

EMPOWERED EATING *Guide*



WATER

STILL OR SPARKLING WATER, HERBAL TEAS ALL COUNT

VEGETABLES

AIM FOR AT LEAST 5 PORTIONS PER DAY—THERE'S NO NEED TO LIMIT THIS!
A PORTION IS A HANDFUL OR 3 HEAPED TBSPS.
TRY TO INCLUDE A "RAINBOW OF COLOURS"

CARBOHYDRATES

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| 4 NEW POTATOES | 1 SERVE |
| 1 MEDIUM SWEET POTATO | 1 SERVE |
| 1 MEDIUM JACKET POTATO | 1 SERVE |
| 3 HEAPED TBSP OATS | 1 SERVE |
| 3 HEAPED TBSP NO REFINED SUGAR MUESLI/GRANOLA | 1 SERVE |
| 1 SLICE OF WHOLEGRAIN BREAD (IDEALLY HOMEMADE, BAKERY, OR SOURDOUGH) | 1 SERVE |
| 4 HEAPED TBSP COOKED WHOLEGRAIN RICE | 1 SERVE |
| 2 HEAPED TBSP UNCOOKED WHOLEGRAIN RICE | 1 SERVE |
| 4 HEAPED TBSP COOKED WHOLEGRAIN PASTA | 1 SERVE |
| OR 2 HEAPED TBSP DRIED PASTA OR COUS COUS | 1 SERVE |

CARBOHYDRATES CTD..

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| 3 HEAPED TBSP OTHER GRAINS (BUCKWHEAT, BARLEY ETC.) | 1 SERVE |
| 3 HEAPED TBSP FLOUR | 1 SERVE |
| 3 OATCAKES | 1 SERVE |
| 4 WHOLEGRAIN RICE CAKES | 1 SERVE |
| 1 SMALL WHOLEMEAL WRAP | 1 SERVE |
| 1 MEDIUM WHOLEMEAL PITTA | 1 SERVE |
| ½ WHOLEGRAIN BAGEL | 1 SERVE |
| 3 WHOLEGRAIN CRISP BREADS | 1/2 SERVE |

PROTEINS

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| 1 PORTION OF OILY FISH (SALMON, MACKEREL, HERRING, PILCHARDS, OR TROUT) — AIM FOR 2–3 TIMES A WEEK, ALSO TICK OFF A HEALTHY FAT | 1 SERVE |
| 1 SMALL TIN OF FISH (IF OILY, ALSO COUNT AS 1 HEALTHY FAT, TUNA NOT OILY, MOST OTHERS WILL BE) | 1 SERVE |
| 2 EGGS | 1 SERVE |
| A PALM-SIZED PORTION OF LEAN MEAT | 1 SERVE |
| ½ TIN OF BAKED BEANS, BLACK BEANS, KIDNEY BEANS, BUTTER BEANS, OR CHICKPEAS | 1 SERVE |
| 4 HEAPED TBSP COOKED LENTILS OR SPLIT PEAS | 1 SERVE |
| 1 SERVING OF TOFU OR TEMPEH (ABOUT 100G) | 1 SERVE |
| 2 HEAPED TBSP HUMMUS | 1 SERVE |
| ½ PINT OF MILK OR UNSWEETENED PLANT MILK (APPROX. 300ML) | 1 SERVE |
| 3 HEAPED TBSP FULL FAT NATURAL OR GREEK YOGHURT | 1/2 SERVE |

HEALTHY FATS

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| 1 HEAPED TBSP NUTS OR SEEDS | 1 SERVE |
| ½ MEDIUM AVOCADO | 1 SERVE |
| 2 HEAPED TBSP OLIVES | 1 SERVE |
| 1 DESSERTSPOON 100% NUT BUTTER | 1 SERVE |
| 1 DESSERTSPOON OLIVE OIL | 1 SERVE |
| 1 DESSERTSPOON OTHER OILS | 1 SERVE |
| 1 HEAPED TBSP TAHINI | 1 SERVE |

FRUIT

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| A HANDFUL OF ANY FRUIT; AIM FOR VARIETY | 1 SERVE |
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FLEXIBLE EXTRAS

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| A SMALL AMOUNT OF SOMETHING YOU FANCY (APPROX 150 CALS) | 1 SERVE |
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EMPOWERED EATING *Guide*



MY NOTES TO YOU

- THIS EMPOWERED EATING GUIDE IS JUST THAT - A GUIDE. IT DOESN'T DICTATE WHAT YOU SHOULD EAT, AND IT DOESN'T TAKE INTO ACCOUNT ANY MEDICAL CONDITIONS THAT COULD BE AFFECTED BY DIET.
- YOUR PERSONALISED AMOUNTS HAVE BEEN DEVELOPED USING GOVERNMENT GUIDELINES, CURRENT RESEARCH, AND THE EXPERIENCE OF GAYNOR, A FITFISH NUTRITIONIST WHO HAS WORKED WITH MANY PEOPLE TO SUPPORT HEALTHIER LIFESTYLES AND BODY TRANSFORMATION THROUGH BOTH NUTRITION AND EXERCISE.
- EVERY FOOD CONTAINS A COMBINATION OF ALL MACRONUTRIENTS, AND THIS IS REFLECTED IN THE CALCULATIONS.
- MY AIM FOR YOU IS FREEDOM FROM DIETING - SO USE THIS AS A LIGHT GUIDE: A GENTLE REALITY CHECK AND A HELPFUL REFERENCE TO UNDERSTAND WHAT PORTION SIZES MIGHT SUPPORT YOUR GOALS. HOLD IT LIGHTLY, AND ALWAYS FEEL FREE TO ESTIMATE AMOUNTS -THERE'S NO NEED TO BE STRICT OR RIGID
- REMEMBER THAT YOUR GUIDE MAY NEED ADJUSTING AS YOU MOVE TOWARD YOUR WEIGHT GOALS, OR IF YOUR ACTIVITY LEVELS INCREASE OR DECREASE.
- A HEALTHY LIFESTYLE IS SHAPED BY MANY FACTORS - INCLUDING NOURISHING FOOD, ENJOYABLE MOVEMENT, MINDSET, REST AND CONNECTION WITH GOD. THIS GUIDE IS JUST ONE SUPPORTIVE PIECE IN THAT BIGGER PICTURE.