Corps Fitness & Massage How To:

This FREE downloadable resource is your beginners guide to Nutrition and Tracking for results

Nutrition

What is Nutrition ?

Nutrition is nourishment or energy that is obtained from food consumed or the process of consuming the proper amount of nourishment and energy. An example of nutrition is the nutrients found in fruits and vegetables. An example of nutrition is eating a healthy diet.

Macronutrients

Macronutrients are the nutrients we need in larger quantities that provide us with energy: in other words, fat, protein and carbohydrate.

There are three macronutrients we require to survive, these are Carbohydrates, Fats, and Proteins.

Carbohydrates : Carbohydrates can also be defined chemically as neutral compounds of carbon, hydrogen and oxygen. Carbohydrates come in simple forms such as sugars and in complex forms such as starches and fiber. The body breaks down most sugars and starches into glucose, a simple sugar that the body can use to feed its cells.

There are 2 types of carbohydrate we are interested for the purpose of fitness and nutrition for health during the program , these are COMPLEX & SIMPLE . The carbohydrate most beneficial is COMPLEX

Energy. When carbs are digested, they're turned into glucose. Glucose is the main source of energy for your body. Simple carbs can provide a quick burst of energy, but complex carbs will provide energy for your body for a longer period of time because they release the sugar into your bloodstream more slowly.

Complex carbohydrates are made up of sugar molecules that are strung together in long, complex chains. Complex carbohydrates are found in foods such as peas, beans, whole grains, and vegetables. Both simple and complex carbohydrates are turned to glucose (blood sugar) in the body and are used as energy.

Simple carbohydrates are broken down quickly by the body to be used as energy. Simple carbohydrates are found naturally in foods such as fruits, milk, and milk products. They are also found in processed and refined sugars such as candy, table sugar, syrups, and soft drinks.

Short list of simple & complex carbs :

Foods with Complex Carbohydrates

Apple	Buckwheat	Aubergine	Melon	Pear	Soybean	Yam
Apricot	Buckwheat bread	Garbanzo bean	Multi-grain bread	Pinto bean	Soy milk	Courgette
Artichoke	Cabbage	Grapefruit	Muesli (not sweetened)	Plum	Strawberry	
Asparagus	Carrot	Kidney bean	Navy bean	Potato	Turnip green	
Banana	Cauliflower	Kiwi	Oat bran bread and cereal	Prune	Wild rice	
Blackberry	Celery	Lemon	Oatmeal	Radish	Watercress	
Black current	Cherry	Lentils	Okra	Raspberry	Whole barley	
Blueberry	Cranberry	Lettuce	Onions	Skim milk	Whole meal bread	
Broccoli	Cucumber	Low fat yogurt	Orange	Spinach	Whole meal flour	
Brown rice	Dried apricot	Lychee	Peach	Split pea	Whole meal pasta	

Foods with Simple Carbohydrates

Baked goods (including bread) made with white flour	Fudge	
Cake	Honey	Cookie
Candy	2% or regular milk	Corn syrup
Candy bar	Most packaged cereals	Fruit juice
Carbonated drink	Pasta made with white flour	
Chocolate	Table sugar	

Fats : Fats are one of the three main macronutrients, along with carbohydrates and proteins. Fat molecules consist of primarily carbon and hydrogen atoms and are therefore hydrophobic and are soluble in organic solvents and insoluble in water.

Why do we need fats in our diet ? A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids, which the body cannot make itself. Fat helps the body absorb vitamin A, vitamin D and vitamin E. These vitamins are fat-soluble, which means they can only be absorbed with the help of fats.

Any fat that's not used by your body's cells or turned into energy is converted into body fat. Likewise, unused carbohydrates and proteins are also converted into body fat.

The main types of fat found in food are:

saturated fats

unsaturated fats

Most fats and oils contain both saturated and unsaturated fats in different proportions.

As part of a healthy diet, you should try to cut down on foods and drinks that are high in saturated fats and trans fats and replace some of them with unsaturated fats

Saturated fats

Saturated fats are found in many foods, both sweet and savoury.

Most of them come from animal sources, including meat and dairy products, as well as some plant foods, such as palm oil and coconut oil.

Trans fats

Trans fats are found naturally at low levels in some foods, such as meat and dairy products.

They can also be found in partially hydrogenated vegetable oil. Hydrogenated vegetable oil must be declared on a food's ingredients list if it's been included.

