



NUTRITION STARTER KIT

Wellness by Jo

DISCOVER THE PATH TO YOUR
TRUE NOURISHMENT: EMBRACE
YOUR PATH TO OPTIMAL HEALTH

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INTRODUCTION TO YOUR NUTRITION GUIDE

Dear Health & Wellness Club,

I'm thrilled to introduce something special I've created just for you. This guide isn't your usual one-size-fits-all solution. It's about embracing your unique self and creating a diet that resonates with you. This guide is exclusively designed with you in mind.

Say goodbye to chasing fad diets and the confusion brought by conflicting information. It's time to begin a transformative journey towards better health on your terms.

This guide is a product of my own personal experiences, expert insights, and the latest research. It's a toolbox filled with practical tools, essential knowledge, and actionable steps to create a diet that truly works for you.

Keep in mind, this isn't about rigid rules or comparing yourself to others. It's a celebration of your individuality, respecting your body's wisdom, and committing to choices that align with your unique goals and values.

Feel free to dive into this guide with an open heart and a sense of excitement. Together, let's embark on this empowering adventure and unlock the incredible potential that resides within you.

Your journey to a healthier, happier you starts now.

With love,
Joanna ♡



Smart Goals

When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals. It's important to understand and consider your current eating habits, preferences, dietary restrictions, and health objectives.

S

Specific

What do I want to accomplish?

Make your goals precise. For example, "I will consume 5 servings of vegetables daily" is clearer than "I will eat more veggies."

M

Measurable

How will I know when it is accomplished?

Use numbers to track progress. "I will reduce my added sugar intake from 50g to 25g per day" is measurable.

A

Achievable

How can the goal be accomplished?

Set goals that are realistic and attainable based on your current lifestyle. Aim to make gradual, sustainable changes.

R

Relevant

Does this seem worthwhile?

Ensure your goals align with your overall health objectives. If weight loss is your goal, focus on portion control and balanced meals.

T

Time bound

When can I accomplish this goal?

Set a timeframe for your goals. "I will drink 8 glasses of water daily for the next 30 days" creates a sense of urgency.

MACROMOLECULES CARBOHYDRATES

THE DAILY RECOMMENDED RANGE FOR CARBOHYDRATE INTAKE TYPICALLY FALLS BETWEEN 45% AND 65% OF YOUR TOTAL DAILY ENERGY CONSUMPTION.

- Carbohydrates are essential for fueling the body, whether it's for powering a workout, aiding thyroid and brain functions during work, or serving as the **primary cellular fuel** through glucose.
- Carbohydrates in food are broadly categorized into two groups, **simple** and **complex**, based on their chemical structure, each offering different rates of energy release and nutritional benefits.
- A **balanced diet** often includes a mix of both types of carbohydrates, with an emphasis on complex carbs for overall health and energy stability..

SOURCES OF COMPLEX CARBOHYDRATES

Whole Grains: Brown rice, Whole wheat pasta, Oats, Quinoa, Barley, Whole wheat bread.

Legumes: Lentils, Chickpeas, Black beans, Kidney beans, Peas.

Nuts & Seeds: Almonds, Chia seeds, Flaxseeds.

Starchy Vegetables: Sweet potatoes, Butternut squash, Corn, Peas.

Leafy Greens: Spinach, Kale, Swiss chard, Collard greens.

Other Vegetables: Broccoli, Brussel sprouts, Carrots, Cauliflower.

Fruits: Whole fruits, Dried fruits.

MACROMOLECULES PROTEIN

THE OPTIMAL PROTEIN INTAKE FALLS WITHIN A RANGE OF **10% TO 35%** OF YOUR TOTAL DAILY ENERGY INTAKE, ALTHOUGH INDIVIDUAL REQUIREMENTS CAN VARY.

- Protein stands as the ***fundamental building block*** of life, playing a vital role as enzymes and hormones within our bodies. It forms the basis of our skin, bones, muscles, hair, nails, and cartilage.
- When it comes to dietary proteins, there are two primary types: ***complete*** and ***incomplete proteins***.
- To counteract the deficiency in one or more essential amino acids found in incomplete proteins, especially in plant-based diets, ***protein complementation*** is used by combining different protein sources to create a well-rounded amino acid profile.
- For instance, you can pair legumes and grains, such as beans and rice, to create a complementary blend of amino acids that together provide a more comprehensive protein source.

