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# CREATE HEALTHY HABITS IN AN EASY AND ENJOYABLE WAY

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The answer to a healthy body is eating right, not dieting. In this guide, you will learn research -backed info that will help you make better food choices, and make nutrition an easy and enjoyable part of your lifestyle.





# About the Nutridock Guide

## Hello, we are Nutridock.

Welcome on the journey to easy and enjoyable nutrition! If you have downloaded this guide, chances are that you are looking for a holistic solution to better physical and mental health, or are tired of trying out multiple unsustainable diets without seeing any results. Either way, you've come to the right place!

At Nutridock, our philosophy is that getting fit is about eating right, not dieting. This is why the basis of our brand, and this guide, is mindful eating and living. We're here to help you build sustainable habits that will keep you fit throughout your life.

## Stay in touch with us on

 Instagram [@nutri\\_dock](https://www.instagram.com/nutri_dock)  Facebook [@nutridock0](https://www.facebook.com/nutridock0)

For your daily dose of nutrition information, immunity tips and takeovers by certified dietitians and experts. Are you ready to eat your way to a vibrant mind and body? Let's get started!

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# What You Will Learn In This Guide

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## Join the Nutridock Family

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# Create a Wellness Vision



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## Create a Wellness Vision

Before reading further, spend a few minutes thinking about your wellness vision. Visualize your best self, and don't just concentrate on your weight or appearance.

### Think About :

- Waking up every morning feeling fresh, alert and grateful for your health
- Your fitness milestones, whether it's lifting weights, jogging or even just going for a walk every day
- Eating freshly cooked, nutritious and delicious meals every day
- Improving your relationships with your family and friends
- Improving your relationships with your family and friends
- The success you wish to achieve at work
- Freedom from any illnesses you may have
- Your goal weight range, in case you want to lose or gain weight

To make this exercise more impactful, write it down. When you're on a fitness journey, it's easy to get bogged down at the thought that you're not making any progress. If you write down your current wellness vision, a few months from now you'll be able to look back at it and see how much progress you've made!







# The Foundation Of Nutrition



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# The Foundation of Nutrition

Nutrients are classified into two main categories - macro-nutrients and micronutrients - and each component offers a different but equally important benefit to your health. Knowing these nutrition basics is helpful in cooking and creating wholesome, balanced meals.

## Macronutrients

Macros are made up of the big three - carbohydrates, proteins and fats - and contribute to the number of calories in food. A good, rounded diet should have a balance of all three macros to aid your body's nutrient absorption.

## Carbohydrates

Carbs provide the quickest source of energy and keep you feeling full and mentally alert. Your body easily breaks down carbs into glucose, which is then transported to every cell to give it energy. The majority of this glucose is needed by your brain and big muscle groups. This is why you may have noticed that when your energy starts to dip towards the end of the day,



you start craving carb-rich 'comfort' foods; or are unable to exercise strenuously if you haven't eaten a carb-rich meal before working out.

**Carbs sources:** Rice, beans, grains, oats and all fruits and vegetable are good sources of healthy carbs in a regular Indian diet

## Proteins

Protein is an essential nutrient that acts as the building blocks of your body. Not only is it important for good nutrition in general, eating sufficient protein aids muscle repair, strengthens your immunity and helps maintain healthy hair and nails. Proteins provide essential amino acids, which your body cannot produce on its own. These, in turn, help you maintain a strong nervous system and maximize your strength training workouts by building muscle!

**Protein sources:** Eggs, chicken, fish and red meat are considered the highest quality of protein sources. Dairy products like milk, cheese and yoghurt are vegetarian sources. Lentils, beans, nuts and tofu are great vegan sources. If you are vegetarian, vegan or

just transitioning to a more plant-based lifestyle, you can easily support your diet with protein supplements if you have a specific fitness goal in mind.

## Fats

Being the most calorie-dense macro, fats often get a bad reputation for being 'fattening' or causing weight gain. The truth is that good-quality fat is essential for optimal cell function, maintaining a slow release of energy throughout the day, regulating hormones and having lustrous skin. Your body also needs fat to create good cholesterol, which is needed to make hormones, Vitamin D and digestive enzymes. In short, make fat your friend! and maximize your strength training workouts by building muscle!

**Healthy fat sources:** Ghee, cold-pressed cooking oils, nuts, seeds, eggs and fatty fish are the best sources of healthy fats. Animal products like milk, cheese and meat must be eaten in moderation because they have a higher concentration of saturated fat.



