

# Carbs

Your brain takes about 60% of the carbohydrates you consume in order to feed itself for optimum functioning. If you deprive your body of the right fuel your brain becomes sluggish and you can no longer concentrate which means it is harder to function throughout the day.

Aim for 40-65% of your daily food intake from carbs. Include:

- Ancient grains such as spelt, buckwheat, quinoa, sprouted grain, millet, bulgar and freekah
- a rainbow of vegetables
- lots of different fruit varieties

Include a small amount of brown rice, ancient grains (in pasta or bread) with your meals but omit all white foods (pasta, rice, bread and processed foods) from your diet as these only cause sugar crashes and insulin resistance and have no genuine health benefits.

Add 2 cups of veggies to each meal to boost, not only your carb intake, but your micro nutrient intake as well (vitamins and minerals). A rainbow of veg will ensure you are nourishing your body and providing the energy it needs to get through the day.

## your daily carbs needs

Light Activity	3-5g/kg/day
Moderate Activity	5-7g/kg/day
High Activity	6-10g/kg/day
Very High Activity	8-12g/kg/day

# Protein

Protein is a valuable building block for many an internal body part and is made of 20 amino acids. Though our body can only make 11 of them which means there are 9 amino acids we must eat everyday in order to make up the rest.

Many woman do not eat enough protein and are missing some of these essential amino acids from their diet.

However protein has more skills than just rebuilding muscles which is why protein is an important part of a womans every day diet. Foods to include are:

- chicken, beef, lamb, veal, fish, turkey, pork
- eggs, cheese, dairy (full fat), protein powders
- legumes, nuts, seeds

## your daily protein needs

Aim for 1.2-2.0g/kg/day. Your needs will differ slightly from the next person depending on how active you are. Ensure you are getting at least the minimum amount. See how you feel as you may need to increase the amount.

# Fat

Fat has become a four letter word over the last few decades as low fat foods were deemed healthier and better for everyone. Unfortunately this was a HUGE fail for the health of anyone eating a low fat diet because people became fatter, unhealthier and illnesses increased. We are now a nation of overfed and undernourished people all because we were given the wrong (and damaging information). It is really heartbreaking to see what we have become.

Lets change that. Because healthy fat does not make you fat. Our bodies require fat to utilise carbs and protein effectively, for energy during rest and activity, a healthy brain, protects your inner organs, helps oestrogen to function properly (i.e: regular menstrual cycles) and preserves your bones; amongst many other functions. So this is why good, healthy fats are essential to your diet every day.

Fats to avoid:

- Trans fats
- vegetable oil
- canola oil
- corn oil
- soy bean oil
- processed foods such as cakes, donuts, pastries, biscuits, sweets and processed meats

Oils to include in your diet

- Olive oil
- coconut oil (in moderation)
- peanut oil
- rice bran oil
- sunflower, flax, avocado and walnut oil

Good fat foods

- avocado
- nuts and seeds
- oily fish such as salmon and sardines
- rice bran oil
- nut butters
- grass fed beef
- chicken
- eggs
- full fat dairy
- dark chocolate

## your daily fat needs

Add some good fats to every meal for better digestion and utilisation of other nutrients. 20-30% of your diet should consist of healthy fats. Don't be afraid of fat any more. Think of it as an important component to getting fit and healthy.