SOURCES OF PROTEIN

Animal-Based Sources: Eggs, Chicken, Turkey, Fish (such as salmon and tuna), Beef, Pork, Dairy products (e.g., milk, yogurt, cheese)

Plant-Based Sources: Quinoa, Buckwheat, Soy products, Amaranth, Legumes, Grains, Nuts & Seeds, vegetables such as spinach and broccoli.

MACROMOLECULES FATS

THE RECOMMENDED FAT INTAKE RANGE TYPICALLY FALLS BETWEEN 20% TO 35% OF YOUR TOTAL DAILY ENERGY INTAKE.

- Maintaining a healthy diet that supports your body and hormonal balance involves consuming nourishing **healthy fats**.
- Think about incorporating options such as avocados, olive oil, and nuts, all of which are abundant in **monounsaturated fats**. These fats are considered heart-healthy and can help improve cholesterol.
- **Polyunsaturated fats**, found in fatty fish, walnuts, and flaxseeds, also contribute significantly to your overall well-being.
- For an extra boost, consider sources of **omega-3 fatty acids**, which can be found in fatty fish like salmon or mackerel, or opt for plant-based alternatives such as flaxseeds and chia seeds.
- Begin your journey by considering **organic options** and selecting **unrefined cooking oils** that are typically richer in nutrients.

SOURCES OF FATS

Unsaturated Fats (Healthy fats)

Monounsaturated Fats: Avocado, Olive oil, Nuts & Seeds.

Polyunsaturated Fats: Fatty fish (such as salmon, mackarel, trout), flaxseeds, chia seeds, and walnuts.

Saturated Fats (Less healthy)

Fatty cuts of meat, poultry with the skin, full-fat dairy products (such as whole milk, cheese, butter) and tropical oils (such as coconut oil and palm oil).

MACROMOLECULES FIBER

THE RECOMMENDED DAILY INTAKE OF DIETARY FIBER TYPICALLY CONSTITUTES ABOUT **14% TO 21%** OF YOUR TOTAL DAILY ENERGY CONSUMPTION.

- Dietary fiber offers a range of health benefits - it supports gut health, aids in weight management, and helps reduce cholesterol levels. It is categorized into two types: ***soluble*** and ***insoluble fiber***.
- ***Soluble fiber***, found in foods like oats, beans, and fruits, regulates your blood sugar and cholesterol levels.
- ***Insoluble fiber***, prevalent in foods such as whole grains, vegetables, and wheat bran supports digestive health.
- Both types play a crucial role in slowing down the absorption of sugar into the bloodstream, which can be particularly beneficial for individuals with diabetes or insulin resistance.
- Fiber also acts as a source of ***nourishment*** for beneficial gut bacteria, promoting a harmonious ***balance*** of gut microbiota.

SOURCES OF FIBER

Soluble Fiber

- **Oats**- oatmeal and oat bran
- **Legumes** - beans, lentils, and peas
- **Fruits** - apples, oranges, and citrus fruits
- **Vegetables** - carrots and sweet potatoes
- **Barley** - add to soups & stews

Insoluble Fiber

- **Whole Grains** - whole wheat, brown rice
- **Vegetables** - broccoli, cauliflower, and dark leafy greens
- **Nuts & Seeds** - almonds, flaxseeds, and chia seeds
- **Fruit Skins** - skin of grapes and apples
- **Wheat Bran** - add to cereals

