

HANNAH'S FITNESS & TRAINING'S
LITTLEBOOK

of Nutrition and Wellness!

Hi!

Thanks so much for grabbing your copy of this ebook!

As a Personal Trainer, I see so many people struggle with being the best version of themselves. Some people want to lose big amounts of fat, some people want to gain a healthy amount of muscle. Other people want to have the energy levels of a child again! People start with exercise, but they will often neglect their nutrition. Sometimes, they won't change their diet, because they don't want to! Others are nervous about changing their nutrition habits because they don't know if they will like "healthy food". Others can't afford to pay for the guidance they need to make sensible, intelligent changes to their diet. And others just don't know where to start.

This ebook is not going to tell you all the answers to all your questions. Instead, it will give you basic knowledge on how you can give your body the nutrients it needs to thrive. It will also help you to get started towards feeling and looking better. It may also give you a little bit of #truthbomb and #toughlove from time to time. But know that I do this because I care :)

Please remember - I am but a humble Personal Trainer. The information in this ebook is generic, and while it is useful, it is not specific to anybody or everybody. *Before you make changes to your nutrition, I recommend you speak with your doctor.* And speak to them about the information in this booklet too! They will be able to help you understand things better, and put together a more personalised strategy for your nutrition and wellness.

Shall we get started?

Hannah xo



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First Thing's First!

The very first thing I always get my PT team members to do when it comes to nutrition is fill out a food diary. This doesn't have to be anything fancy. It can be a scrap piece of paper that you carry around everywhere, it can be a specific notebook you have purchased to record your food, or it can be a list or an app on your phone. It really doesn't matter, so long as you are being accurate and honest with what you are recording.

What gets recorded? Everything. Good, bad, ugly.

If you are not accurate and honest, how will you know what needs changing? Being dishonest is a waste of your time.

When recording your water / fluid intake, find a drink bottle that is easy to measure from. I like to make it really easy and just get a one litre bottle. That way, if you drink one and a half bottles throughout the day, it's very easy to work out that you drank one and a half litres today. It also makes life super easy because you're not constantly refilling your bottle every half an hour! Water is recorded as water, other drinks are not. Tea, coffee, juice or milkshakes are to be recorded in the food section of your food diary. As always, be specific and honest. If you have a super large mocha with extra cream and chocolate sprinkles, record it. If you have a double-shot bourbon and cola each night for a week with dinner, record it. Don't waste your time with dishonesty or inaccuracy simply because you "didn't want to get into trouble" from your doctor, nutritionist or trainer.

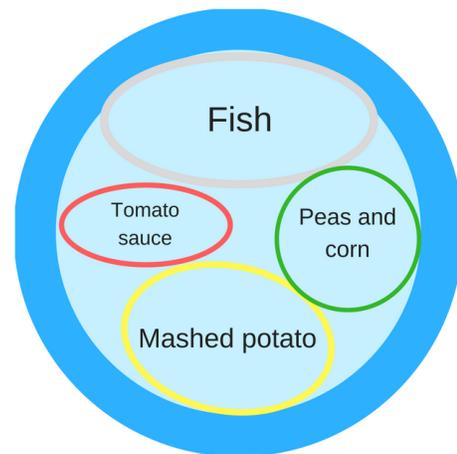
When you record your food, record everything. If you're using an app on your phone or tablet, it should be quite easy to create recipes. Simply add the ingredients, tell the app how many serves you get from the recipe, and voila! The app will break down the calories and nutrients for you.

If you really want to get accurate, use your kitchen scales. Are you having chicken breast with vegetables for dinner? Cool! Weigh out your portions of each food and write it in your diary. If you don't have scales, why not draw out a map of your plate, like the image to the right!

What else should you record? Condiments. That's right, if you have aioli, tomato sauce or balsamic vinegar in your meal, write it down too!

Remember - if you're not being honest here, your results will show it. An unhealthy body doesn't stay that way on a healthy diet. The sooner you take responsibility for what goes into your body, the better.