## Micro-nutrients

Micro-nutrients - vitamins and minerals - are needed in very small quantities in your daily diet and do not contribute to the caloric value of food. However, these nutrient powerhouses work behind the scenes to strengthen your immunity, produce hormones, enzymes and other vital substances that help in disease prevention and promote well-being.

Save this handy guide of essential micro-nutrients to ensure that you're including these foods in your daily diet.





# Micro-nutrients

Vitamins & Minerals	What it Does	Food Sources
Calcium	Needed for bone growth, blood clotting and muscle contraction	Milk, fortified alternatives like soy milk, yoghurt, cheese
Choline	Helps make cells	Milk, eggs, peanuts
Chromium	Controls blood sugar levels	Broccoli, potatoes, chicken, fish
Copper	Helps the body process iron	Seafood, nuts, seeds, whole grains
Folic Acid	Improves heart health and cell development	Dark, leafy vegetables
Iodine	Makes thyroid hormones	Seafood, dairy products, iodized salt
Iron	Needed for red blood cells and enzymes	Beans, lentils, red meat, soy beans, spinach
Magnesium	Helps with muscle and nerve function, bone strength	Green leafy vegetables, nuts, dairy, soybeans, potatoes, whole wheat, quinoa
Manganese	Helps form bones	Nuts, beans and legumes, tea, whole grains
Potassium	Controls blood pressure and makes kidney stones less likely	Potatoes, bananas, yogurt, milk, soybeans
Vitamin A	Needed for vision, the immune system, and reproduction	Sweet potatoes, carrots, spinach
Vitamin B12	Helps your body make red blood cells	Fish, poultry, meat, dairy products
Vitamin C	Helps protect against cell damage, supports the immune system, and helps your body make collagen	Red and green peppers, oranges and other citrus fruits, strawberries, broccoli, tomatoes
Vitamin D	Needed for bones, muscles, the immune system	Fish liver oils, fatty fish, fortified milk products
Vitamin E	Protects cells against damage	Sunflower seeds, almonds, peanut butter, vegetable oils
Vitamin K	Needed for blood clotting and bone health	Spinach, broccoli, cabbage
Zinc	Supports immune system and nerve function	Legumes, seeds, nuts, red meat