MICROMOLECULES VITAMINS

THE BUILDING BLOCKS OF WELLNESS

- Vitamins are essential micronutrients acting as coenzymes, regulating biochemical reactions, supporting immunity, and cellular function. They're grouped into ***fat-soluble*** and ***water-soluble*** categories.
- ***Fat-soluble vitamins*** are stored in the body's fatty tissues.
 1. **Vitamin A**: Essential for vision, skin health, and immune function.
 2. **Vitamin D**: Promotes calcium absorption, supporting bone health.
 3. **Vitamin E**: Acts as an antioxidant, protecting cells from damage.
 4. **Vitamin K**: Crucial for blood clotting and bone metabolism.
- ***Water-soluble vitamins*** must be regularly replenished as they dissolve in water and are not stored in the body.
 5. **Vitamin B-Complex**: Involved in energy production, metabolism, nerve function, and the formation of red blood cells.
 6. **Vitamin C**: Supports the immune system, helps the body absorb iron, and acts as an antioxidant, aiding in collagen production and wound healing.

SOURCES OF VITAMINS

Fat-Soluble Vitamins

- **Vitamin A**- carrots, sweet potatoes, spinach, and liver.
- **Vitamin D** - sunlight, fatty fish, fortified foods, and supplements.
- **Vitamin E** - nuts, seeds, and spinach.
- **Vitamin K** - leafy greens, broccoli, and Brussels sprouts.

Water-Soluble Vitamins

- **Vitamin C** - citrus fruits, strawberries, and bell peppers.
- **Vitamin B-Complex** - whole grains, fortified cereals, legumes, dark leafy greens, nuts & seeds, meat, fish, dairy products, eggs, avocado, and bananas.

MICROMOLECULES MINERALS

THE FOUNDATION OF WELL-BEING

- Minerals are indispensable for overall well-being as they perform critical functions, including maintaining **bone health** by providing structural support, regulating **electrolyte balance** for nerve and muscle function, and serving as **cofactors** for enzyme activity.
- When it comes to minerals, both **macrominerals** and **trace minerals** play important roles in maintaining health and well-being.
- **Macrominerals** are needed in larger quantities and play critical roles in bodily functions like bone health and muscle contraction.
- **Trace minerals**, required in smaller amounts, are vital for various physiological processes and contribute to overall health.

SOURCES OF MINERALS

Macrominerals (Larger Amounts)

- **Calcium** - dairy, leafy greens, fortified foods
- **Phosphorus** - meat, dairy, and nuts
- **Potassium** - bananas, potatoes, and citrus fruits
- **Magnesium** - nuts, whole grains, and dark chocolate

Trace Minerals (Smaller Quantities)

- **Iron** - red meat, poultry, fish, fortified cereals, beans, and spinach
- **Zinc** - oysters, red meat, poultry, beans, nuts, and dairy products
- **Copper** - organ meats, nuts & seeds
- **Iodine** - seafood, dairy products, kelp
- **Selenium** - brazil nuts, fish, poultry, whole grains

HYDRATION

NOURISHING YOUR BODY WITH WATER

- **Adequate hydration** is crucial for overall health, regulating bodily functions, supporting cognitive and physical performance, and preventing dehydration-related issues. It helps regulate body temperature, promotes clear skin, aids digestion, and supports nutrient transport.
- Adults typically aim for 8-10 cups (64-80 ounces) of water per day, adjusting based on age, activity level, and climate.
- Recognize signs of **dehydration** and increase fluid intake accordingly. Balance alcohol and caffeine intake with water to maintain proper hydration.
- Incorporate **more hydration** into your daily routine with a reusable water bottle, reminders, natural flavors, tracking, and gradually replacing other beverages with water.

SOURCES OF HYDRATING FOODS

Fruits

- Strawberries - about 91% water
- Watermelon - about 90% water
- Cantaloupe - about 89% water
- Grapefruit - about 88% water
- Oranges - about 86% water

Vegetables

- Iceberg lettuce - about 96% water
- Cucumbers - about 96% water
- Celery - about 95% water
- Radishes - about 95% water
- Zucchini - about 94% water

CALORIE BALANCE & PORTION CONTROL

A KEY TO BALANCED EATING

- **Calorie balance** is the equilibrium between the calories consumed and those burned through daily activities and metabolism, known as **energy expenditure**.
- Determining calorie needs involves calculating **basal metabolic rate (BMR)** and factoring in **activity levels**.
- Portion control is crucial for a healthy diet, ensuring a balance between **nutritional requirements** and effective **calorie management**.
- **Portion size** is driven by hunger and preferences, while **serving size** is a standard measure on food labels. Understanding this distinction is vital for effective portion control.
- Controlling portions aids **weight management** by preventing overeating, reducing the risk of health issues. Strategies include using smaller plates, listening to hunger cues, avoiding distractions while eating, and practicing mindful eating.