Why should you go to all this trouble? Because what you put into your body will eventually turn into you. It is the fuel that your body uses to keep you alive, and what helps you to turn your life and your body around!



Macronutrients

What is a macronutrient? You may not have heard of this word, but I'm certain you know what they are already! A macronutrient is:

- Carbohydrates
- Proteins
- Fats

Do you know what each of them does in your body? Well, I'm going to tell you!

Carbohydrates

"Carbs" are your body's go-to fuel source. If your body needs energy, it will look for a carbohydrate molecule over a fat or protein molecule.

Forget about the terms "good carbs" or "bad carbs".

Carbohydrates are not bad. The way we eat them is bad.

Your body needs fresh fruits and vegetables, and depending on any intolerances you may have, small amounts of grains. These types of carbs are great because they have minimal calories, and maximum vitamins and minerals. You absolutely, 100% need vitamins and minerals, right? So, don't go cutting out fresh fruits and vegetables (and some grains) from your diet, okay?

Grains, breads, pasta etc can be a little more tricky. Generally speaking, they have less nutritional value to them in comparison with fresh fruits and vegetables. They can cause stomach aches, diarrhea, and more. Another reason to be careful with this type of carbohydrate is because it is higher in calories.

If you are wanting to lose fat, then naturally we want to be mindful of our calorie intake. We want to have calories with lots of nutrients ("nutrient dense"), rather than higher calories with fewer nutrients. This "nutrient dense" food will serve us better.

Fun Carbohydrate Fact! Nutrient dense forms of carbohydrates are chock-a-block with fibre, and fibre is a very good thing! With fibre, we have a healthy gut, and we can minimise problems such as constipation. Fibre can also help us to eliminate cholesterol from our bodies too, which is especially important as we age, to minimise problems with our heart and arteries. Just remember, if you're increasing fibre intake, increase your water intake too. If you don't drink enough water, you risk constipation just as much as if you didn't have enough fibre in your diet.

Fat

Fat is seen as the bad guy - the villain!! Let me assure you, fat is not always bad.

When we eat fats as we should, fats are very beneficial to our bodies and can even help us to change how our body looks and how we feel in general.

Quick biology lesson! Think about the little cells in your body. Think about your brain and your nerves. Did you know that a lot of those cells are made up of fat? The cell wall is around 70-80% fat. Your brain is about 60% fat. Your cells replicate as a part of your normal body processes, what would happen if we cut out fat from our diet? Our cells and our brain would suffer, big time! Your body will recognise that it is missing a vital nutrient and your metabolism may start to slow down.

The truth about fat is this: you can happily eat small amounts of fat with each meal (a good serving size is around the size of your thumb). The fat you DON'T want is trans fats or hydrogenated fats. These fats are everywhere and they are sneaky little blighters! The food industry created trans fats and hydrogenated fats by altering the molecular structure of healthy, natural fats so they could create food that lasted longer, tasted better and had a better texture. That's how they became dangerous to us. When we mess with nature it messes with us. If your food comes from a package, there is a very real chance that it has trans or hydrogenated fats in it. I'm not saying that it 100% definitely has, but there's a good chance it does include these fats. This is why we need to make our own food, and not rely on foods from factories. This is how we start to take control of our health.

How can we get healthier, natural fats into our diet? You can include more of the following foods in your diet:

- Nuts (proceed with caution - there's an allergy risk with nuts!)
- Grass fed meats
- Wild caught fish
- Avocados
- Olives
- Chia seeds

For a more complete list, ask your doctor or nutritionist.

Protein

Many people think that protein is something that only big muscly people need. We ALL need it! Protein has so much more to do in your body than just building muscle. It's responsible for:

- Muscle maintenance (or growth)
- Bones
- Immunity
- Hormones
- Blood
- Skin, hair nails
- Enzymes
- Building babies during pregnancy!

It's basically responsible for everything! I always like to say "If you can touch anything on or in your body, it's made of protein." Protein is for your structure.

