

FREE



**NUTRITION
SURVIVAL GUIDE**

WELCOME

Thank you for allowing us to be the source of your nutrition information. We hope you gain a lot of insight from this very short book!

Who are we?

We are the nutrition team from Evexia Wellbeing, the Northern Beaches' most respected exercise and nutrition coaching facility.

Our highly qualified and experienced team have written this book to educate, inspire and re-frame your perspective around nutrition. We hope you enjoy.

EVEXIA

WELLBEING

www.evexiawellbeing.com

PART 1

CANCEL OUT THE NOISE

I'd like to share a secret with you.

Nutrition is, at it's core, quite simple.

Above all else, if a human being consumes plenty of whole foods (fruits, vegetables, unprocessed meats, eggs, fish, unprocessed dairy, whole grains), they will become a healthier person.

No-one can argue this. We all know this is what we should be doing.

There's alot of opinions regarding nutrition. Most of them are from people trying to sell something.

Which is why I implore you to begin to
cancel out the noise.

Remove those social media personalities.

Stop listening to your best friend (who has
tried EVERYTHING).

Start listening to your own body.

It'll teach you amazing things.

It'll tell you when you're hungry. And it'll tell
you when you're full. It'll tell you what foods
you don't agree with.

Give it a chance.

That's step 1. Now, let's move on...

PART 2

LISTEN TO YOUR HUNGER

If I told you that you have an inbuilt calorie counter, what would you think?

"Well why can't I get this right, then!?" is the most common answer.

Because you've never been taught to listen to your own body.

A human being has intake-regulating systems in place, designed to prevent us from over-eating, by telling our brain we're full.

Like all animals in the kingdom, this is present to prevent excess weight.

Obviously, in the case of humans, this system has been hacked.

Food manufacturers have discovered ways to bypass this through altering the composition of foods. And we, as consumers, have ignored all the natural cues we receive.

Hunger is a natural human cue. It's a sign our body is low on energy, and needs a top-up.

When we eat, but are not experiencing hunger, we are eating even though our body doesn't require energy at that time.

Waiting until you experience hunger is step 2. It's essential to getting the best result.

Don't fear hunger. You won't starve - it's simply your body telling you it's time to top-up the tank.

PART 3

STOP BEFORE STUFFED

The biggest, most impactful piece of advice I could ever give you is right here - stop eating before you're stuffed.

This works irrespective of what you're eating - whether it be a big bowl of spinach, or salted caramel cookie dough ice cream.

This works irrespective of the setting - whether you're eating alone or at a cafe with friends.

We can't always rely on our food choices. But we always fall back on how much of it we choose to eat.

My secret weapon with clients is getting them into the "Stop at 80%" mindset.

This means, stop eating a meal when you're satisfied. When you could eat a little more, but you're comfortable to stop.

Every time you do this, it's a massive win in gaining greater control over food.

Suddenly, YOU'RE in control. YOU'RE choosing when to stop eating, not the amount of food that's served in front of you.

A side effect of this tip is you eat less food.
Less food = greater weight loss.

As I said previously, if there's ONE thing you gain from this book, let it be this tip.

Practice it. Practice it. Practice it.

Stop eating when you're satisfied.

PART 4

LIMIT CALORIE DRINKS

Drinks. The forgotten, calorie-dense dietary additive.

Did you know, the average person consumes 1/3 of their recommended daily calories from drinks?

Alcohol and coffee are the most prevalent, however soft drinks, smoothies, juices are all culprits too.

Now, we're not saying these are all inherently bad.

However, many people 'forget' or don't count drinks in their calorie allowance, meaning their food may be perfect, but

what they're having for drinks lets them
down.

The recommendation is simple - limit calorie
containing drinks to one per day.

This means drinking plenty of water, herbal
teas, and drinking less milk-based tea and
coffee, and switching to black (black coffee
and tea is essentially calorie-free).

Now, it's understood that alcohol is a
socially-driven beverage, and it's often the
first resistance clients give when presented
with this plan.

