Nutritions
ADVICE & TIPS

PURPLE BEAR
NUTRITION & FITNESS

Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breast feeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie-controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information are provided, it is calculated using common databases.

Exact values will vary, however, and so the values will only be approximations for your finished dish.

The average woman needs to eat about 2,000 calories per day to maintain her weight, and 1,500 calories per day to lose one pound of weight per week. Meanwhile, the average man needs 2,500 calories to maintain, and 2,000 to lose one pound of weight per week. However, this depends on numerous factors these should be broke down into the Macro Nutrients Carb Fat's Protein as explained out below it is also particularly important to stay hydrated so make sure to drink at least 2 litres of water a day.

High In Carbs

Milk

Yogurt

Ice Cream

Fruit

Fresh Juice

Cereals

Rice

Crackers

Sweet Potatoes

starchy veg

Potatoes (with skin)

Corn

Legumes

Beans

plant based protein

Hot cereal (oats, barley, rye)

Wholegrain bread
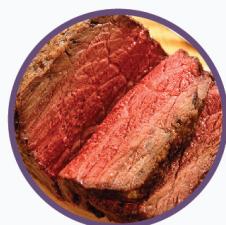
High In Protein

Pistachios

almonds

cashews

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EGG

CHICKEN\TURKEY BREAST

LEAN BEEF

TUNA & MOST FISH

MILK

OATS

COTTAGE CHEESE

PUMPKIN SEEDS

BROCCOLI

High In Fat

AVOCADOS

CHEESE

Dark Chocolate

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FATTY FISH

NUTS

CHIA SEEDS

EXTRA VIRGIN OIL

COCONUT OIL

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PORTION CONTROL

1 - SMALLER PLATES

2 - LEAVE SOME BEHIND

3 - UP THE GREENS

4 - PRE-PORTION SNACKS

5 - USE YOUR KNIFE

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FOOD LABELLING
(FOLLOW THE TRAFFIC LIGHTS)

Measures per 100g	Low (healthy choice)	Medium (Okay mostly)	High (once in a while)
▶ Sugar	5g or less	5.1g – 15g	More than 15g
▶ Fat	3g or less	3.1g – 20g	More than 20g
▶ Saturates	1.5g or less	1.6g – 5g	More than 5g
▶ Salt	0.3g or less	0.31g – 1.5g	More than 1.5g

ALWAYS CHECK THE LABEL
&
MATCH YOUR INGREDIENTS TO YOUR HEALTHY OPTIONS

Nutrition Facts

Serving Size 10 oz.
Serving Per Container 5

Amount Per Serving

Calories 200	Calories From Fat 200

	% Daily value*
Total Fat 10 g	35%
Saturated Fat 1.5g	11%
Trans Fat 0.0 g	
Cholesterol 0 mg	1%
Sodium 210 mg	15%
Total Carbohydrate 15 g	3%
Dietary Fiber 2 g	3%
Sugars 3 g	

Protein 30 g			
Vitamin A	3%	Vitamin C	3%
Calcium	6%	Iron	6%

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lewer depending on you calorie needs.

	Calories	2500	1500
Total Fat	Less Than	50g	25g
Saturated Fat	Less Than	55g	15g
Cholesterol	Less Than	35mg	15mg
Sodium	Less Than	15mg	50mg
Total Carbohydrate		300g	350g
Dietary Fieber	Less Than	20g	40g

Calories per gram

Fat 7   Carbohydrate 8   Protein 6

SOURCES OF FAT

Oily fish	Fried Foods
Avocado	Highly Processed foods
Olive oil	Crisps
Flaxseed oil	Butter
Nuts	Red Meat
Nut butters	Eggs
Seeds	Coconut Oil

Macronutrients Micronutrients

- Protein
- Carbohydrate
- Fat

Macronutrients Micronutrients

- Vitamins
- Minerals

LET'S LOOK AT MACRONUTRIENTS

There are 3 mocronutrients and they are protein,
carbohydrate & fat.Most people have heard of these 3 macronutrients