A PORTION CONTROLLED PLATE INCLUDES:

$\frac{1}{2}$ FRUITS, VEGETABLES & SALADS

$\frac{1}{4}$ GOOD QUALITY LEAN PROTEIN

$\frac{1}{4}$ COMPLEX CARBOHYDRATES & HEALTHY GRAINS

PORTION CONTROL PER SERVING LOOKS LIKE:



PROTEIN

Women: 1 palm
 Men: 2 palms



VEGGIES

Women: 1 fist
 Men: 2 fists



CARB

Women: 1 cupped hand
 Men: 2 cupped hands

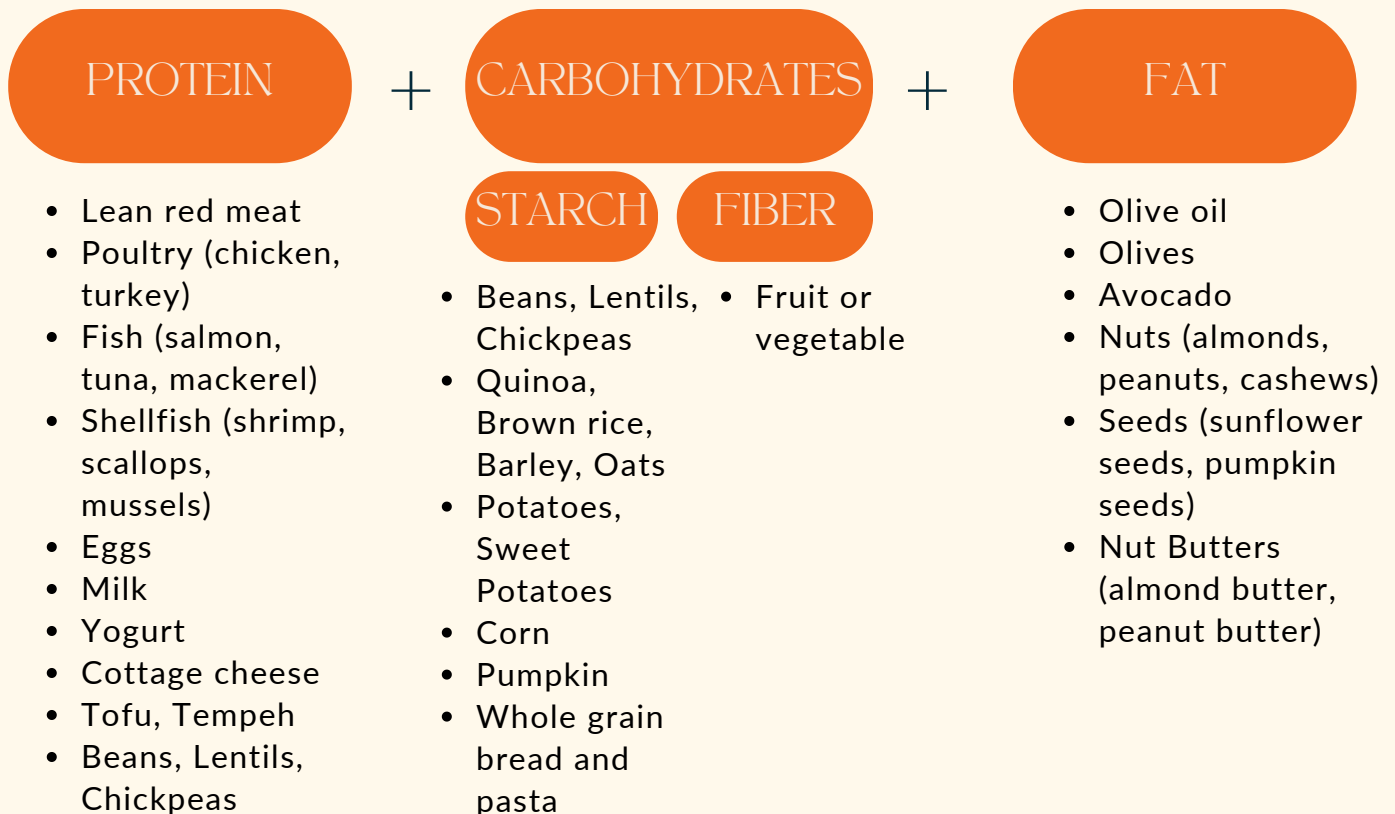


FAT

Women: 1 thumb
 Men: 2 thumbs

BALANCED MEAL PLANNING

- A **balanced meal** includes three essential macronutrients: **protein**, **carbohydrates**, and **fats**, which are crucial for overall health, performance, and body composition.
- Follow these four steps to build a balanced meal:
 - **Prioritize a protein source** to provide essential amino acids and promote satiety.
 - **Include a carbohydrate** for sustainable energy.
 - **Incorporate fruits and vegetables** for micronutrient intake.
 - **Add healthy fats** for flavor and fat-soluble vitamin absorption.
- For a balanced meal, include all three macronutrients in your breakfast, lunch, and dinner as the example below. Make sure your plate has protein, carbohydrates (particularly starch and fiber), and healthy fats.



NUTRIENT ABSORPTION - FOOD PAIRINGS

Pair these foods together to maximize your nutrient absorption and get the most out of what you eat.

LEAFY GREENS

OLIVE OIL ENHANCES
FAT-SOLUBLE
VITAMINS

OLIVE OIL

AVOCADO

HEALTHY FATS
ENHANCES LYCOPENE
ABSORPTION

TOMATOES

SALMON

VITAMIN D
INCREASES CALCIUM
ABSORPTION

BROCCOLI

TURMERIC

BLACK PEPPER
ENHANCES CURCUMIN
ABSORPTION

BLACK PEPPER

GREEN TEA

VITAMIN C
INCREASES IRON
ABSORPTION








CITRUS

LEGUMES