Alcohol may not be the reason for you not
progressing, but it also may be. It needs to be
considered. We love alcohol, too,
but acknowledge it's impact on your
progress.

PART 5

PROTEIN

Protein is an important part of our diet for many reasons, most of which are outside the scope of this book.

The reason we're interested in protein is it keeps you full.

If you think about what breakfast keeps you the most satisfied, energised and makes you feel the best after eating it, most people will think of a protein-rich breakfast of eggs.

Protein keeps you full, and if we're full, we eat less food, right?

Including a protein food at every meal goes a

long way towards you feeling energised, satisfied, and also towards you eating less food throughout the day.

So how much protein, and what kind of foods?

Unprocessed meats, eggs, unprocessed dairy and beans and legumes are great sources.

Foods such as steak, fillet, chicken, fish, pork, game, Greek yoghurt, cottage cheese, beans and eggs are great sources.

Foods such as bacon, sausages, processed deli meats, frozen packaged meats, most cheeses and processed dairy are average sources and should only be consumed occasionally.

As for amounts, a portion the same size and thickness of your palm is correct.

PART 6

VEGETABLES

Vegetables are your secret weapon. These nutrient dense, low calorie gems will fill you up without filling up your calorie tank.

Vegetables are high in fibre, which has many health benefits, and it also helps to keep you full, alongside protein.

A whopping 80% of adults don't eat the recommended 5 servings of vegetables per day. Of the 20% that do, the huge majority are of a healthy weight.

It's no secret that more vegetables in your diet, equals better health outcomes.

When we're talking vegetables, people straight away think of potato. And because potato has received some bad press over the years, confusions exists as to what vegetables to eat.

Let me tell you - all vegetables are good vegetables. Yes, even potato (provided its not in the form of crisps or fries!).

We encourage you to eat vegetables. All of them. Mix them up, and cook them differently (roast, steam, stir fry, slow cook, raw, BBQ etc).

As for amounts, once you nail 5 servings per day, the next goal is to include 3 different coloured vegetables into each main meal.

PART 7

CARBOHYDRATES

Carbohydrates are the most misunderstood of all foods, and we cannot stress enough that they are not to be feared!

Carbohydrates are absolutely essential for our body, mainly because they are responsible for energy production. If you've ever been on a low-carb diet, you probably noticed your energy was pretty low.

The issue with carbohydrates is the different kinds, and this is where it can get a little confusing.

Simple carbohydrates are sugars. We call them 'dumb carbs', because they don't really

provide our body with any nutrients. These are things like sugars, chocolates, pastries, and processed foods and drinks. We don't really want to be eating any of these, so the recommendation is to eat them only when absolutely necessary.

'Smart carbs' are the foods we're interested in. These are the types of carbohydrates that provide us with fibre, vitamins, minerals and energy. These are things like whole grains (brown rice, quinoa, whole oats, rye), fruits and vegetables, and beans and legumes.

We want to be consuming a small amount of these smart carbs at every meal, and the amount you consume should be able to fit in your cupped hand when cooked.

As you look down at your cupped hand, you can see it's not a lot that is required for great health.

PART 8

FATS

The last of the macronutrients are fats, another victim of misinformation over the past few decades. The most important thing to remember about dietary fat is that it's essential for our health... in very small amounts.

Like carbohydrates, fats come in different forms. 'Bad fats' and 'good fats', as they are often referred as, can very easily swing our health either way.

'Bad fats' are found in processed foods, such as pasties, cakes, biscuits, processed meats, fast food and desserts. There is no

safe level of consumption of these fats, as they are linked to poor health. These are otherwise known as saturated, or trans fats.

'Good fats' are found in natural foods, such as nuts and seeds, olive oil, avocado, fish and eggs. These are health promoting foods, and our body needs them to functional at it's best.

However, it is important to remember that the amount of 'good fats' we need to be at optimal health is actually very small. Too much good fat can actually be a bad thing, due to excessive calories.