1. PROTEIN

◆ **Essential For Normal Growth & Repair**

◆ **Higher protein diets have many benefits.**

◆ **Enhanced fat loss**

◆ **Retention of muscle**

◆ **Better satiety**

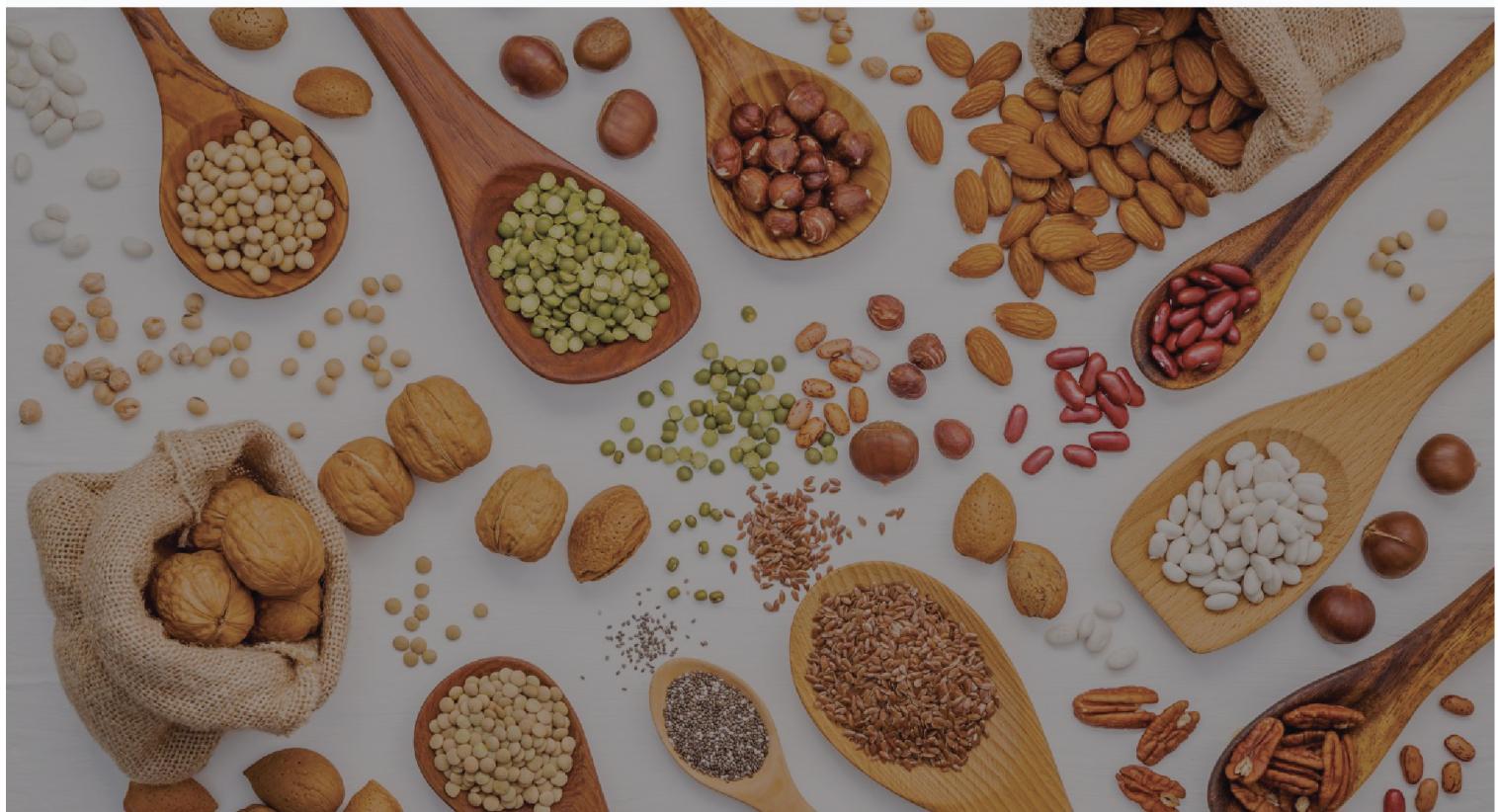◆ **Protein contains 4 calories per gram**

2. CARBOHYDRATE

◆ **Carbohydrate is used by the body during intense exercise**

◆ **Glucose which is what carbohydrates are converted to, is used by the brain. This is why we might experience "brain fog" if we go on an extremely low carb diet.**

◆ **Carbohydrate intake should be high enough to allow us to train hard and provide our brain with enough energy to help us fuction properly**

◆ **We don't want to consume more carbohydrates than we need as this will hinder fat loss.**

◆ **Optimal carbohydrate intake is an individual thing some people get better results with a slightly higher carb intake and some people do better with low carbohydrate**

◆ **This comes down to learning how your body responds**

◆ **Over time we trend to develop an awareness of which type of diet works best for us, it is somewhat a matter of trail and error**

◆ **Carbohydrate , like protein, also contains 4 calories per gram**

3. FAT

◆ **Fat is the most calorie dense macronutrient, with each gram of fat containing 9 calories**

◆ **You can see the logic behind reducing fat intake, becuase gram you can reduce over double the calories when compared to protein and carbohydrate (both 4 calories per gram)**

◆ **Fat provides energy, satiety and omega fat acide are essential for our health.**

◆ **A diet too low in fat can leave us feeling very hungry!**

VITAMINS AND MINERALS

◆ **Vitamins and minerals are required by the body for many physiological functions including growth, digestion, energy transfer, nervous system function and many other functions of the body.**

◆ **Deficiencies are fairly common**

◆ **A 2006 study of 20 participants (including athletes) who were looking to improve the quality of their micronutrients intake from food showed that food alone did not meet the miniimal Recommendend Daily Allowances (RDA) micronutrient requirements for preventing nutrient-deficiency diseases**

◆ **The researchers also concluded that the more active a person is, the greater need there is to employ a variety of balanced micronutrient-enriched foods including micronutrient supplementation as a preventative protocol for preventing the**

observed deficiencies.