Some people think that you need heaps and heaps of protein, some people swear by only having a small amount of protein. The thing is, everybody is different. We all have different body types that thrive on different levels of protein (and carbs, and fats!). What is important is to make sure you are getting enough protein, and then you can decide if you want more or less.

According to Harvard University, the average adult only needs 0.8 grams of protein per kilogram of body weight. Let's use me as an example. I weigh around 65kg.

$$0.8 \times 65 = 52$$

So, according to Harvard, I would need to eat 52 grams of protein each day. If you are very active or do a lot of exercise throughout the week, you may need more than that. However, my recommendation would be to record your food in your diary, from that information you will be able to work out your daily protein intake. If you use an app to record your food, this should be done for you automatically.

Can vegans and vegetarians get enough protein?

Yes. Easily. The thing with plant based proteins is that they don't have every single essential amino acid needed by the human body. Meat does. Once you know which amino acids are missing from which plant sources of protein, it's very easy to fill in any gaps with your food. All you need is a little education!

Where can we get protein from? You can get protein from meat, fish, dairy, eggs, tofu, lentils, legumes and nuts!

<https://www.health.harvard.edu/blog/how-much-protein-do-you-need-every-day-201506188096>

Micronutrients

What are Micronutrients? These are your vitamins and minerals! Vitamins and minerals help your body to run efficiently in every way, they are essential for your health.

Some people question whether or not they should use vitamin and mineral supplements, and say that it is a waste of money if we can get all of our vitamins and minerals from our food. I will always advocate taking a good quality multivitamin, simply because I would rather be sure that I am giving my body exactly what it needs, and that I am not risking deficiency. Ultimately, the choice is yours. If you decide to supplement, it is important to know what to look for when taking a multivitamin.

Is the supplement a food concentrate or a synthetic isolate? If your supplement is made from an organic food source, then it is likely to contain everything your body needs in order to absorb the vitamins and minerals. These kinds are often a little more expensive than synthetic isolates, but they are well worth it.

Simply put, a synthetic isolate is when a laboratory creates a synthetic vitamin or mineral, and puts it in tablet or capsule form. These are generally cheaper but not necessarily the best option. You can probably find some good quality vitamins from a pharmacy or chemist, but I would suggest going to a naturopath (or a health food store with an onsite naturopath) to make sure you aren't wasting your money on something with minimal benefits.

Unless you have had tests done and know what you are deficient in, I would recommend getting a combined multi-vitamin and mineral supplement, rather than a supplement with just one or two nutrients. This is because even if we eat the best of everything, we can't guarantee 100% that we are getting all of our required nutrients from our food.

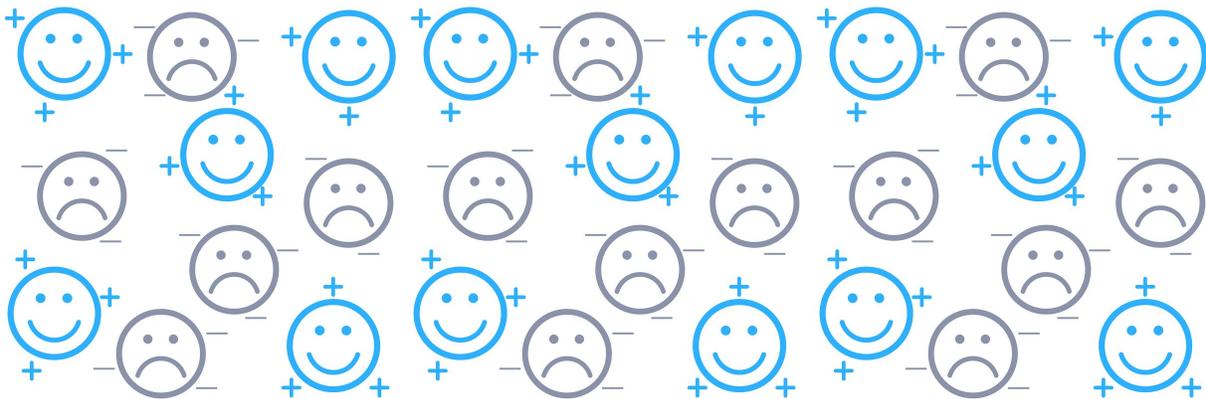
Regardless of whether you decide to supplement or not, there will always be times when supplementation is recommended, such as sickness, pregnancy or when you're traveling and don't want to ruin your holiday by getting sick! Another one of those times is when you are trying to lose weight. When we change our diet to lose weight, we will naturally go into a calorie-deficit. When we eat less calories, we automatically eat less nutrients. It's important to keep those nutrients coming in so our body feels safe to shed excess weight, and doesn't slow down your metabolism. Once you reach your ideal weight and you are back to eating your regular (healthier!) meals, you can then choose whether or not you want to continue supplementing.

