



Foundations of Nutrition Guide

A cozy and flexible approach to living
your healthiest life

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The Foundations of Nutrition

THE BOTTOM LINE: EAT REAL FOOD

While we can easily make all of this super complicated, the bottom line is: Eat a variety of real food.

In this guide we will walk through the foundations of nutrition in relation to macronutrients.

The nutrient dense macronutrients are the ones we want to choose most often, and the nutrient poor macronutrients are the ones we want to choose least often.

If you ensure you're mostly eating whole foods including quality fats, then you're good to go.

The entire Get Healthy As F^ck Recipe guide is full of simple recipes that use real food.

Processed foods, chips, cookies, and so on are not off limits! I would suggest tuning into this as it relates to your goals, though - if it's something you are consuming on daily or regular basis.

NOTE: NOT ALL CALORIES ARE EQUAL

If you've paid attention to Calories or Point Systems at all in relation to dieting or weight maintenance, please don't skip this first section.

Different calorie sources can have vastly different effects on hunger, hormones, energy expenditure and the brain regions that control food intake.

Even though calories are important, counting them or even being consciously aware of them is not entirely necessary to control weight.

On a basic level a calorie deficit can result in weight loss, and a calorie surplus in weight gain. In most cases this will work on its' own, however in the long-term it's more important to shift to eating a variety of nutrient rich whole foods and tuning into your body's hunger and fullness signal.

In many cases, simple changes in food selection can lead to the same or better results than restricting your calorie intake.

Nutrition is not low fat. It's not low calorie. It's not being hungry and feeling deprived. It's nourishing your body with real whole foods, so that you are consistently satisfied and energized to live life to the fullest . After all, isn't that what this life is about?

#justeatrealfood



General Nutrition

Carbohydrates

Nutrient Rich Carbs: whole grains (brown rice, quinoa, millet, buckwheat, whole wheat, spelt, brown rice pasta, steel cut oats), fresh & dried fruit, fresh veggies, sprouted grain bread.

Nutrient Poor Carbs: refined grains (anything white: bread, rice, sugar, etc), cookies, candies, pop, pastries, etc.

Fats

Nutrient Rich Fats: flax oil, hemp oil, olive oil (for salad dressings), butter, virgin coconut oil (for cooking), avocados, nuts, seeds

Nutrient Poor Fats: anything deep fried, hydrogenated oils, margarine, cooking sprays

Proteins

Nutrient Rich Proteins: cold water fish, free range, ideally organic, animal products (eggs, chicken, turkey, beef, bison), beans (chick peas, mung beans, lentils etc), nuts, seeds (especially hempseed), quinoa, leafy greens, spirulina – a superfood algae!

Nutrient Poor Proteins: hot dogs, deli meats with nitrates, fast food burgers

Most important – WHOLE FOODS CONTAIN HIGH LEVELS VITAMINS & MINERALS!! Vitamins and minerals run all the functions in the body. To determine whether or not a food is considered “healthy” think about if they are a good source vitamins and minerals, colours and minimal processing are usually a good judge of this.

Example: White bread has been stripped of its fibre, vitamins and minerals which spikes our blood sugar, this is usually followed by a crash in energy.

A Flexible Nutrition Plan

Includes:

2 fist size portions of whole grains/day

5+ cups of veggies/day

1-2 servings of fruit/day

2 palm size portions of protein/day

Includes lots of fibre: fruit, veggies, seeds (like flax, chia, hemp)

Whole foods – that look like they come from the earth and haven't been overly processed or refined by humans

2-3L water/day (ideally filtered or spring water)

1 cup of coffee or tea

Limits:

Refined grains & sweets

Processed foods

Caffeine

Deep fried & fast foods

Artificial ingredients and chemical additives



A Flexible Nutrition Plan

Keep it simple!

- coffee or tea with almond or cashew milk
- afternoon Yerba Mate or herbal tea with a couple drops of stevia
- oats + smoothies + buckwheat, greek yogurt + low-sugar granola, and occasionally weekends with pancakes or eggs and bacon.
- mini bagels or bread toasted for pre-run/pre-gym or simply a banana depending on the intensity of the workout
- lunches: leftovers, salads, protein boxes, sandwiches
- dinners: meat + veg, or grains + veg, bowls with grains, veggies, protein, tahini based sauce, sometimes thai curry or pasta
- lots of water :)

Dinners Out:

- sushi, burgers - sometimes I'll do no bun if ordering fries, thai food, or salads with protein. To be honest, I'd rather eat at home. If you're eating out on a more regular basis, I'd suggest making modifications to the menu depending where you're going so that you are still on top of your weight loss goals.

Snacks/Add-Ons:

- popcorn
- dark chocolate
- Kind, Larabar, or Elevate Me bars
- homemade energy bars or bites
- fruit with nuts or nut butter
- Mary's or whole grain crackers with avocado or tuna
- veggies + dip
- nuts & seeds..

And of course, dive into your recipe, snack, and smoothie guides!



About Kat's Mission

Hey There High Vibe Babe!

I am Kat Sloan Feeney.

My mission is to help women get unstuck and achieve that high vibe healthy glow without obsessing over every bite.

I'm a nutritionist who left an 11 year career in real estate development to make a bigger impact in the world.

If you want to reach your next level of health, are frustrated that nothing seems to be working, and ultimately want that high vibe healthy body, then you've bounced onto the right page! Not only can I relate, I became a coach so that I can show you the way.

xoxo
Kat

**DO IT FOR YOU
AND NOT FOR THEM**