CREATE A COMPLETE
PROTEIN WHEN
COMBINED

**WHOLE
GRAINS**

7-Day Sample Meal Plan

	BREAKFAST	LUNCH	DINNER
 SUNDAY	Veggie Omelet	Black Bean Burrito	Chicken Pesto Pasta
 MONDAY	Berry Blended Smoothie	Pesto Turkey Sandwich	Salmon with Brown Rice and Veggie Salad
 TUESDAY	Avocado Toast	Pasta with Salmon and Steamed Broccoli	Lemon Herb Grilled Chicken with Rice
 WEDNESDAY	Greek Yogurt and Fruit Parfait	Chicken Lettuce Wrap	Meatballs and Spaghetti
 THURSDAY	Scrambled Eggs and Hummus Toast	Tuna Pasta Salad	Grilled Chicken and Baked Potato
 FRIDAY	Peanut Butter & Banana Toast	Chicken Curry	Steak, Sweet Potato and Veggies
 SATURDAY	Whole Grain Pancakes Topped with Greek Yogurt and Berries	Turkey and Avocado Roll	Shawarma Chicken

Meal Plan for Different Dietary Preferences

	VEGETARIAN	VEGAN	GLUTEN-FREE
 BREAKFAST	Greek Yogurt with Honey and Berries	Oatmeal with Almond Milk, Chia Seeds, and Sliced Bananas	Scrambled Eggs with Spinach and Gluten-Free Toast
 SNACK	Almonds and an Apple	Mixed Fruit Salad	Rice Cakes with Almond Butter and Sliced Strawberries
 LUNCH	Quinoa Salad with Chickpeas, Cucumber, and Feta Cheese	Lentil and Vegetable Stir-Fry with Brown Rice	Quinoa Salad with Grilled Chicken, Avocado, and Lemon Vinaigrette
 SNACK	Carrot and Celery Sticks with Hummus	Sliced Cucumber and Cherry Tomatoes with Balsamic Vinaigrette	Greek Yogurt with Honey and Gluten-Free Granola
 DINNER	Vegetarian Chili with Beans, Tomatoes, and Whole-Grain Bread	Spaghetti with Marinara Sauce and Sautéed Spinach	Baked Salmon with Roasted Sweet Potatoes and Steam Broccoli
 DESSERT	Dark Chocolate Squares	Vegan Coconut Milk Ice Cream	Fresh Berries with Honey