Phytonutrients

What the heck is a “phytonutrient”?? A phytonutrient is a special kind of nutrient found in plants (“phyto” = greek for “of a plant”).

Every day our bodies naturally produce waste products. You can call that waste “by-products of metabolism”. Whether it’s waste from your food and drink, or waste from right down on a cellular level, it’s just something that happens.

Phytonutrients are really handy because they can offset some of the byproducts of metabolism. In our modern world we are encountering lots of toxins, whether it’s car fumes as we drive down the road, sprays used by the local council trying to control weeds in the local park, or even just our bodies responding to stressful situations.



In order to keep your body in a nicely balanced state, the phytonutrients (smiley faces) will connect to the by-products of metabolism (grumpy faces) to neutralise all the negative charge they give your body with their positive charge, and escort them out of your body. Phytonutrients do amazing things within plants to keep the plants healthy, and they do exactly the same things in our own bodies. That’s why it’s important to have good quality plant-based food in your diet! We need those extra special nutrients!

Learning New Things

Think back to the food diary that we were talking about at the start of this book. Once we have about a week's worth of honest, accurate food data, we can see what needs changing. Some people may not need to change anything at all, and some people may need a complete overhaul.

If major changes are necessary, it's important to change as quickly as you can. However, change can be quite stressful and we want to make sure that these positive changes are easy to maintain. Change can involve a lot of trial and error, and patience is needed. Be prepared to make meals you don't like, but it will be worth it in the end.

I like to recommend trying to replace one or two meals per fortnight. If you feel like you can manage more change than this, great! Go for more! However, it's not always just the taste of things that can take some getting used to. You'll need to get used to cooking your own food (if you've relied on restaurants and takeaways up until now), you'll need to get used to using new ingredients in your cooking, and you'll need to get used to the textures of the new food too.

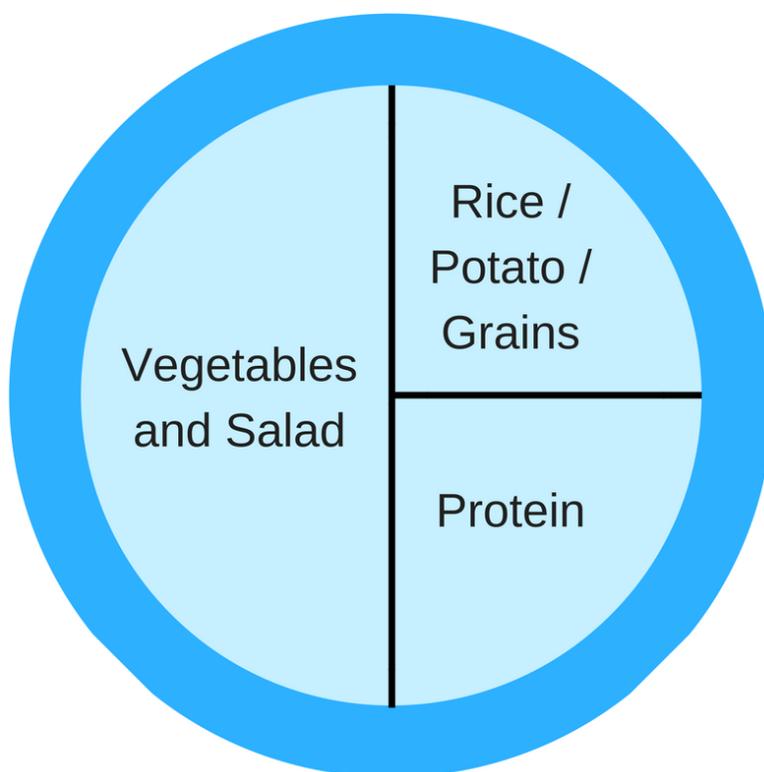
It's a good idea to look through cookbooks and choose 2 recipes you'd like to try. Maybe try one on a Monday, and the other on the Thursday. If you like one, awesome! Keep doing that meal on that night. If you like both, even better! Stick with those meals on those nights. Do it for two weeks. During that time, look for other recipes to try, and repeat the cycle. The next two recipes can be done on a Tuesday and a Friday. The next two can be tried on a Wednesday and Saturday. Then all you need to work out is a meal for Sunday. You'll be eating healthier in no time!