Like saturated fats, trans fats can raise cholesterol levels in the blood.

Unsaturated fats

If you want to reduce your risk of heart disease, it's best to reduce your overall fat intake and swap saturated fats for unsaturated fats.

There's good evidence that replacing saturated fats with some unsaturated fats can help to lower your cholesterol level.

Mostly found in oils from plants and fish, unsaturated fats can be either monounsaturated or polyunsaturated.

Monounsaturated fats

Monounsaturated fats help protect your heart by maintaining levels of "good" HDL cholesterol while reducing levels of "bad" LDL cholesterol in your blood.

Polyunsaturated fats

Polyunsaturated fats can also help lower the level of "bad" LDL cholesterol in your blood.

There are 2 main types of polyunsaturated fats: omega-3 and omega-6.

Some types of omega-3 and omega-6 fats cannot be made by your body, which means it's essential to include small amounts of them in your diet.

Foods high in saturated fats

fatty cuts of meat	some savoury snacks, like cheese crackers and some popcorns
meat products, including sausages and pies	chocolate confectionery
butter, ghee, and lard	biscuits, cakes, and pastries
cheese, especially hard cheese like cheddar	palm oil
cream, soured cream and ice cream	coconut oil and coconut cream

Monounsaturated fats are found in:

olive oil, rapeseed oil and spreads made from these oils	some nuts
avocados	Omega-3 fats are found in oily fish, such as:
some nuts, such as almonds, brazils, and peanuts	kippers
Omega-6 fats are found in vegetable oils, such as:	herring
rapeseed	trout
corn	sardines
sunflower	salmon

Protein : Proteins are fundamental structural and functional elements within every cell of the body and are involved in a wide range of metabolic interactions. All cells and tissues contain protein, therefore protein is essential for growth and repair and the maintenance of good health. Protein provides the body with approximately 10 to 15% of its dietary energy and it is the second most abundant compound in the body, following water. A large proportion of this will be muscle (43% on average) with significant proportions being present in skin (15%) and blood (16%).

Most foods contain either animal or plant cells and will therefore naturally contain protein. But the processing of foods may change the amounts and relative proportions of some amino acids; The quality of the protein is also important and depends on the amino acids that are present. Proteins from animal sources have a higher biological value than proteins from plant sources. This is because the pattern of amino acids in animal cells is comparable to the pattern in human cells. Plant foods may have very different patterns of amino acids compared to animal proteins, and, in the past, this difference has lead to a concept of first-class and second-class proteins, for animal and plant foods respectively. However, diets are typically varied and rarely made up of single foods. A combination of plant proteins tends to have a complementary effect boosting their overall biological value.

Good Sources of Protein

Pork chop (lean grilled) 32.0	Prawns	Semi-skimmed milk	Whole milk yogurt	Baked beans	Chicken Without Skin
Fish Tuna (canned in brine)	Mussels	Skimmed milk	Low fat yogurt (plain)	Tofu (soya bean steamed)	Rice (easy cook boiled)
Mackerel (grilled)	Crabsticks	Cheddar cheese	Plant protein	Grains Wheat flour (brown)	Oatmeal
Salmon (grilled)	Eggs	Half-fat cheddar	Pulses Red lentils	Bread (brown)	Pasta (fresh cooked)
Cod (grilled)	Chicken eggs	Cottage cheese	Chickpeas	Bread (white)	Nuts Almonds
Beef steak (lean grilled)	Seafood	Dairy Whole milk	Beans Kidney beans	Rice (easy cook boiled)	Walnuts

Protein-rich foods tend to make people feel fuller than foods rich in carbohydrates or fat. So including a lean source of protein with a meal can help to minimise feelings of hunger and decrease overall energy intake.

Satiety

Definition of satiety. the quality or state of being fed or gratified to or beyond capacity : surfeit, fullness.
Leptin is produced by your fat cells. It's considered a "satiety hormone" that reduces appetite and makes you feel full. As a signaling hormone, its role is to communicate with the hypothalamus, the portion of your brain that regulates appetite and food intake
Protein-dense grains and legumes, such as quinoa, oatmeal, and lentils, are also good choices.
A lower carbohydrate intake may lead to gut bacteria changes and/or constipation, so choose high fiber foods as often as possible.
Ghrelin is a hormone that is produced and released mainly by the stomach with small amounts also released by the small intestine, pancreas and brain. Ghrelin has numerous functions. It is termed the 'hunger hormone' because it stimulates appetite, increases food intake and promotes fat storage.
Here are a few tips to improve the function of ghrelin:
Sugar: Avoid high-fructose corn syrup and sugar-sweetened drinks, which can impair ghrelin response after meals
Protein: Eating protein at every meal, especially breakfast, can reduce ghrelin levels and promote satiety

WHAT MAKES A FOOD FILLING?

