

# BASICS OF NUTRITION



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co.

# TERMS TO KNOW

## MACRONUTRIENT

Nutrients we need large amounts of to optimally function as humans.  
Commonly called “macros”

## MICRONUTRIENTS

Nutrients we need small amounts of to function optimally as humans

## GUT MICROBIOME

The ecosystem of microorganisms that live in our GI tract providing many functions to our body such as immune function, digestion, hormone regulation, mood regulation, and much more.

## COMPLETE PROTEIN

A protein source that contains all 9 essential amino acids and is optimal for muscle growth, maintaining lean body mass and recovery

## SATIETY

Feeling of fullness or satisfaction a food or meal provides

## AMINO ACIDS

Building blocks that make up all proteins.

# WHERE SHOULD YOU START?



Below I will touch on the four key areas that encompass a healthful lifestyle. Brief tips for optimizing each area will be given with nutrition having particularly in depth recommendations.

## SLEEP

Sleep is an excellent way to gauge your overall health. If you are sleeping poorly, your body is trying to communicate with you. Here are some quick tips to better your sleep.

- **Limit smartphone usage at least 30 mins before bed**  
The blue light from smartphones has been proven to disrupt natural circadian rhythms
- **Establish a consistent sleep and wake up time**  
Our body thrives off of consistency. The more we can be consistent with sleep and wakeup times the better.
- **Avoid caffeine at least 6hrs before sleep**  
Caffeine has a half life of 6 hrs. Meaning if you consume 200mg of caffeine at 3pm, then at 9pm you still have 100mg of caffeine active in your body. You may fall asleep quickly, but sleep will be light and poor quality leaving you exhausted the next day
- **Avoid alcohol 4 hrs before sleep**  
Like caffeine, alcohol can greatly impact quality of sleep. Alcohol can create a relaxed feeling causing some individuals to think it helps them to sleep, but the contrary is true, Research shows alcohol consumption can impact REM sleep and create restless sleep.
- **Utilize Supplements**  
Avoid melatonin and opt for sleep supporting supplements such as Magnesium glycinate, Ashwagandha, and sleepy time teas



# STRESS MANAGEMENT

If you constantly hear yourself using the phrase “I’m just always stressed, that’s my normal” then it’s affecting your health more than you know. Chronic stress can have a profound effect on overall health and can even be linked to several chronic diseases and a weakened immune system. Here are some tips to mitigate stress.

- **Sleep well**  
Lack of sleep will cause your body to have chronically high stress hormone levels.
- **Participate in controlled stress activities**  
Controlled stress such as exercise, sauna sessions, and cold exposure can be a great way to teach your body how to properly respond to stress.
- **Step away from things that cause excess stress**  
When possible, step away from things you can identify are causing excess stress. If not possible to step away, practice creating and keeping healthy boundaries.
- **Limit stimulants**  
Substances such as caffeine particularly in high quantities such as energy drinks, pre workout, and espresso drinks when overused can cause the body to be in a constant state of stress.
- **Check for deficiencies**  
A deficiency in many different vitamins or minerals can cause the body to react to stress poorly. Use a healthcare provider to have levels checked.
- **Use supplements when necessary**  
Supplements such as vitamins and minerals to remedy deficiencies and adaptogens to help the body have a more appropriate stress response may be useful. Consult a healthcare provider before starting a new supplement.



## PHYSICAL ACTIVITY

In modern society the majority of American are considered sedentary. Physical activity is crucial for a healthy mind and body. Exercise not only helps maintain a healthy weight but also releases endorphins to boost mood, regulates blood sugar, promotes adequate insulin sensitivity, supports strong bones, enhances sleep quality, improves heart health, and much more. Below are some basic tips to get started and keep going.

- **Start slow**  
If you're a beginner start slow and learn to enjoy the journey. Beginners often see great results from minimal input due to the exercises being so novel to the body.
- **Don't be afraid to lift**  
Lifting weight is one of the most beneficial forms of exercise you can participate in. Cardio has its place, but should not be done as the sole form of exercise. Slow and methodical exercises have great value for overall health.
- **Consistency is key**  
No matter what exercise you choose the most effective form of exercise is the one you will be most consistent with. So pick something you love, and commit to doing it consistently
- **Focus on form**  
When performing any type of exercise focus on form. This will help ensure you can be active for many years to come while avoiding injuries. If you cannot do a movement slowly and properly without weight or with lighter weight then you should avoid trying the movement full speed or with heavier weight
- **Seek help**  
Starting an exercise routine can be daunting. Hire a personal trainer or enlist a friend with more experience to guide you thorough the process if needed.





# NUTRITION

Ever heard the saying you are what you eat? Well that couldn't be more true. Every single cell that makes up you as a human was once made from energy provided to us by food in some form. Whatever condition your body is in is largely dependent on the foods you have eaten in the past. Yes genetics play a role, but lifestyle plays an even bigger role.

Often times people look at a healthy diet as one that is restrictive, one that doesn't allow "fun foods", but I believe in helping clients develop a lifestyle that doesn't feel like a diet at all, but helps them achieve a sustainable healthy lifestyle. Did you know statistically 95% of people who go on a diet fail? Why do you think that is? In my experience people put themselves on a low calorie diet that they hate and end up quitting because it's just too hard. Many people will tell you they've tried and just can't lose weight so they must have a hormonal imbalance or a slow metabolism. Sometimes this is the case, but more often the problem is diet was too difficult.

