

**Introduction**

Following our consultation, I have reviewed your body analytics and questionnaires. From that I have calculated what your optimum calorie intake should be to maintain your current weight, BMI & body fat % whilst also building your lean body mass.

- **Metabolism**
  - Build muscle mass to keep, & boost, metabolism up....but remember to fuel the body with good quality low GI carbohydrates (e.g. oats, wholemeal pasta, brown rice)
  - Increased metabolism helps to re-establish good hormonal balance
- **Nutrition**
  - Eat a sensible balance of carbs, protein & fats to ensure the body has enough fuel in the tanks to work / live / exercise
  - Eat plenty of protein to preserve, and build, muscle mass
  - Eat (good) fats to lose fat [consider a fish oil supplement]
  - Plenty of fruit & veg to promote good hormonal balance
  - Plenty of water to cleanse and detox the system, joints & ligaments
- **Exercise**
  - Maintain current running regime to build muscle tone which helps with calorie uptake & general health

**Current stats**

Weight	75.5kg	Height	177.5cm
BMI	24	Body Fat %:	13.5%
Lean Mass	64.9kg	Body fat	10.6kg

(NB - THESE ARE EXCELLENT STATS)

**Target Calorie Intake** (based on lean body mass and activity level)

**Your Basal Metabolic Rate is 1770 kCal/day. Given your activity levels & exercise your required Calorie intake is 2437 kCal/day.**

DAILY KCAL TARGET	2437
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DAILY FOOD INTAKE	CARBOHYDRATE	PROTEIN	FAT
	50%	30%	20%
KCAL	1219	731	487
GRAMS	305	183	54

When you eat something try to track the calories in terms of Carb Protein and Fat. If the calories aren't available on the packet then refer to the weight of

carbs/protein/fat in grams from the packet or from the Internet. An excellent resource to use is My Fitness Pal, its an app and can be used to track calories on your mobile or PC.

- 1. You will need to start eating more good quality slow release carbs**
- 2. You may need a protein supplement to ensure your protein intake is sufficient**
- 3. Keep an eye on the scales, clothes sizes & your activity level, if either changes dramatically then you can reduce these calorie intakes by 10-15% & still maintain good health**  
**..... remember the body needs fuel**

### **Social Support Questionnaire**

Your social support mechanisms are strong. The key area is to protect and preserve your exercise time. This is critical in your agenda for both physical & mental health. Exercise reduces risk of heart disease & stroke by 33-50%; exercise reduces stress by 55-75%.

### **Kitchen Makeover Questionnaire**

Your overall score suggests that you are doing pretty well in the kitchen department. However, with just a few tweaks, it will be easier to improve your nutrition levels and maintain body composition, energy levels and performance.

Tweaks Required:

- more wholemeal pasta / rice / grains e.g. quinoa; natural nuts (e.g. almonds)
- Try to include some more healthful foods when entertaining (e.g. carrot sticks, green tea)
- Healthy eating DOES NOT mean low-fat eating. You need to eat fat to lose fat and you need good fats to maintain optimum hormone balance and metabolism (e.g. opt for normal yoghurts vs. low-fat ones which are fortified with refined sugars & sweeteners)

### **Lean Body Mass**

Many nutritional programmes fail because the body loses lean muscle mass, as well as fat. We need lean body mass as this keeps us feeling strong, energised, builds metabolism AND burns calories just to remain in shape.

Lean body mass is just as heavy as body fat BUT it takes up much less space – think of it like this:



*1 kg of lean body mass takes up about 40% of the space that 1 kg of body fat requires*



### **Useful food information**

- Foods are categorised as Carbohydrate, Protein or Fat based on what they contain the most of
  - e.g. Tuna contains lots of protein so is classed as Protein
- These groups are called Macro-nutrient groups
- Inevitably all foods have some carb or protein in them and probably some fat too, though fruit and veg have ZERO FAT
- You need micronutrients (vitamins & minerals) too – these come from fruit and vegetables and also nuts and oils
  - e.g. selenium is good for brain function and is found in walnuts and brazil nuts

### **Good Fats:**

- ✓ **Olives and Olive Oil**
- ✓ **Any natural raw (unsalted, unflavoured) nuts**
- ✓ **All fish, e.g. tinned fish salmon, tuna, sardines, anchovies, kippers, mackerel**
- ✓ **Try a fish oil supplement (tablet form)**

### **Avoid Bad Fats (saturated fats):**

- ☒ **Fat on meats, bacon etc.**
- ☒ **Fat in chip shop meals**
- ☒ **Butter – eat in moderation**
- ☒ **Look for fats on packets – anything that says “hydrogenated” or any other weird unknown process before the fat = ditch it!**

**Nutritional Consultation**  
**Mr Mister**  
**Nutritional Planning & Key Stats**

<b>Food</b>	<b>Weight</b>	<b>Kcal</b>	<b>Carb / Protein or Fat</b>
1x Hovis medium slice brown bread	40g	90 cals	Carb 15g Protein 4g Fat 1g
1x Asda white medium	37g	84	Carb 17g Protein 2.5g Fat 1.5g
Apple	100-130g	50-60	Carb 32g
Banana	140-150g	150	Carb 30g
Yoghurt (so many varieties – a typical normal yoghurt i.e. NOT fat free)	125g-140g	120-140 cals	Carb 15g Protein 5g Fat 5g
1 rasher Back bacon, grilled	25g	72	Protein 5g Fat 4g
Egg boiled	70g	150	Protein 10-12g Fat 10g
Egg (scrambled 2 eggs, 1 with yolk 1 egg white)	-	250	Protein 20g Fat 10g
½ can Heinz Baked Beans in tomato sauce (cheaper ones have more sugar)	200g	160	Carb 27g Protein 10g