This is why it is important to eat a wide variety of nutrient dense Vegetables and fruits, as well as considering a daily multivitamin suppliment.

How to Tailor Your Intake

There is no magic number, each person is different, the most important factor in fat loss is a calorie deficit

If you are not dropping body fat, then you will need to reduce your Kcal intake until you start dropping

If you are dropping body fat faster than 2 lbs per week then you should increase your Kcal intake slightly because the faster weight is lost, the more likely it is that muscle is being lost as well - we don't want to lose muscle!

It is fairly normal to lose more than 2lbs in the first week, this is often water, so if you do drop more than 2lbs in the first week, wait to see your week 2 results before you adjust your intake
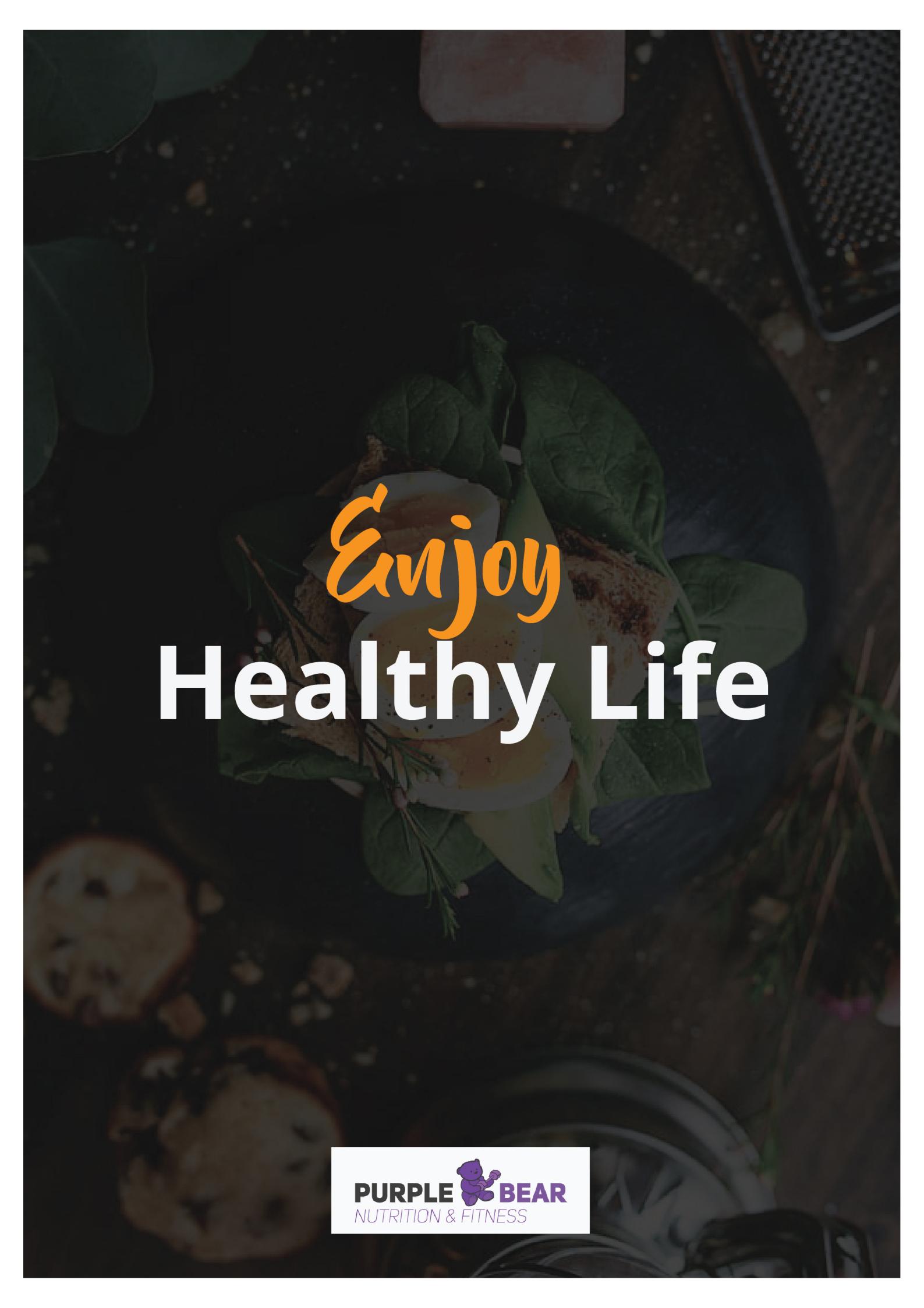 • 10Kcal/lb bodyweight is the lowest recommended intake How To Track •

Set up an account at www.myfitnesspal.com Ignore the default target settings •

You can set up your own targets, but it will only let you set them by 5% increments unless you upgrade to the paid app   So just pay attention to your daily total

Accuracy

- Hitting your targets with a 5% margin for error is excellent

- Hitting your targets with a 10% margin for error is good

- Aim to be within 5-10% of your targets each day

- Food labels can be 5-20% inaccurate anyway so don't sweat