



Foods

Foods For Each Nutrient

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Calories

Calories are the key to weight loss and gain. It is simply a unit of energy, or the energy needed to raise the temperature of 1 gram of water by 1 °. The body either uses the energy to build body tissue, or it stores the energy as fat for a later use. The default storage place for fat is the belly for men, and the hips for women.

Your body can be in three caloric states. In a neutral calorie balance, you are consuming as many calories as you burn per day. Your weight stays the same. In a positive calorie balance, you are consuming more calories than you burn per day. You gain weight. In a negative calorie balance, you are consuming less calories than you burn per day. You lose weight.

*note: A loss in weight can be due to a loss in water, muscle, fat, or more than one.

Managing Calories

Daily Calories = Calories Gained (Food) - Calories Lost (Exercise)

1. Calculate Total Daily Energy Expenditure (TDEE): [link](#)
2. For steady weight: TDEE = Daily Calories
3. For weight loss: TDEE > Daily Calories. Decrease calories by at most 25% to avoid slowing your metabolism.
4. For weight gain: TDEE > Daily Calories. Increase your calories by 25% to avoid slowing your metabolism.

*note: You can find the amount of calories in food here: [link](#)

*note: You can find the amount of calories during exercise here: [link](#)

*note: The TDEE calculator is an estimate. If you find that you are gaining or losing weight when your TDEE is steady, adjust the TDEE accordingly

Macronutrients

As long as you have a caloric deficit, you will lose weight. Therefore, you can technically lose weight by only eating cookies. However, your body would get very sick because it would not have enough nutrients. Everyone knows about scurvy from a lack of Vitamin C. This section is about macronutrients, or the nutrients your body needs in large quantities. These are carbohydrates, fats, and proteins. For macronutrient requirements, see below, or go to the [link here](#).

Sources

Carbs

[*More Information](#)

- Bread
- Rice
- Pasta
- Oats
- Quinoa,
- Starchy vegetables (potatoes, corn, pumpkin)
- Beans and pulses (chickpeas, baked beans, lentils)
- Dairy foods (milk, yogurt)
- Fruit
- Sugar
- Honey

Proteins

[*More Information](#)

- Meat (beef, chicken, lamb, pork)
- Fish
- Seafood
- Eggs
- Dairy
- Beans
- Nuts
- Soy
- Tofu

Fats

[*More Information](#)

- Saturated
- Meat
 - Butter
 - Full-fat dairy
 - Coconut oil, peanut oil, palm oil and cottonseed oil
 - Snacks such as chips, biscuits and cake
- Unsaturated
- Fish
 - Nuts
 - Avocados
 - Vegetable oils (olive, canola, sunflower, rice bran)

Water

[*More Information](#)

- Any Food
- Any Drink

Micronutrients

While macronutrients are needed in large quantities, micronutrients are needed in small quantities. In fact, some micronutrients can be toxic in large quantities. You can get these through foods or supplements. There are two types of micronutrients: vitamins and minerals. For micronutrient requirements, go here: [link](#)

Vitamins

Vitamin A:

[*More Information](#)

- Meat
- Poultry
- Fish
- Seafood
- Mussels and oysters
- Eggs
- Milk

Vitamin C:

[*More Information](#)

- Papaya
- Citrus fruits
- Strawberries
- Bell peppers
- Broccoli
- Brussels sprouts
- Dark leafy greens

Vitamin D:

[*More Information](#)

- Sunlight
- Seafood (salmon, herring, catfish, trout, oysters)
- Milk
- Eggs
- Shiitake mushrooms

Vitamin E:

[*More Information](#)

- Sunflower seeds
- Almonds
- Spinach
- Swiss chard
- Turnip greens
- Bell peppers
- Asparagus

Vitamin K:

[*More Information](#)

- Kale
- Spinach
- Collard greens
- Swiss chard
- Turnip greens
- Romaine lettuce
- Parsley
- Brussels sprouts
- Broccoli
- Asparagus

Thiamin

[*More Information](#)

- Whole grains,
- Meat
- Fish
- Breads
- Cereals

Riboflavin

[*More Information](#)

- Eggs,
- Organ meats
- Lean meats
- Low-fat milk
- Green vegetables
- Fortified cereals
- Bread
- Grains

Niacin

[*More Information](#)

- Poultry
- Beef
- Fish
- Nuts
- Legumes
- Grains

Micronutrients (cont.)

Vitamins

Vitamin B6

[*More Information](#)

- Fish
- Organ meats
- Potatoes and other starchy vegetables
- Fruit (other than citrus)
- Asparagus

Folate

[*More Information](#)

- Vegetables
- Fruits
- Nuts
- Beans
- Seafood,
- Eggs,
- Dairy Products
- Spinach
- Asparagus
- Brussels sprouts

Vitamin B12

[*More Information](#)

- Fish
- Meat
- Poultry
- Eggs
- Milk

Biotin

[*More Information](#)

- Fish
- Organ meats
- Potatoes and other starchy vegetables
- Fruit (other than citrus)
- Asparagus

Choline

[*More Information](#)

- Meat
- Poultry
- Fish
- Dairy products
- Eggs
- Cruciferous vegetables

Pantothenic Acid

[*More Information](#)

- Beef
- Chicken
- Organ meats
- Whole grains

Minerals

Calcium

[*More Information](#)

- Milk
- Yogurt
- Cheese
- Chinese cabbage
- Kale
- Broccoli

Chromium

[*More Information](#)

- Meat
- Whole-grain products
- Fruits
- Vegetables
- Spices

Chloride

[*More Information](#)

- Salt
- Water

Micronutrients (cont.)

Minerals

Copper

[*More Information](#)

- Shellfish
- Seeds
- Nuts
- Organ meats
- Wheat-bran cereals
- Whole-grain products
- Chocolate

Flouride

[*More Information](#)

- Water

Iodine

[*More Information](#)

- Fish
- Seafood
- Dairy products
- Grains
- Iodized salts

Iron

[*More Information](#)

- Lean meat
- Seafood
- Nuts
- Beans
- vegetables
- Fortified grain products

Magnesium

[*More Information](#)

- Spinach
- Legumes
- Nuts
- Seeds
- Whole grains

Manganese

[*More Information](#)

- Whole grains
- Shellfish
- Nuts
- Rice
- Leafy vegetables
- Coffee
- Tea
- Black pepper
- Water

Molybdenum

[*More Information](#)

- Legumes
- Cereal grains
- Leafy vegetables
- Beef
- Liver
- Milk

Phosphorus

[*More Information](#)

- Dairy products
- Grain products
- Meats
- Poultry
- Fish
- Eggs
- Nuts and seeds
- Legumes
- Vegetables

Potassium

[*More Information](#)

- Fruits
- Vegetables
- Legumes
- Potatoes

Selenium

[*More Information](#)

- Brazil nuts
- Seafood
- Organ meats

Sodium

[*More Information](#)

- Salt

Zinc

[*More Information](#)

- Red meat
- Poultry
- Beans
- Nuts



