NUTRITION FOR HEALTH

Improve the Quality of your Nutrition

BY SARA SUTHERLAND

For Everyone Reading this Book as you Continue on your Health Journey

Copyright © 2016 Sara Sutherland Fitness, LLC. All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.
ISBN 978-1-2345678-9-0 (EPUB. Cover Photo by Noel Daganta.

Introduction

Welcome to the nutrition habit! There are many amazing benefits that come from choosing the proper foods to fuel your body. Because you have chosen to take the next step to purchase this ebook, I know that you are excited to make even more specific changes about your current routine! These changes will positively impact your body in a lot of ways. Focus on getting healthier from the inside out!

The Healthy Habits Challenge Food List is a combination of superfoods and many well-liked/commonly eaten items. However, there may be additional items out there that are a nutrient-dense food source. Item may be added to this list if they follow these few simple rules below. Of course, there are exceptions to every rule, but these are great guidelines to begin!

- Choose foods with 1-ingredient
- Limit sugars, baked goods and processed foods
- Eat foods that do NOT have a commercial
- Do not drink your calories

With some of those basic thoughts committed to memory, it IS possible to over-eat the most nutritious foods. So, how much should YOU be eating? There are a thousand different methods and approaches out there to determine appropriate intake for your life and goals. This guide will walk you through my favorites for you to try. See what works best for you and choose the one that you feel that you can confidently stick with long term. The key being finding the best one that works for YOU!

Yes, this will be challenging... you are breaking habits that you have had, in most cases, for an entire lifetime. It is not easy, but it is absolutely worth it in the end! I am thrilled and excited that you have taken this step and looking forward to sharing all of this information with you!

Thank you for downloading my eBook!

Getting Started

- Keep eBook handy for reference. Weekly emails will include the details for each new habit and include the text from the eBook along with links directly the each reference.
- Food Journal! Even just a few days of jotting everything down that you eat will provide some fantastic insight to your habits and tendencies to know what to focus on!
- Take on this challenge and really focus on trying new things. New foods, new ways to cook, and new ways to be prepared for every day to stay on track!

Habit 2 Reminder!

Water

Some love it, some loathe it. Regardless on what side of the spectrum your personal preferences are, water has a lot of healthy benefits. And many adults are chronically under hydrated. Good news is you should be a pro at this habit by now!

Why?