# A Foolproof Guide to Creating Wholesome Meals

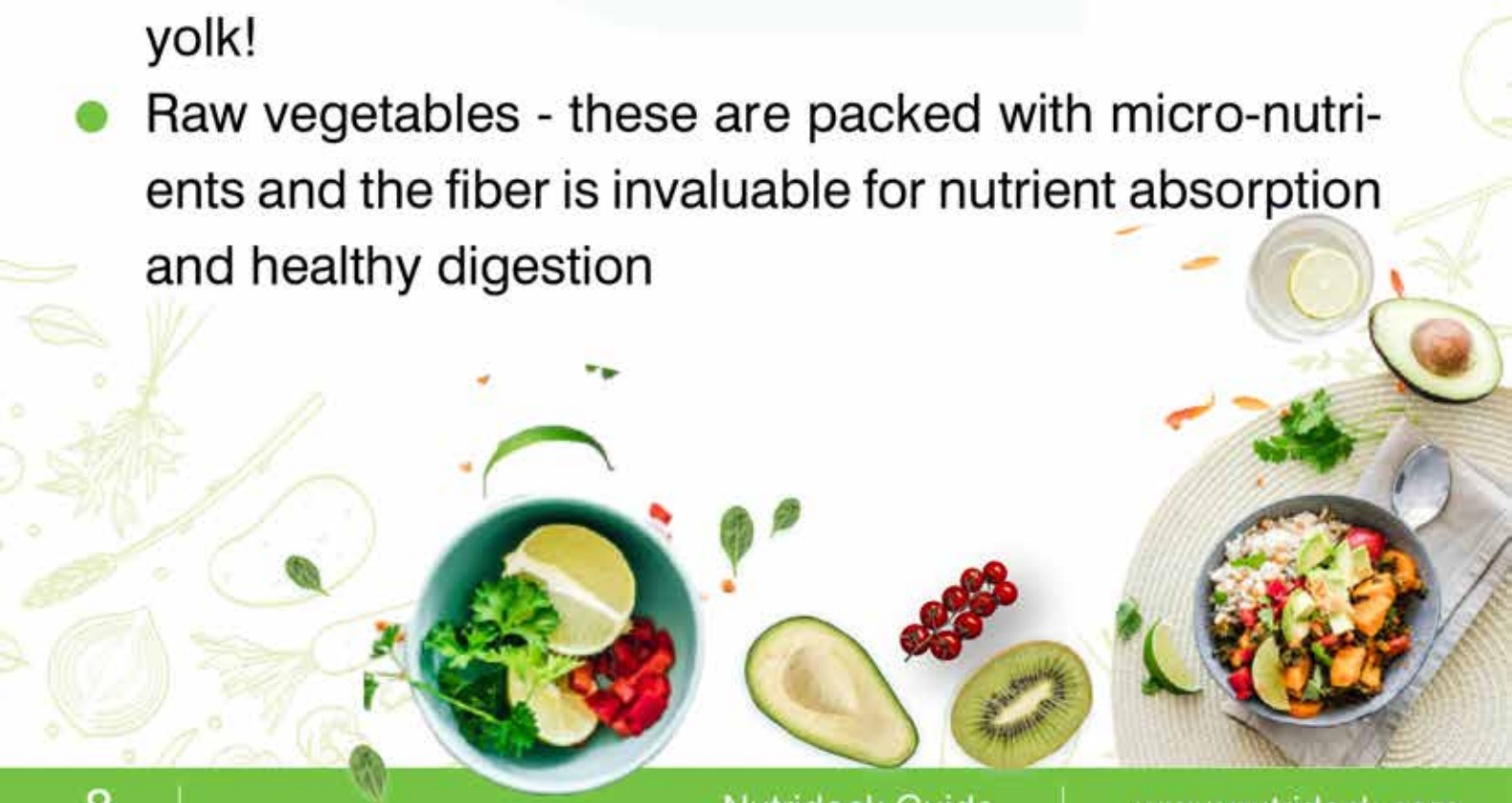


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## A Foolproof Guide to Creating Wholesome Meals

Every nutrient-rich meal should contain:

- Whole grain carbs - the more unprocessed the better. Try to include brown rice, quinoa and use jowar and bajra flour for your rotis. Limit refined foods like white rice, bread and pasta to once a week
- Proteins - vegetarians and vegans should take special care to include as many different sources of dairy and plant protein as possible
- Healthy fats and oils - use ghee or cold-pressed oils for cooking to ensure that you're getting good fats in every meal. If you eat eggs, don't throw away the yolk!
- Raw vegetables - these are packed with micro-nutrients and the fiber is invaluable for nutrient absorption and healthy digestion





# HERE'S WHAT A WHOLESOME MEAL LOOKS LIKE

## FRUITS

Eat 2 seasonal, colourful fruits every day. Replace junk food with fruits in between meals or fruit juices



## WATER

Aim to drink at least 3 litres of water every day. Limit caffeine to 2 cups a day. Avoid sugary drinks or fruit juices



Carrot, Cucumber  
Onion, Tomato  
Radish, Beetroot

RAW  
VEGETABLES

WHOLE  
GRAINS

Brown Rice,  
Rotis made with  
jowar and bajra flour,  
Quinoa

Ghee,  
Cold-pressed oils,  
Avocado, Egg yolk

FATS

PROTEINS

Eggs, Dals, Beans  
Chicken, Fish, Tofu  
Yoghurt



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# 10 Lifestyle Changes That Will Transform Your Wellness Journey

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## 10 Lifestyle Changes That Will Transform Your Wellness Journey

Wellness is multi-dimensional with nutrition being just one part of the puzzle. Along with eating wholesome meals, adopt these ten powerful lifestyle changes that your body and mind will thank you for.

1. Focus on nutrition, not just calories. Being obsessive about the calories you're consuming in every meal can take the joy out of eating. If you're trying to lose weight or get fitter, start by eating smaller portions of your regular meals.
2. For every 1 hour of sitting, move your body for at least 5 minutes. Keep a recurring alarm every 50 minutes and get up, walk around, do 15 squats, push-ups, stretching exercises, etc. Along with regular workouts, movement throughout the day is important for good circulation and posture.
3. Beware of emotional eating. When you are extremely anxious or stressed, your body produces high levels of the hormone cortisol, which in turn causes you to crave sweet, salty, fried foods. While occasionally eating a few chips or a piece of choco



late is harmless, controlling your portions when stress eating is difficult. So address the cause of stress, instead of turning to food for comfort.

4. Don't underestimate the power of sleep! Go to bed and wake up at the same time every day. This helps regulate your appetite, keeps stress under control and makes it easier to overpower your cravings.

