

Nutrition for everyday wellness

Calories

Units of Energy
Varies based on individual needs, goals and activity level.



H2O

Important to stay hydrated, fresh fruits and veggies contribute to overall hydration needs.
3.7 L or **15.5 cups** for Men
2.7 L or **11.5 cups** for Women



Fiber

Heart and gut health
30-35 grams for Men
20-25 grams for Women



Carbohydrate

- Grains, fruits, vegetables, starches.
- Focus on complex carbs & **whole grains**
- 45-65 % of total calories, 4kcal/gram
- Body's preferred energy source. Fiber source. Simple carbs are important for pre-workout energy.

Protein

- Meat, fish, eggs, dairy, tofu, beans. Focus on **lean meats**.
- 10-35% of total calories, 4kcal/gram, RDA = 1.2-1.6 g/kg,
- Provide structure, assist fluid and acid/base balance, regulates cell functions, important for post-workout to repair and build tissue.

Fats

- Fats – 9kcal/g (most calorie dense), 20-35% of daily intake
- **Focus on unsaturated fats**
- Olive oil, vegetable oils, avocado, nuts, seeds
- Energy source, hormone production, cell structure, satiety.

Minerals

- Major: calcium, **phosphorus, magnesium**, sulfur, **potassium, sodium and chloride *electrolytes***.
- Trace: **iron (can be low with menstruating individuals)**, iodine, zinc, fluoride, selenium, copper, chromium, manganese and molybdenum.

Vitamins

- Fat Soluble : A, D, E, K
- Water Soluble : B, C, Choline
- Supplement: Folks in northern regions or who spend a lot of time indoors – **Vitamin D**
- Vegetarians/Vegans – **B-12**
- Sexually active females – **Folate (B-9)**