Satiety is a term used to explain the feeling of fullness and loss of appetite that happens after eating.
A scale called the satiety index measures this effect. It was developed in 1995, in a study that tested 240-calorie servings of 38 different foods
The foods were ranked according to their ability to satisfy hunger. Foods that scored higher than 100 are considered more filling, while foods that scored under 100 are considered less filling.
What this means is that eating foods that score higher on the satiety index can help you eat fewer calories overall.
Filling foods tend to have the following characteristics:
High in protein: Studies show that protein is the most filling macronutrient. It changes the levels of several satiety hormones, including ghrelin and GLP-1
High in fiber: Fiber provides bulk and helps you feel full for longer. Fiber may slow down the emptying of the stomach and increase digestion time
High in volume: Some foods contain a lot of water or air. This may help with satiety as well
Low in energy density: This means that a food is low in calories for its weight. Foods with a low energy density are very filling. They typically contain a lot of water and fiber, but are low in fat
Whole, unprocessed foods are also generally more filling than processed foods.

Some Satiety rich foods

POTATOES (Boiled / Jacket)

Potatoes have been demonized in the past, but are actually very healthy and nutritious.
Cooked, unpeeled potatoes are a good source of several vitamins and minerals, including vitamin C and potassium
Potatoes are high in water and carbs, and contain moderate amounts of fiber and protein. They also contain almost no fat
Compared to other high-carb foods, potatoes are very filling.
In fact, boiled potatoes scored a 323 on the satiety index, which is the highest number of all 38 foods tested. They scored nearly 7 times higher than croissants, which scored the lowest
Some evidence indicates that part of the reason why potatoes are so filling is because they contain a protein called proteinase inhibitor 2 (PI2). This protein may suppress appetite

EGGS

Eggs are incredibly healthy and nutrient-dense.
Most of the nutrients are found in the yolks, including the antioxidants lutein and zeaxanthine, which may benefit eye health
Eggs are a great source of high-quality protein. A large egg contains around 6 grams of protein, including all 9 essential amino acids.
Eggs are also very filling and score high on the satiety index
One study found that eating eggs for breakfast, rather than a bagel, increased fullness and led to less calorie intake over the next 36 hours
Another study found that a protein-rich breakfast of eggs and lean beef increased fullness and helped people make better food choices

FISH

Fish is loaded with high-quality protein.
Fish is also rich in omega-3 fatty acids, which are essential fats that we must get from food.
According to one study, omega-3 fatty acids may increase the feeling of fullness in people who are overweight or obese
Additionally, some studies indicate that the protein in fish may have a stronger effect on fullness than other sources of protein.
On the satiety index, fish scores higher than all other protein-rich foods, including eggs and beef. Fish actually had the second highest score of all the foods tested
Another study compared fish, chicken and beef protein. The researchers found that fish protein had the strongest effect on satiety

MEAT

High-protein foods, such as lean meats, are very filling
For example, beef can have a powerful effect on satiety. It scores 176 on the satiety index, which is the second highest of the protein-rich foods, right after fish
One study found that people who ate high-protein meat at lunch ate 12% less at dinner, compared to those who had a high-carb meal for lunch

VEGETABLES

Vegetables are incredibly nutritious. They're loaded with all sorts of vitamins, minerals and beneficial plant compounds.

Vegetables are also high-volume, low-calorie foods. They contain fiber and water, which adds bulk to your meals and helps fill you up.

Moreover, vegetables take some time to chew and are very satisfying in that way.

One study found that eating a large portion of salad before a meal of pasta increased the feeling of fullness and reduced overall calorie intake

Tracking

Tracking what you eat and drink each day can: Make you more aware of what and when you eat. Help you discover **your** personal eating patterns and habits. Reinforce **your** new healthy habits and keep you on **track** for successful long-term change.

MY FITNESS PAL Pros & Cons :
Pros:
1. It's free.
The basic app is free , you can upgrade to premium but when starting out there is really no need to take premium.