HEALTHY SNACK IDEAS

Fresh Fruit:

- Crisp apple slices paired with natural peanut butter.
- Drizzled honey on banana slices.
- Fruit salad mix of your favorite fresh fruits.

Vegetables:

- Hummus with carrot, cucumber, and bell pepper sticks.
- Raw or lightly steamed cauliflower or broccoli florets with a light dip or hummus.
- Homemade guacamole with whole wheat pita triangles.

Nuts & Seeds

- A small piece of dark chocolate with a handful of almonds.
- Homemade trail mix of almonds, walnuts, dried cranberries, and dark chocolate chips.
- Nuts and dried fruit mix consisting of your choice of nuts and dried fruits, such as apricots, figs, or dates.

Greek Yogurt:

- Layered Greek yogurt parfait with fresh berries, granola, and a drizzle of honey.
- Greek yogurt with a drizzle of honey, topped with slivered almonds.
- Greek yogurt with sliced bananas and a dollop of peanut butter.

Whole-Grains:

- Whole grain crackers with a side of hummus.
- Sliced avocado on whole grain toast.
- Whole grain pancakes topped them with Greek yogurt and berries.

Smoothies:

- **Peanut Butter Berry** - Blended almond milk, a banana, frozen berries, peanut butter and yogurt smoothie.
- **Green Power** - Blended spinach, kale, banana, Greek yogurt, almond milk, and a touch of honey.
- **Mango Spinach** - Blended mango, fresh spinach, Greek yogurt, and a squeeze of lime.

NUTRITION LABEL READING

LEARN HOW TO PROPERLY READ NUTRITION LABELS

SERVING SIZE

The measurement of a single serving that contains the amount of nutrients listed on the label.

% DAILY VALUE

The percentage of your daily nutrient needs in a single serving. This is based on a 2,000-calorie diet.

SATURATED FAT

To lower your risk of heart disease, aim for no more than 5-6% of your calories per day to come from saturated fat.

Nutrition Facts	
Serving Size oz. Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	

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

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 lower depending on you calorie needs.

CARBOHYDRATE

Look for foods high in fiber (20% or more DV)

FIBER

Look for foods high in fiber (20% or more DV)

ADDED SUGARS

Try to choose foods with little or no added sugars.

SODIUM

Look for products with less than 10% DV

PROTEIN

Compare the grams of protein on the label to the amount you need.

Ingredients are typically listed by quantity – from highest to lowest. Try looking for products that list whole foods as the first three ingredients and be skeptical of foods with long lists of ingredients.

Pillars of Mindful Eating

LEARN WAYS TO PRACTICE MINDFUL EATING

- Engage in the pillars of **mindful eating** by fully immersing in the sensory experience, avoiding distractions, savoring each bite, heeding hunger and fullness cues, and acknowledging triggers for mindless eating.
- Practice **mindful meal planning** by creating balanced, nutrient-rich meals, avoiding impulsive choices through advance planning, controlling portion sizes to prevent overeating, and choosing whole, unprocessed foods.
- Distinguish between physical and **emotional hunger**, recognize patterns of emotional eating, explore alternative coping mechanisms like mindfulness and stress reduction, and devise strategies to manage emotional eating triggers, such as journaling or seeking support.

Observe

Notice your body and hunger cues - look out for rumbling stomach, low energy, feeling full versus empty.

Savor

Notice the texture, aroma, and flavor - is it crunchy, sweet, salty, smooth, spicy?

In-the-Moment

Be fully present. Avoid multi-tasking and distractions while eating. Just eat.

Non-Judgement

Speak mindfully and compassionately.

Aware

Tasting vs. mindless munching



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