



Healthy Eating Cheat Sheet

What's Here

Here, you'll find:

- Three tips for easy (and healthy) eating and snacking.
- The Fit4Fun portion-sizing cheat sheet.
- A shopping checklist to help you plan which produce, proteins, whole grains, and fats you want to try next.

All of these are designed to make healthy eating simpler and more convenient, and to give you ideas about how to implement small nutritional changes.

Keep in mind: It's not about "eating perfectly" 100% of the time. It's about consuming foods that give you energy, that make you feel good, and that you enjoy. The 80/20 rule is a simple and good one to go by: eat nutritious, healthy foods 80% of the time, and enjoy a little of what you fancy the other 20%, easy!

Three Tips for Easy (and Healthy) Eating and Snacking

Tip #1: Stock Up on a Few Grab-and-Go Items

Supermarkets offer a ton of convenient, pre-made or pre-cut foods that are also healthy. Look for items like:

- Party trays with meats, pre-cut veggies and dip, or fresh fruit
- Pre-cooked roast chicken
- Protein bars (just check sugar content and go for those with less ingredients)
- Pre-cooked hard-boiled eggs
- Easy high-protein snacks, like jerky, Greek yogurt, and low-fat cheese
- Frozen, pre-packaged fruit, veg, or smoothie ingredients (which can be quickly whizzed in the blender for a nutritious snack)
- Pre-made salads, wraps, or sandwiches with veggies and protein

One caveat: Pre-packaged foods can be a bit more expensive. If buying foods like the ones in the list above isn't accessible for you, you can also consider making your own versions from scratch, portioning them out, and storing or freezing them to have on hand.



Portion-Sizing Cheat Sheet

Your body needs to get enough protein, fat, and carbohydrate in order to recover from workouts, supply you with sustained energy throughout the day, and help you stay healthy and strong. But sometimes it's hard to know how much of each to eat.

The good news is that portion sizing can be quite simple; and it doesn't require precision or measuring. In fact, you already have a measuring tool with you at all times: your hands!

Use the following guidelines as starting points:

- A standard serving of protein, 20–30 grams, is the size and thickness of your palm. Aim to eat at least one palm of protein at most meals. Protein sources include things like meat, fish, shellfish, eggs, Greek yogurt, tofu, and tempeh.
- A standard serving of non-starchy vegetables (or less-sweet fruits), about a cup, is the size of your fist. Strive for one or two fist-sized portions at every meal. Think kale, peppers, cabbage, spinach, carrots, tomatoes, berries, cucumber... you name it. The more colourful the selection, the better! Another simple rule to follow here is to 'eat the rainbow'.
- A standard serving of healthy fats, about 2 teaspoons or 7–12 grams, is the size of your thumb. At least one portion of healthy fats (e.g., avocado, cold-pressed oils, natural nut butters) at every meal is ideal.
- A standard serving of cooked carbohydrates or sweet fruit, 20–30 grams, is the size of a cupped handful. Aim for at least one cupped handful of slow-digesting, high-fibre carbohydrates (such as brown rice, quinoa, sweet potato, or whole grain bread) at most meals.





Tip #2: Batch Cook Like a Pro

Leftovers can be a lifesaver when you're busy or stressed. When you do cook, batch cooking or doubling your recipe will go a long way when it comes to having quick meals on hand. Here are some things you could try:

- Use a slow cooker to make large batches of soups, stews, chilli, bolognese etc..
- Roast a whole chicken, cut it up, and store it in the fridge.
- Bake veggie-packed enchiladas, cannelloni, lasagna, or shepherd's pie and freeze the leftovers.
- Make a large stir-fry and store in pre-portioned containers.
- Make salads bulked out with high protein grains or legumes (like chickpeas, black beans, edamame and quinoa) that will keep for a few days in the fridge.
- Cook a frittata or quiche and pre-slice it so it's easy to grab for breakfast or lunch.

Tip #3: Buy Pre-Chopped, Ready-to-Cook Items

Some supermarkets offer meal kits or pre-chopped, pre-seasoned foods that are simple to throw together and heat up. There are also a number of meal kit delivery services available, if this is within your budget.

Frozen fruits and veggies can help with quick meals or nutritious smoothies. They're typically frozen at peak season, so they're ripe and nutritious and just as good as fresh!



We're just as good
as fresh!



Keep in mind that many foods can fall into more than one category of macro- nutrient (protein, carbs, and fat). For instance:

- Natural peanut butter is high in healthy fat but also contains some protein.
- A serving of salmon is rich in protein but also contains omega-3 fats.
- Hummus is a carbohydrate and also contains some plant-based protein.

You can classify foods like this by the macronutrient it's richest in. So natural peanut butter would be considered a fat source.

Use the hand portion sizes as a guide to help you shop and prepare your food, but don't stress too much if you have more or less at a given meal. If you're hungry, eat some more. If you're satisfied, don't feel like you need to clean your plate. Every woman is different, so listen to your body!

Food Shopping Made Easy: A Supermarket Checklist

Review these lists before you hit the shops (or open your shopping app!) to help you shop more efficiently.

Or if you're a pen-and-paper person and want to take the list to the shops with you, highlight or circle two to four items from each category so you know exactly what you want in advance, and then tick them off once you put them in your cart.

Alternatively, you can use the printable blank shopping list sheet at the end of this resource.