My philosophy focuses on creating lifelong habits that are enjoyable and don't feel depriving. If you can shift your mindset from I need to restrict and cut to I need to add more healthy habits to my life the process becomes sustainable long-term once these habits have been adopted.

Below we will discuss some basic principles of eating healthier. Please feel free to reach out and schedule a 1:1 consultation if you feel you need more assistance. These are meant to be beginner level recommendations and most suitable for someone just getting started.

# WHY IS OUR NUTRITION IMPORTANT?

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## WHAT'S THE PROBLEM?

Being mindful of what we eat and our physical activity is a relatively new concept. Our ancestors ate what was available which was largely what they grew, gathered, hunted, or raised. They also worked predominately manual labor jobs. In the modern food environment we have more accessibility and choice than ever more. Yet, we are the unhealthiest we have ever been as a society. Why is that? Largely due to the convenience factor of food. As a consumer you can buy any food you fancy at any given time. Most jobs are now behind a desk, maybe even at home. People are moving less and eating more food with less nourishing ingredients

## HOW DO WE FIX IT?

With the above in mind you may be thinking you know the answer to the problem. Eat less, move more right? Simple problem. Simple fix. Done and done! Then why are we still overweight and unhealthy? Because multifaceted problems require multifaceted fixes.

## WHAT SHOULD I FOCUS ON?

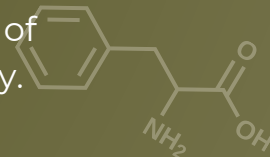
My approach focuses less on what we need to do LESS of and focuses on what we need to do MORE of. Let me explain. When we do more of something we inevitably do less of something else

- **More high quality protein**
  - Less calories from food devoid of nutrients
- **More real whole foods**
  - Less processed foods that are easy to overconsume
- **More time outside**
  - Less time inside being sedentary
- **More quality sleep**
  - Less caffeine intake or sleep aid use

# MACRONUTREINTS

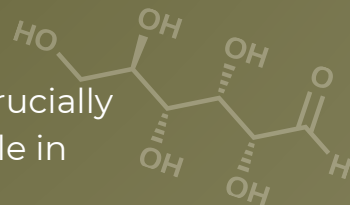
## PROTEIN

Proteins are essential for a healthful diet. They help us gain and maintain muscle and provide structure for every tissue in our body. Proteins provide 4kcal/g meaning for every g of protein a food provides it will also provide 4kals of energy. Complete protein sources consist of meat, poultry, eggs, dairy, fish, quinoa, buckwheat and soy. Other protein sources that do not contain all essential amino acids are nuts and legumes.



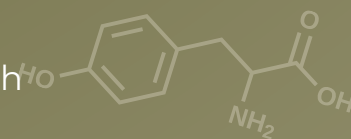
## CARBOHYDRATES

Carbs have often gotten a bad reputation, but carbs are the human body's most easily used fuel source. All carbohydrates are broken down into sugar. Just like proteins, carbohydrates provide 4kcal/g. Carbs are crucially important to provide energy. They also also play a role in blood glucose and insulin metabolism. There are carbohydrates in almost everything we eat. Some excellent sources of carbohydrates are fruit, vegetables, whole grains, fermented foods, legumes, and rice.



## FATS

Fats also can be used by our body for energy, just not as efficiently as carbohydrates. Fats, unlike protein and carbs account for 9 kcal/g. Meaning every g of fat you consume will provide 9 cal of energy. Consuming high quality fats are crucial for optimal brain function and hormone health. Some high quality fat sources are olive oil, avocados, fish and fish oil, nuts, and diary.





# MICRONUTREINTS

## VITAMINS & MINERALS

People often downplay the role vitamins and minerals have in the human body. In reality vitamins and minerals play a role in every single function the human body carries out. A deficiency in one vitamin can cause a cascade of issues a person may not recognize until a major health event has occurred.

Sadly our food is becoming more and more devoid of vital nutrients such as vitamins and minerals. Even a person with a balanced diet full of variety may have several micronutrient deficiencies.

Investing in a good multivitamin is an easy way to ensure micronutrient deficiencies do not occur.

**It is however vitally important to note more is not always better with vitamins and minerals. Although it takes a large amount, a person can reach toxicity levels with certain micronutrients.**

It is always best to consult a healthcare provider before using any supplement.

# NUTRITION



## Prioritize Protein

Aim for 1.0-1.8 g of protein/kg of body weight

- to find kg simply take your weight in lbs divided by 2.2 to get kg

Focus on high quality lean sources of protein when possible

- Grass fed beef
- Pasture raised eggs
- Fish
- Chicken
- Turkey

## Eat Simply

Eat real simple whole food. The best foods are the ones that do not require a nutrition facts label

- Meat, poultry, eggs, fish, whole fruit, vegetables, whole grains, homemade baked goods,

When purchasing processed foods get the best quality possible by

- Buying organic
- Minimal or no added sugar
- Limit artificial ingredients

## Add Veggies & Fruit

No matter what meal you are eating add on some veggies or fruit for some extra fiber and volume for less calories.

- Pizza? Add carrot sticks
- Burger & fries? Eat half the fries and have some bell peppers
- Pasta? Have a large salad with a vinaigrette dressing before

## Pair Foods

Try pairing foods to make a snack or meal more satiating

- Apple + cheese stick
- Yogurt + fruit
- Toast + avocado or nut butter
- Eggs + cottage cheese
- Crackers + turkey & cheese

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