5. Eat to satisfy your soul. If you are forcing yourself to eat or drink foods that you don't like only because they are considered very nutritious, stop! Chances are, you will find it difficult to keep up healthy eating habits in the long run if you don't actually enjoy what's on your plate.

6. Treat your meals as an opportunity to slow down. Instead of being distracted by your phone or TV, set aside time during your day to do nothing but eat. Appreciate the aroma, texture and taste. This way, you will actually enjoy your mealtime, instead of treating it as a chore.

7. Start your mornings with warm water and steeped ginger with a squeeze of lemon. If you don't like the taste or find it too acidic, you can opt for a



glass of water boiled with some jeera (cumin) seeds. Both of these kickstart your system and regulate digestion.

8. Out of sight, out of mind! If you struggle with controlling cravings, don't bring your favourite junk foods into the house until you build healthy habits and are able to enjoy them in controlled portions.

9. If you find it difficult to eat fruits regularly, blend them into a smoothie along with some yoghurt and oats. This retains their fiber and micro-nutrients and makes for a delicious and filling breakfast. Avoid fruits in juice form because you will end up ingesting a lot of sugar without any of the essential fiber.

10. Managing stress is vital for overall health. Deep breathing has been shown to help calm you down when you are in a stressful situation. Close your eyes and follow the 4-7-8 method. Breathe in for 4 seconds, hold for 7 seconds and breathe out for 8 seconds.





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# The Power of A Food Journal

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# The Power of a Food Journal

When you read the words 'food journal', your mind may immediately jump to images of a strict food log where you make a note of every bite and sip, count calories and discipline yourself.

However, food journaling can be a great way to start practicing mindful eating. Use the notes app on your phone or good old pen and paper, and jot down the following after each meal:

- **'I ate...'**

Write down all the components of your meal, and their quantities. This is not to count calories, but to simply keep a track of your portions. This is especially useful if you are trying to control your portions in order to lose weight.

- **'At...'**

Note down your mealtimes. If you go too long in between meals, you may end up overeating. If you find yourself feeling hungry too soon after a meal, you will

know that you need to increase your portions; or recognize that you feel like snacking simply because you're thirsty, bored or stressed.

### ● 'I felt...'

Log your meals around half an hour after you eat so you can also include how you feel - energetic, satisfied but not overly full, alert and energized; or dull, sleepy, bloated and unwell.

Remember, maintain a food journal not to judge yourself for what you eat, but to build healthy nutrition habits. We often feel like we've not made any progress in our fitness journeys, but having it all written down will help you see how much you've improved over weeks and months!







# Kitchen Essentials

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## Kitchen Essentials

Having a well-stocked pantry with healthy food choices is essential. It makes it easier to fight the temptation of reaching for junk food or ordering from a restaurant.

Here's a handy list of essentials to keep in your fridge, freezer and pantry at all times. While this is by no means an exhaustive grocery list, having just these basics at all times is useful to cook up a basic, nutritious Indian meal that has healthy carbs, proteins and fats.

Freezer	Fridge	Pantry
Frozen Peas Corn Kernels  <b>Nuts:</b> Almonds Walnuts	Milk (regular or almond/ soy/oat) Butter Cheese slices Yoghurt  <b>Spices:</b> Ginger Peeled garlic Green chilli	Rice  <b>Dals:</b> Toor Green Moong (mung bean) Chana  <b>Beans and Pulses:</b> Chhole (chickpeas)



	<p><b>Basic Vegetables:</b>  Tomatoes  Carrots  Cucumber</p> <p><b>Year-round fruits:</b>  Apples  Papaya</p> <p>Eggs</p>	<p>Rajma  (red kidney beans)  Kala Chana  (black chickpeas)</p> <p><b>Spice Powders &amp; Tempering:</b>  Haldi (turmeric)  Mirchi (chilli)  Dhania (coriander)  Garam Masala  Rai (mustard seeds)  Jeera (cumin seeds)  Hing (asafoetida)</p> <p><b>Fats:</b>  Ghee  Neutral vegetable oil</p> <p><b>Basic Vegetables:</b>  Onion  Potato</p> <p>Banana (year-round)</p> <p>Oats</p>
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# Join the Nutridock Family

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## Join the Nutridock Family

Congratulations on taking the first step to mindful eating and living - reading this guide! We also have a wealth of more nutrition information on our website and [www.nutridock.com](http://www.nutridock.com) blog.

Drop by our social media accounts and say hello!

@  nutri\_dock and @  nutridock0

