



NUTRITION



- Understand your caloric needs
- Understand your macros
- Nutritional tips
- How to fuel your body after working out



101

NUTRITION 101

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Understanding your Needs of Calories

a. Caloric intake is of great importance for one's health. Eating too much and moving too little causes obesity. Being obese, or in other terms, carrying extra fat can lead to harmful effects on the body through many diseases.

b. To calculate your caloric needs, visit:



Click on the Video to watch how to use the Body Weight Planner. When ready, click on "launch the body weight planner" to calculate your calorie needs.

Understanding your Needs of Macros

a. The macronutrients are nutrients that the body requires in large quantities. Macronutrients provide the human body with energy to perform bodily functions and daily activities. Macronutrients are fat, protein and carbohydrates.

- i. Healthy individuals need about **45% to 65%** of **carbs** daily.
- ii. Healthy individuals need about **20% to 35%** of **fats** daily.
- iii. Healthy individuals need about **10% to 35%** of **protein** daily.

How to calculate them

1. Determine your daily needs of calories using the above (QR) Example:
2,000 calories a day

2. Determine your % daily needs of each Macros
Example:
50% Carbs, 20% Fats, 30% Protein

3. Determine your calorie needs of each Macros

Example
50% Carbs = $2,000 \text{ kcal} \times 0.5 = 1,000 \text{ kcal}$ of carbs daily
20% Fats = $2,000 \text{ kcal} \times 0.2 = 400 \text{ kcal}$ of fats daily
30% Protein = $2,000 \text{ kcal} \times 0.3 = 600 \text{ kcal}$ of protein daily

4. Convert your daily needs of Macros from calories to gram using the following information

Example
i. Carbs have **4 kcal/g** so $1,000/4 = 250\text{g}$ of carbs daily
ii. Fats have **9 kcal/g** so $400/9 = 44.5\text{g}$ of fats daily
iii. Protein has **4 kcal/g** so $600/4 = 150\text{g}$ of protein daily.

Nutritional Tips

on adjusting your diet when losing weight

Fats

When cutting back on calories and working toward a healthier diet, it is important to not only limit the amounts of fats, but also to take into consideration the types of fat we consume.

- i. **Include unsaturated fats:** Walnuts, almonds, avocados, fish, salmon, peanut butter, extra virgin olive oil
- ii. **Limit saturated fat:** red meat, full-fat dairy products, ice cream, pastries
- iii. **Avoid trans-fat:** before purchase, always check food labels for any trans-fat content. Trans-fats are usually found in fried fast food, donuts, and shortenings.

Protein

Shifting our protein sources from **animal-based to plant-based** is considered acceptable and healthy. However, plant-based protein are incomplete sources of protein. It is important to allow variety in your diet to ensure you're consuming all essential amino acids your body needs to perform basic physiological processes. **Good sources** of protein are lean meat, skinless poultry, seafood, fish, nuts, beans, legumes, and tofu.

Carbohydrates

They provide the body with glucose, its main source of energy. Carbs come in 3 components: fiber, starch, and sugars. For a healthy diet, focus more on complex carbs (fiber and starch) and avoid simple carbs (sugars). Complex carbs supply our body with more

nutrients than simple carbs. They're higher in fiber and digest more slowly. This also makes them more filling, which means they're a good option for weight control.

i. Complex carbs:

Fruits/vegetables, Pasta, Rice, Nuts, Beans, whole grains/Oats

ii. Simple carbs:

Raw/brown sugar, Syrup, fruit juice concentrate, Cereal, Soda, Baked treats (cookies, donuts, brownies)

Vegetables

Chose a wide variety of vegetables every day, but avoid including white potatoes as a vegetable. Potatoes are a starch and have more in common with white bread and white rice than with other vegetables, and they should be consumed occasionally.

Fruits

While they are an excellent source of essential vitamins, minerals, and health-boosting antioxidants (including flavonoids: a powerful antioxidant with anti-inflammatory benefits), it's important to moderately consume fruits that are higher in carbohydrate, such as oranges, bananas, apricots, cherries, grapes, mangoes, pineapple, and pears. Avoid fruit juices that contain a lot of sugary calories and focus more on whole fruits as they tend to provide more fibers that will make you feel fuller.

Fiber

Including fibers in your diet helps in maintaining a healthy gut microbiota, helps regulate the body's use of sugars, and increases satiety. Good sources of fibers are whole grains, fresh fruits and vegetables, legumes, and nuts.

How to fuel your body after a workout?

Take a step further in your health journey and request a Nutrition Consultation with our Registered Dietitian through our website myrec.uh.edu.

Single consultation - \$25
Single and follow up consultation - \$40

Available consultations:

One-on-one nutrition counseling
Food allergy counseling