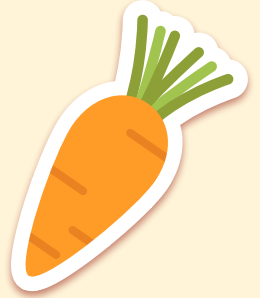


# FOOD AND NUTRITION WORKSHOP

Here is where your presentation begins





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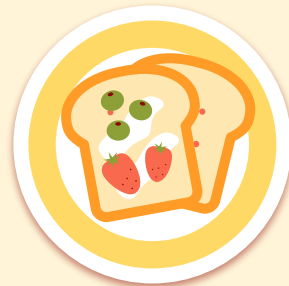
**01**

**Review**

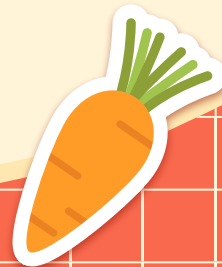
**02**

**Discussion**





# Review





# Recap: Different Macronutrients

- **Fats - Quality over quantity**
  - Unsaturated is better - fish, nuts, avocado, oils
  - Saturated or Trans fats - fried foods
- **Carbs - Sugar/starch. Aim to eat nutrient dense carbohydrates, ones with high fiber (fruits, vegetables, whole grains, legumes)**
- **Protein - Aim to eat lean sources**
  - Chicken, fish, turkey rather than red meat
- **Fiber - 14 grams per 1000 calories**



## Macro Sources:

		Protein		Fats
Carbs		Egg Whites		
Fruit	Skim milk	Protein powder	Cheese	Olive oil
Potatoes	Beans	Chicken breast	Whole eggs	Fish oil
Pasta	Quinoa	Tuna	Salmon	Almond flour
Bread	Lentils	Tofu	Chicken thighs	Nuts
Oats	Peas	0% Greek yogurt	Bacon	Coconut oil
Rice	Flavoured yogurts	Shrimp	Chia seeds	Nut butters
Crumpets		Turkey breast		Butter
Cereals				Flax seeds





# Estimating Portion Sizes



**Palm of Hand - 3 oz**



**Tip of Thumb - 1 tbsp**



**Thumbnail - 1 tsp**



**Fist - 1 cup**



**Cupped Hand - ½ cup**



## Other At Home Ways of Measuring:

There are many other resources you can use to measure aside from your hand or an actual measuring cup.



A deck of cards =  
3 oz serving of protein



A softball = 2 cups



A baseball = 1 cup



A tennis ball =  
1/2 cup



A golf ball =  
2 tablespoons





# Food Scales



**Walgreens -  
\$7.49**



**Amazon - \$9.99**



# How many calories/macros should I eat?

Google “ Macronutrient calculator ”

**Calculator.net**FINANCIALFITNESS & HEALTH

home / fitness & health / macro calculator

Print

## Macro Calculator

This calculator can provide a range of suggested values for a person's macronutrient and Calorie needs under normal conditions.

▼ Modify the values and click the Calculate button to use

US Units

Metric Units

Other Units

Age

25

ages 18 - 80

Gender

☒ male ☐ female

Height

5

feet

10

inches

Weight

165

pounds

Activity

Moderate: exercise 4-5 times/week

Your Goal

Weight loss of 1 lb (0.5 kg) per week

[+ Settings](#)

Calculate

Clear

- **Exercise:** 15-30 minutes of elevated heart rate activity.
- **Intense exercise:** 45-120 minutes of elevated heart rate activity.
- **Very intense exercise:** 2+ hours of elevated heart rate activity.

**Calculator.net**FINANCIALFITNESS & HEALTH

home / fitness & health / macro calculator

Print

## Macro Calculator

This calculator can provide a range of suggested values for a person's macronutrient and Calorie needs under normal conditions.

Result

The results below are the suggested amounts of macronutrients and food energy (Calories) you need to consume daily to lose 1 lb per week. Each macronutrient amount is represented as a range of values. Please click whichever tab best suits your needs, or create your own plan.