Remember, if you want to introduce new meals and recipes quicker than that, do so. Do what works well for you and the other members of your household. *The thing we want to avoid is getting overwhelmed or stressed by the change.* You are in control!

How To Build A Great Meal!

Okay, so we've learned about all the different nutrients, we've logged our food diaries, now we need to figure out how to build a great meal so we can have a healthy and strong body! Let's put it all into practice!

It's important to remember that there are different body types. There are three main types, but we are often a combination of two of them. All three body types respond to food differently. Some people can eat carbs until the cows come home and not gain an ounce of fat. Some people only need to think about bread and they've already gained 2kg! Once you know what kind of body type you have, you can work out what kind of macro balance works best for you.



Once again, this is different for everyone and can take some trial and error. If you want some structured guidance with your meals, see your doctor or nutritionist.

One Last Thing...

We've just learned a lot about our nutrition and how we can improve it. But there's something else that can hold us back from achieving the results we want to, something that goes beyond healthy eating and good exercise. We need to remember that our bodies are complex, and there can be things going on under the surface that impact our results. This is where testing comes in.

It is very important that we get regular health check ups, even more so when we are trying to lose weight or get healthier. We need to see our doctor for blood tests that check for any vitamin or mineral deficiencies, and to check our organ functions (liver, kidney, thyroid etc).

But those aren't the only things we can test for. We can do saliva tests for our reproductive hormones (estrogen, progesterone, testosterone), and also test for stress hormones such as cortisol. These can be tested for by a blood test, but saliva testing has been shown to be more accurate for these hormones.

Another thing to test for is food sensitivities, allergies or intolerances. Often we know what foods we react to when we feel nauseous or bloated right after eating a meal. If you have a milkshake and feel nauseous and bloated, we can guess that the dairy and sugar is probably making us feel that way, right? The tricky thing is when we randomly feel unwell, and this is because sometimes foods will give us a delayed reaction, anywhere from 24-72 hours after eating something that we are sensitive to. Testing for Immunoglobulin G (IgG) is perfect for delayed reactions and is generally comprehensive enough when it comes to the range of foods tested.

You can also test for fungal or bacterial levels in your gut, which can also impact your health (and your results). Having an out of balance gut can play a huge role in why we get sugar cravings, or have skin that "flares up" (such as with a Candida imbalance).

Remember - this is *your* health, *you* are in control. It is *your* body and you have every right to find out exactly what is going on in your body, the way you want to. If your GP won't write a referral for these tests, ask why (there could be a very good reason for it). If they still won't help you, find one who will.

Please note: some of these tests may be expensive. Check with your doctor about which ones would be best to start with, and go from there. I would recommend getting your general blood tests done with your saliva hormones tested to begin with.

Disclaimer

This book includes general information on nutrition and health, and is not meant to replace the advice of your General Practitioner, Naturopath, Nutritionist, or other health professional. Always seek out the advice of these professionals to see if what is mentioned in this book is right for you.

If you make changes to your food or supplementation as outlined in this book, and notice any negative effects on your health, see your health professional immediately.