Healthy Eating Cheat Sheet

Produce

Vegetables
Artichoke
Asparagus
Aubergine
Bamboo shoots
Beansprouts
Beetroot
Bell peppers (green, yellow, red, orange)
Bokchoy
Broccoli
Brussels sprouts
Butternut squash
Cabbage
Carrots
Cauliflower
Celery
Chayote
Corn
Courgette
Cucumber

Dark leafy greens:
Kale
Spinach
Swiss chard
Endive

Jackfruit
Jalapeno peppers
Kimchi
Leeks
Lettuces:
• Iceberg
• Green leaf
• Red leaf
• Romaine
Mushrooms
Okra
Onions
Parsnips
Peas, green

Potatoes (red, white, sweet)

Radicchio
Radishes
Rhubarb
Turnips
Water chestnuts
Other: _____

Fruit

Apples
Apricots
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Coconut
Dried fruits
Dragonfruit
Figs
Grapefruit
Grapes
Guava
Honeydew melon
Kiwi
Kumquats
Lemons

Limes
Lychee
Mango
Nectarine
Oranges
Papaya
Peaches
Pears
Persimmons
Pineapple
Plums
Plantains
Pomegranate
Raspberries
Strawberries
Tangerine
Watermelon
Other: _____

Quick tips:

- Most fruits and veggies are considered carbohydrates (some, like avocado, are a fat source).
- One serving of vegetables is about the size of your fist. One serving of fruit is about the size of your cupped palm.
- When possible, buy seasonal and local—they'll be fresher and taste better! I love this simple website for checking what's around, when: www.eattheseasons.co.uk

Healthy Eating Cheat Sheet

Protein

Meat

Beef

- Lean minced
- Oxtail
- Joint
- Steak
- Stewing beef

Other: _____

Lamb

- Chops
- Mince
- Shank

Other: _____

Pork

- Bacon
- Chops
- Minced
- Ham
- Ribs
- Sausage
- Tenderloin

Other: _____

Wild Game/ Other Red Meat

- Bison
- Boar
- Goat
- Rabbit
- Venison

Poultry

Chicken
Breasts or legs
Mince
Quarters
Thighs
Whole
Wings
Duck
Eggs
Turkey
Breasts/legs
Mince
Steaks
Other: _____

Fish

Cod
Halibut
Herring
Pike
Salmon
Canned
Fresh
Sardines
Snapper
Tilapia
Trout
Tuna
Canned
Fresh
Other:

Shellfish / Other Seafood

Clams
Crab
Crayfish
Lobster
Mussels
Octopus
Scallops
Shrimp/prawns
Squid
Other: _____

Dairy

Milk (or dairy-free milk alternative)

Cheese

- Cheddar
- Cottage
- Feta
- Goat
- Mozzarella
- Swiss

Whey protein powder

Yogurt

Other: _____

Plant based

Hummus

Beans/Legumes

Lentils

Tempeh

Tofu

Vegetarian protein

powder

Other: _____

Quick tips:

- One serving of protein is about the size of your palm.
- If you're a meat-eater, aim to consume a mix of protein sources. For example, one day you might try turkey instead of chicken. You might also try having an entirely meatless meal at least one day a week to broaden your horizons and try different plant-based protein sources.
- If you are plant-based, it might be easier to hit your goals by including a protein powder; if doing so, look for ones with minimal ingredients.

Healthy Eating Cheat Sheet

Fats

Whole Fats

Avocado
Nut butters
Olives
Peanuts
Peanut butter

Seeds

- Chia
- Flax
- Pumpkin
- Sunflower

Seed butter

Whole-fat cheese

Whole-fat milk

Other: _____

Whole nuts

- Almonds
- Cashews
- Hazelnuts
- Pistachios
- Walnuts

Oils

Avocado oil
Butter
Coconut oil (organic, unrefined, extra virgin)
Fish oil
Ghee
Macadamia nut oil
Olive oil, extra virgin
Peanut oil,
Sesame oil, cold-pressed
Walnut oil

Other: _____

Fat-based Condiments & Spreads

Guacamole
Hummus
Mayonnaise
Natural nut butters (non hydrogenated)
Pesto
Salad dressings (low-sugar)
Tahini

Other: _____

Quick tips:

- One serving of fat from a fat-dense food (e.g., oils, butter, avocado) is about the size of your thumb.
- Choose minimally processed fat sources (such as those in the list) more often than highly processed fat sources (e.g., baked goods, deep-fried foods).

Whole Grains

Whole Grains
Amaranth
Barley, pearled
Brown rice
Buckwheat
Bulgur
Kamut
Millet
Oats
Quinoa
Sprouted grain bread
Wheat berries
Wild rice

Other: _____

Slightly Processed Whole Grains

Bread*
Bagels*
Cereal*
Crackers*
Couscous
Corn tortillas
Pasta (bean/legume)
Pasta*
Popcorn (air-popped)
Ryebread
Speltbread
Wheat tortillas
Wheatgerm

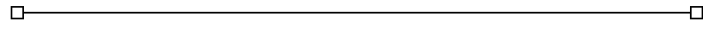
Other: _____

*Whole grain, made from 100%
wheat, rye, spelt, etc.

Quick tips:

- Opt for slow-digesting, high-fibre carbohydrates, which will contribute to healthy digestion and sustained energy levels.
- Read the labels on slightly processed carbohydrates (e.g., crackers, bread, pasta). Look for less than 10 grams of sugar per serving, "whole grains", and minimal ingredients.

Shopping List for the Week



Meat & Protein:

Vegetables:

Fruit:

Fats:

Wholegrains:

Other Food Items:

Kitchen Needs:

Household Supplies:

