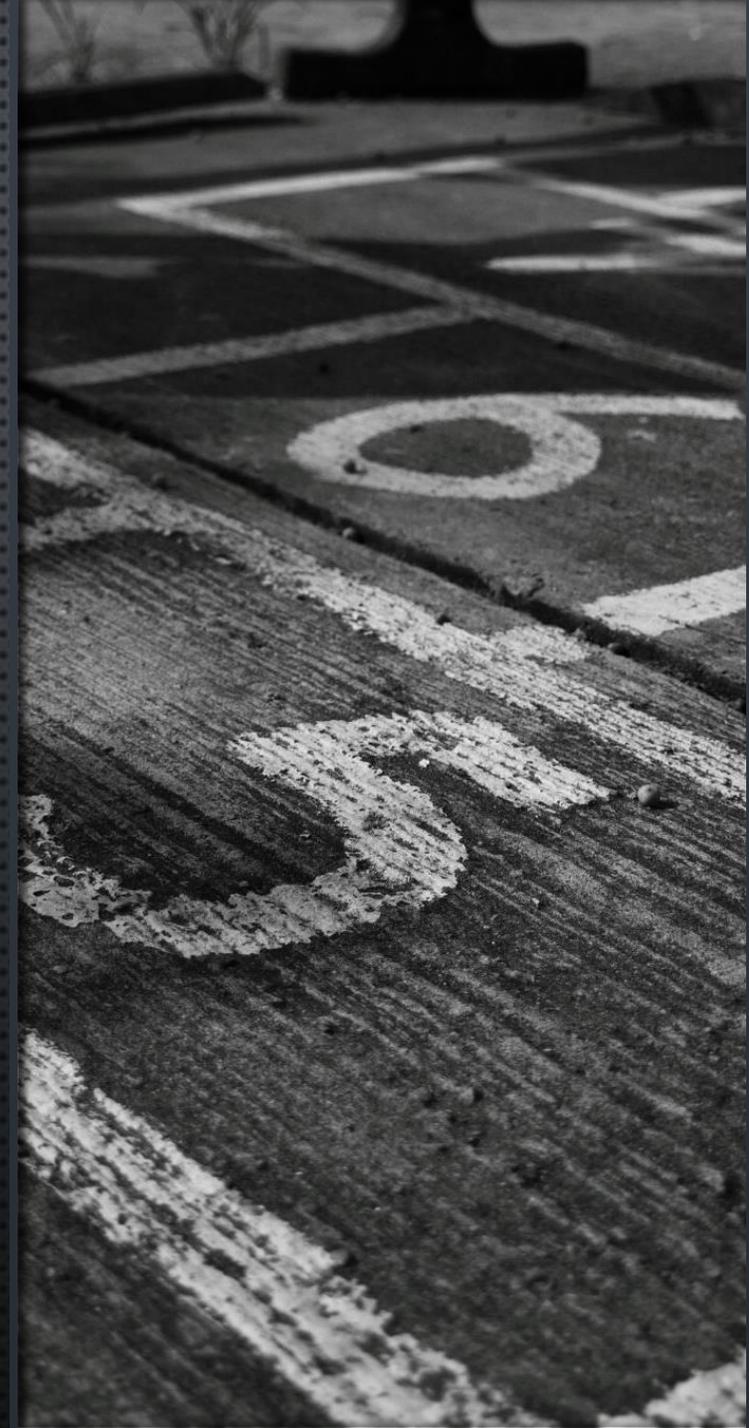
Visceral Fat Level – the amount of fat around your vital organs

OVERALL INBODY SCORE

THE INBODY SCORE IS PRESENTED AS A SINGLE NUMBER, OFTEN ON A SCALE OF 1 – 100, HIGHER SCORES ARE GENERALLY ASSOCIATED WITH BETTER OVERALL HEALTH & FITNESS

A HIGHER SCORE TYPICALLY INDICATES A HEALTHIER BODY COMPOSITION WITH LOWER FAT, HIGH MUSCLE MASS AND LOWER VISCERAL FAT. CONVERSELY, A LOWER SCORE MAY SUGGEST THAT YOU HAVE ROOM FOR IMPROVEMENT IN THESE AREAS

THIS SCORE CAN BE USED AS A TOOL TO TRACK YOUR PROGRESS OVER TIME. AS YOU MAKE CHANGES TO YOUR DIET AND EXERCISE ROUTINE, YOU CAN MONITOR HOW YOUR INBODY SCORE CHANGES, HELPING YOU TO GAUGE THE EFFECTIVENESS OF YOUR EFFORTS



A photograph of a dining table with several plates of food, including what appears to be seafood and vegetables. In the foreground, there are plates with lobster, scallops, and green beans with carrots. In the background, there are more plates and glasses, and hands holding silverware, suggesting a group of people are eating. A dark, textured rectangular box is overlaid in the center of the image, containing the text "WHAT SHOULD I EAT ?".

WHAT SHOULD I EAT ?



ENSURE YOU HAVE LOTS OF NUTRIENT DENSE SOURCES ON EVERY PLATE, FRUIT, VEG, NUTS, SEEDS, BERRIES.....LOTS OF VITAMIN, MINERAL, ANTIOXIDANT, FIBRE DENSE FOODS.

A GOOD EXAMPLE :-

GRILLED CHICKEN BREAST: LEAN PROTEIN PROVIDING ESSENTIAL AMINO ACIDS

SPINACH OR KALE: LEAFY GREENS, LOW IN CALORIES BUT PACKED WITH VITAMINS, MINERALS & FIBRE

CHERRY TOMATOES OR BELL PEPPERS: RICH IN VITAMIN C

QUINOA: A WHOLE GRAIN HIGH IN PROTEIN & FIBRE

BALSAMIC VINAIGRETTE: A MODEST AMOUNT OF A FLAVOURFUL DRESSING FOR ADDED TASTE

The image features a dynamic background of water splashing and droplets in various shades of blue. A dark, textured rectangular box is centered in the middle of the frame. Inside this box, the words "STAY HYDRATED" are written in a clean, white, sans-serif font.

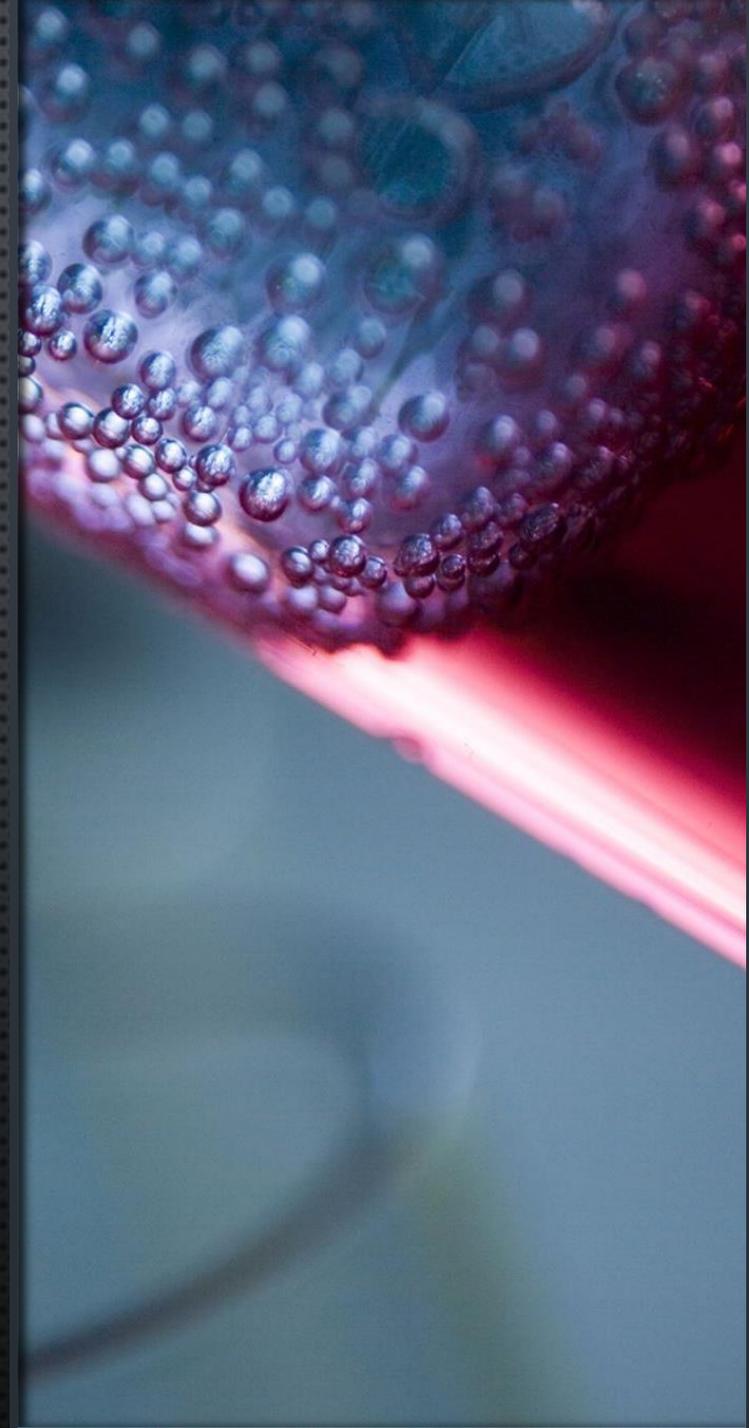
STAY HYDRATED

STAYING PROPERLY HYDRATED IS ESSENTIAL FOR
OVERALL HEALTH.

WATER IS CRUCIAL FOR THE PROPER FUNCTIONING OF
EVERY CELL, TISSUE AND ORGAN IN YOUR BODY.

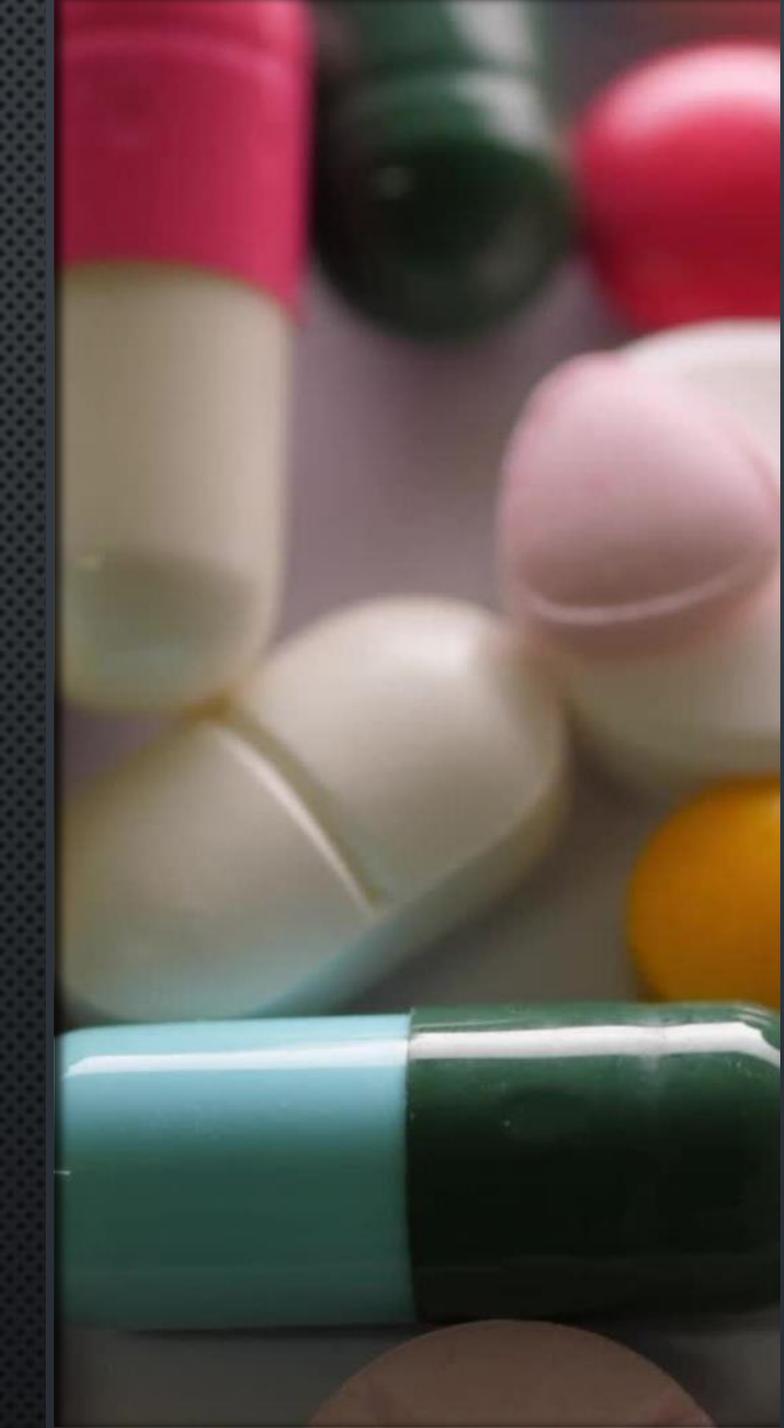
IT IS IMPORTANT TO LISTEN TO YOUR BODY'S SIGNALS
AND DRINK ENOUGH FLUIDS THROUGHOUT THE DAY,
ADJUSTING YOUR INTAKE BASED ON FACTORS LIKE
CLIMATE, PHYSICAL ACTIVITY AND INDIVIDUAL NEEDS.

WHILE WATER IS THE PRIMARY SOURCE OF HYDRATION,
OTHER BEVERAGES AND WATER RICH FOODS CAN
CONTRIBUTE TO YOUR DAILY FLUID INTAKE





SUPPLEMENTS



SUPPLEMENTS OFTEN, AVAILABLE IN THE FORM OF PILLS, CAPSULES, POWDERS AND LIQUIDS, ARE MEANT TO PROVIDE SPECIFIC NUTRIENTS OR COMPOUNDS THAT MAY BE LACKING IN YOUR DIET OR USED TO TARGET HEALTH PURPOSES. SOME OF THE BASIC DIETARY SUPPLEMENTS ARE:

MULTIVITAMINS — HELP FILL GAPS IN DIET

VITAMIN & MINERAL SUPPLEMENTS — GOOD FOR DEFICIENCIES, D,C & CALCIUM

FISH OIL — CARDIOVASCULAR BENEFITS

PROTEIN POWDER — SUPPLEMENT PROTEIN INTAKE

AMINO ACIDS — MUSCLE RECOVERY & PERFORMANCE

PRE/PROBIOTICS - GUT HEALTH

IT'S IMPORTANT TO NOTE THAT SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET, ITS BEST TO OBTAIN ESSENTIAL NUTRIENTS FORM WHOLE FOODS WHERE POSSIBLE



PROTEINS EXPLAINED

PROTEIN SOURCES

@MeowMeix

Chicken



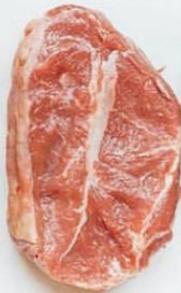
110 cal
23g protein
1.3g fat

King
Salmon



230 cal
26g protein
13g fat

Beef



136 cal
20g protein
6g fat

Bison



109 cal
21 protein
2g fat

Egg



78 cal
6.3protein
5.3g fat

(nutrition facts per 100g of each meat)

ANIMAL PROTEIN

PLANT BASED PROTEIN

PLANT BASED PROTEIN SOURCES

Black Beans

1 cup = 14g protein



Lentils

1 cup = 18g protein



Hemp Seeds

3 tbsp = 10g protein



Pumpkin Seeds

1/4 cup = 9g protein



Peas

1 cup = 8g protein



Chickpeas

1 cup = 12g protein