Balanced

Low Fat

Low Carb

High Protein

Create Your Own

Protein	<b>125</b> grams/day Range: 75 - 175
Carbs <small>Includes Sugar</small>	<b>273</b> grams/day Range: 219 - 355
Fat <small>Includes Saturated Fat</small>	<b>58</b> grams/day Range: 47 - 81
Sugar	<b>&lt;55</b> grams/day
Saturated Fat	<b>&lt;23</b> grams/day
Food Energy	<b>2,049</b> Calories/day or 8,579 kJ/day

The results above are a guideline for more typical situations. Please consult with a doctor for your macronutrient needs if you are an athlete, training for a specific purpose, or on special diet due to a disease, pregnancy, or other conditions. The protein range is calculated based on the guidelines set by the American Dietetic Association (ADA), The Centers for Disease Control and Prevention (CDC), and the World Health Organization. The carbohydrate range is based on the guidelines and joint



# Tracking Macronutrients: Food Diary

## Paper Food Diary

**My Food and Beverage Diary** Date:

Monday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Tuesday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Wednesday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Thursday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Friday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Saturday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Sunday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

**Notes:**

Learn more at [https://www.cdc.gov/healthyweight/losing\\_weight/eating\\_habits.html](https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html)

**CDC**  
BETTER. HEALTHIER. PEOPLE.

Monday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	



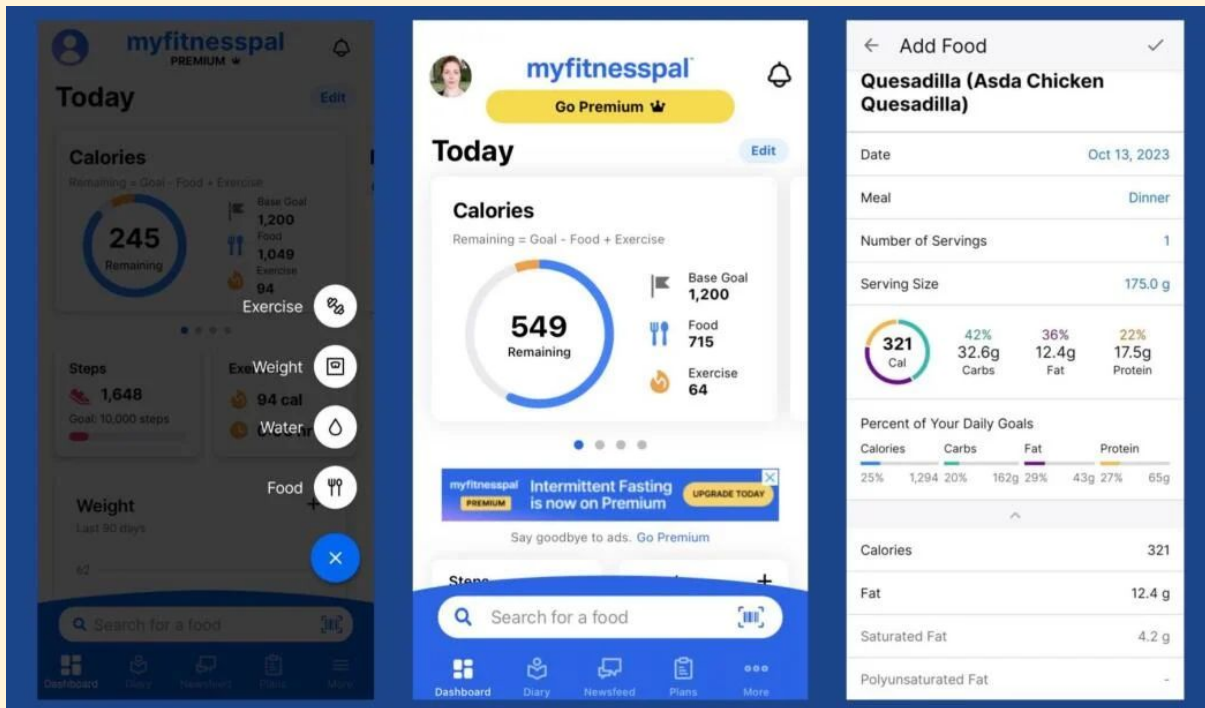




# Tracking Macronutrients: Apps

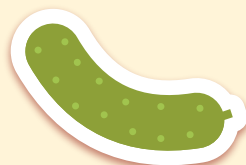
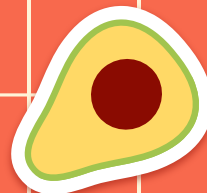


## My Fitness Pal: Free Calorie App Tracker



02

# Discussion





# What changes have/will you make?



- Looking at labels to see if there's any added sugars
- Switching out traditional sodas for sodas such as Poppi
- Nuts instead of chips
- Switch to plantain chips
- Sparkling water with juice
- Topo chico with lime
- Infusion waters (lemon, cucumber)
- Starting vegetarian taco @chef\_thai951
- Vegan chicken: Just egg batter, mushrooms, oatmilk rather than buttermilk