Therefore, the recommendation is a thumb-sized portion of good fat at each meal. Usually, 1/4 of an avocado, or the olive oil you cook with, is enough.

PART 9

PUTTING IN ON A PLATE

Over the past 4 chapters, we have discussed protein, vegetables, carbohydrates and fats.

We have established that for optimal health, and to ensure we aren't consuming too much energy, we need:

A palm-sized portion of protein each meal

At least 5 servings of vegetables per day,
working up to 3 different coloured
vegetables each meal

A cupped hand of smart carbs each meal

A thumb-sized portion of good fat each meal

In a diagram, that would look something like this:

PER SERVING:



PROTEIN

Women: 1 palm
Men: 2 palms



VEGETABLES

Women: 1 fist
Men: 2 fists



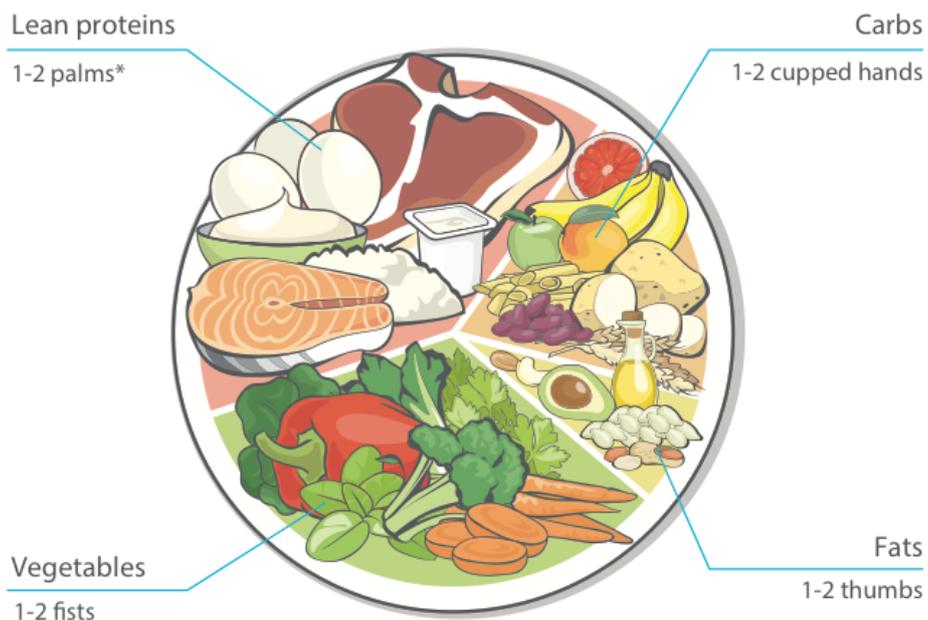
CARB

Women: 1 cupped hand
Men: 2 cupped hand



FAT

Women: 1 thumb
Men: 2 thumbs



PART 10

LIVING IN THE REAL WORLD

With all the noise surrounding diets, there's a couple of things that are indisputable in nutrition:

- 1) The more vegetables you eat, the healthier you're going to be.
- 2) Weight management is an energy balance issue. If you consume too much energy, it cannot just disappear - it has to go somewhere!

With that being said, it's common for people to ignore these 2 fundamental facts, and instead look for the latest diet.

We get the appeal. Trust me, we do!

We also completely understand that we all live in the real world.

Kids, family, jobs, managing households, stress, lack of time, the temptations, convenience, comfort etc etc

Which is why we completely understand, accept, and almost encourage the fact that not every meal is going to look like the above.

Some days are going to be terrible. Hey, some weeks might be terrible.

However, as long as you're trying, you're consciously thinking about it, and you're slowly notching your way towards being better, that's all we can ask for.

PART 11

FINAL WORDS

You can do it.

Tune out the noise, and all the outrageous opinions we're bombarded with.

Get back to the basics.

Get back to what you know works.

Take your time in the supermarket. Write a weekly menu. Get your groceries delivered. Whatever you think will help, do it.

You can do it, we know you can.