

The basics of good nutrition



FIBER



CARBS



PROTEINS



FATS

Good nutrition is essential for overall health and well-being. Balanced nutrition refers to a diet that provides all the essential nutrients your body needs in the right proportions to support overall health and well-being. Making small, simple changes to your overall eating pattern get you faster results and help you and your family to stay healthy. Training without proper and healthy nutrition won't get you the results you're seeking. Your body need a good source of variety of food groups such **protein, healthy carbohydrates and healthy fats.**

- **Protein sources**

- ✓Lean meats like chicken, turkey, and lean cuts of beef or pork.
- ✓Fish, particularly fatty fish like salmon and tuna.
- ✓Eggs, which are a complete source of protein.
- ✓Dairy products such as Greek yogurt, cottage cheese, and milk.
- ✓Plant-based sources like tofu, tempeh, and legumes (beans, lentils, chickpeas).
- ✓Nuts and seeds, including almonds, peanuts, and chia seeds.
- ✓Quinoa, a grain that is high in protein.
- ✓Protein-rich vegetables like broccoli and spinach.

- **Healthy carbohydrates sources**

✓Whole Grains: Foods like brown rice, quinoa, whole wheat pasta, and oats are rich in fiber and nutrients.

✓Fruits: Fresh fruits like apples, berries, and oranges provide natural sugars and fiber.

✓Vegetables: Non-starchy vegetables such as broccoli, spinach, and peppers are excellent sources of healthy carbs.

✓Legumes: Beans, lentils, and chickpeas are packed with complex carbohydrates, fiber, and protein.

✓Sweet Potatoes: These provide a nutritious source of carbohydrates, vitamins, and minerals.

✓Whole Wheat: Foods made from whole wheat, like bread are good choices.

✓Oatmeal: It's a whole grain with fiber that helps maintain steady energy levels.

✓Corn: Fresh corn or whole cornmeal is a good source of carbohydrates and fiber.

• **Healthy fats sources**

✓Avocado: Rich in monounsaturated fats and a good source of fiber and various nutrients.

✓Olive Oil: Extra virgin olive oil is a staple of the Mediterranean diet and contains monounsaturated fats.

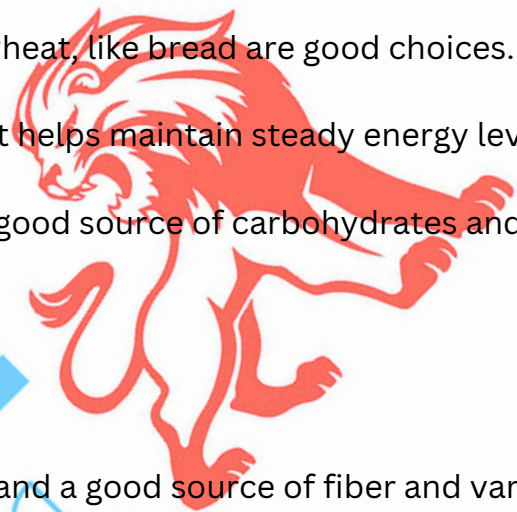
✓Nuts: Almonds, walnuts, and pistachios provide healthy fats, fiber, and various vitamins and minerals.

✓Seeds: Flaxseeds, chia seeds, and hemp seeds are excellent sources of healthy fats and fiber.

✓Fatty Fish: Salmon, mackerel, and trout are high in omega-3 fatty acids.

✓Coconut Oil: Although it's high in saturated fat, some people use it in moderation due to its unique fatty acids.

✓Nut Butters: Natural peanut butter or almond butter without added sugars or hydrogenated oils can be a good source of healthy fats.



✓Dark Chocolate: High-quality dark chocolate with a high cocoa content contains healthy fats and antioxidants.

✓Full-Fat Dairy: In moderation, products like Greek yogurt and cheese can be part of a healthy diet.

✓Flaxseed Oil: A source of omega-3 fatty acids, often used in smoothies or salad dressings.

Remember that good nutrition is not just about individual meals but about the overall pattern of your eating habits. It's important to tailor your diet to your specific needs and lifestyle.

Below are some steps you can follow:

✓Balanced Diet: A balanced diet includes a variety of foods from all food groups.

✓Nutrient Diversity: Aim to consume a wide range of nutrients.

✓Hydration: Drink plenty of water throughout the day to stay properly hydrated. Limit sugary drinks and excessive caffeine.

✓Limit Processed Foods: Reduce the consumption of processed foods, which are often high in added sugars, salt, and unhealthy fats.

✓Control Sugars and Fats: Minimize the intake of added sugars, saturated fats, and trans fats. Check food labels for hidden sugars and unhealthy fats.

✓Fiber: Include fiber-rich foods.

✓Protein: Choose lean sources of protein mentioned above.

✓Vitamins and Minerals: Ensure you get essential vitamins and minerals through your diet, but consider supplements if needed under the guidance of a healthcare professional.

✓Meal Timing: Eat regular, balanced meals and snacks throughout the day to maintain energy levels and prevent overeating.

✓Listen to Your Body: Pay attention to hunger and fullness cues, and eat when you're hungry, not just out of habit or boredom.

✓Dietary Restrictions: If you have dietary restrictions or health conditions, work with a registered dietitian or healthcare provider to create a nutrition plan that suits your needs.

Don't miss to check our Subject about Protein, Carbs & Fat for more information.

In the meantime Lët'z Roar