2. You can scan the barcode
You can scan whatever you're consuming instead of searching for it within the app. This function is so useful! The app has a massive data base of products, including leading international supermarkets brand foods.

3. The lay out of the IOS app easy to navigate,
once you have been using the app for a week or two it becomes easy to navigate , to start with you may be a little confused, that is the truth, however compared to some other tracking apps its one of the easiest , it a click to your diary and a click to the add food.

4. Helpful to become more mindful
Gives you an idea (if used correctly) of how much you have eaten during the day, or how many calories are in a certain food or drink. People notoriously underestimate how much they eat, and the app helps to address this .

5. Immediate feedback-
Gives you immediate feedback so you can adjust your food/drink intake accordingly for your individual circumstances and goals.

6. Self-awareness
Now you can see how many calories in food and drink consumed as well as how much protein, carbs and fats. From here you can adjust your targets. Be wary though some of the nutrient data entered are incomplete or incorrect. No product is ever going to be 100% accurate.

7. Can be a useful tool to help change habits/lifestyle-
You don't have to use it forever. It is a tool to improve habits, see how many calories are in certain foods and drinks, then change your habits and routines accordingly.
Cons:

Cons :

1. Misreporting-

This can be anything from weighing inaccuracies, wrong portion sizes, consciously or subconsciously not entering food and drink consumed.

People may think they have entered correctly but have actually put in wrong measuring weights, entered wrong brands, forgot about the food they have been picking at when making dinner, eating the kids left overs, those extra glasses of wine/beer/capriccios etc. Sauces, condiments and little extras. Those bits of chocolate (do they count?🤔...) the calories in alcohol on nights out, the days you can't be arsed tracking (probably because you know it has been a bad day. I could go on…

This is very common, people notoriously underestimate how much they have ate and drank and overestimate how many calories they have burned through physical activity.

If you are not losing weight on 1000 calories a day even if that what has come up on My fitness pal, I can guarantee you have been misreporting your intake.

You have to be honest with your tracking, even when it`s bad !

2. Some people may find it time consuming/too much of a hassle-

Some may find it a pain in the arse having to log every day or plan their intake. People can end up forgetting what they have. What tends then to happen is point 1.

3. Can encourage obsession-

I have seen and been there. End up getting so focused on the numbers, ending up a bit neurotic about the diet and numbers and sometimes not relying on common sense and intuition. Social situations become daunting as you don't want to mess up the calorie and macro targets, unless you are competing or going for a photo shoot or have a need to get to a certain body goal chill the ***** out.

4. Trying to hit calories even if you are full-

You have eaten good wholesome food all day you feel full and not really needing anymore to eat but you still have say 300 calories left, so you think I will have a bar of chocolate just because I have those 300 calories left.
This brings me on to the next point.

5. May stop relying on intuitive eating-

Intuitive eating is the idea you should eat when you are hungry and stop when you are full stop eating when you start feeling. Some may rely on the app and just the numbers instead of listening to your bodies hunger signals.

6. Incorrect calories/macros not always available-

Be careful, the calories can sometimes be wrong on the app or macros not available.
8.Extra calories from exercise
My Fitness Pal likes to add on exercise calories, this is a big con to the app.
If you do exercise and have connected your fitbit, garmin, apple watch etc , your daily calorie goal will then increase for the day, MFP claim it is to stabilize your weight loss or weight gain at the rate you initially specified, when you set up your account and goals. This means if you exercise, you will be able to eat more for that day. - NOT SO , please do not . As discussed MFP as good as it is is not 100% accurate, so when you track your foods you may be mis judging by not entering correct portion size, the info of a product maybe in accurate.
For fat loss, wether it be for weight loss, or for leaning out you have to burn more calories than you consume by increasing your physical activity. If you eat enough calories to support your BMR, but add more exercise, you'll create a caloric deficit simply by burning extra calories. This only works if you're not overeating to begin with.

Only focus on tracking foods and then the "food" number at the top of the diary for the day you are tracking , if it has added exercise do not use the remaining figure .

7. MISREPORTING!

Again by far the biggest mistake people make when using Mfitnesspal.

I hope this beginners guide to nutrition and tracking has been of assistance, for more in depth knowledge and programs for a healthier life, drop Claire an e-mail or sign up to one of the Commit To Be Fit programs