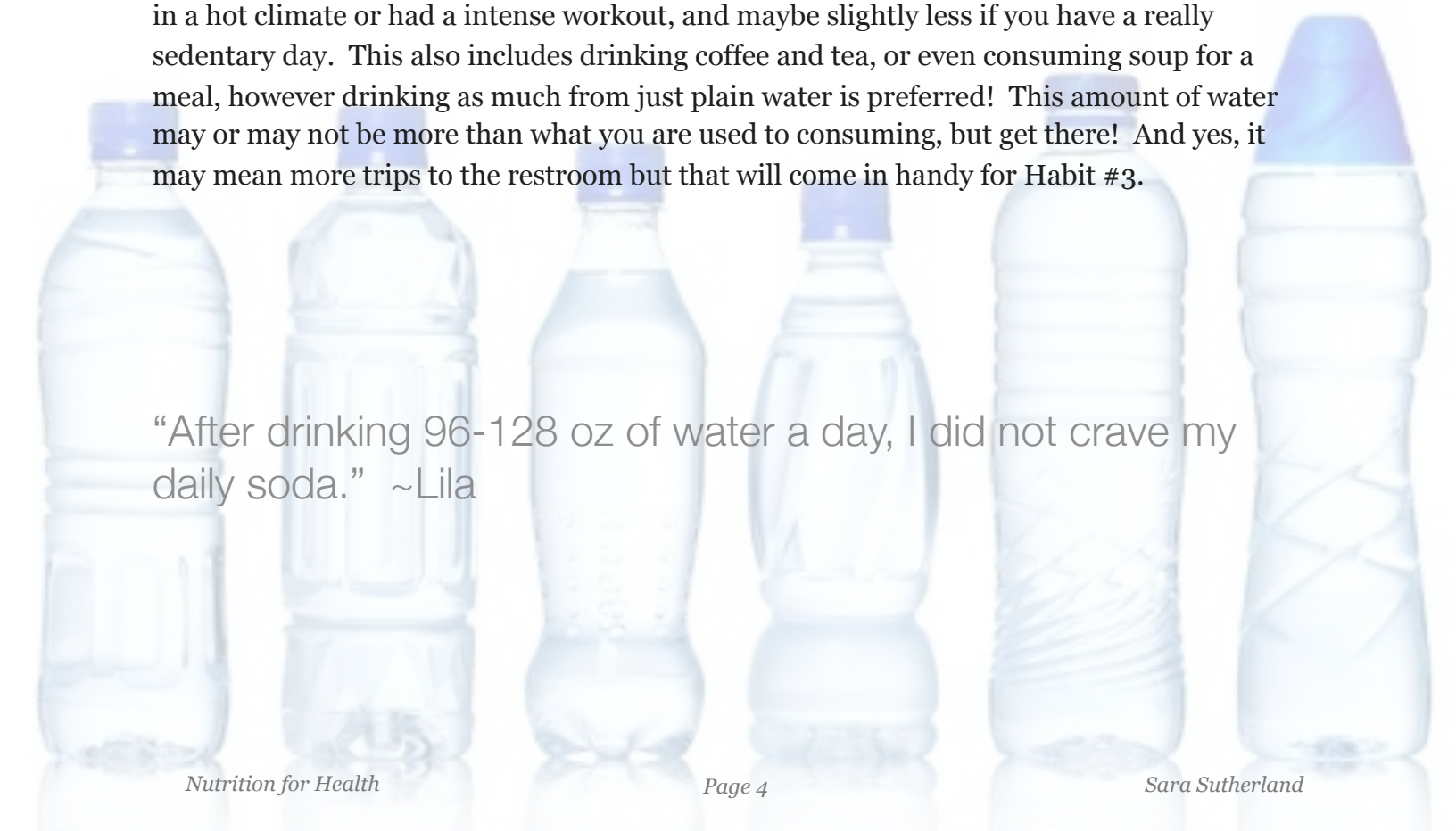
45-60% of your body weight is good old H2O! It has several functions around your body to help transport nutrients for cell regeneration and removal of waste products, dissolve molecules, cleanse through filtering your organs, aid in chemical reactions, lubricate our digestive tract, and pad our joints to name a few!

Benefits

It is an important regulator of your body temperature and can help make sure you do not experience signs of dehydration such as fatigue, headaches, thirst, dry skin, muscle cramping and nausea just to name a few. It also can help reduce overall calorie intake throughout the day by making you feel fuller earlier when even just a few ounces are consumed before a meal.

Recommendation

3-4 Liters (3/4 to 1 gallon) of water every day. You may notice that you need more if you are in a hot climate or had a intense workout, and maybe slightly less if you have a really sedentary day. This also includes drinking coffee and tea, or even consuming soup for a meal, however drinking as much from just plain water is preferred! This amount of water may or may not be more than what you are used to consuming, but get there! And yes, it may mean more trips to the restroom but that will come in handy for Habit #3.



"After drinking 96-128 oz of water a day, I did not crave my daily soda." ~Lila

HEALTHY HABITS CHALLENGE

FOOD LIST

MEAT EATERS		
PROTEIN	**CARBOHYDRATES**	**FATS**
Lean red meat (preferably organic and pasture-raised; includes wild game)	Brown Rice	Raw, unsalted nuts (Pecans, Walnuts, Cashews, almonds, brazil nuts, macadamia)
Wild-caught salmon	Quinoa	Avocados
Omega-3 eggs (cage free preferred)	Whole oats (large flake)	Extra-virgin, cold-pressed olive oil
Low fat, plain greek yogurt	Beans & lentils	Fish oil (salmon, anchovy, menhaden or krill)
Cottage cheese	Sweet Potato	Algae Oil
Protein supplements (Whey, milk or plant protein)	Corn	Flax seeds (ground)
Chicken Breast	Carrots	
Lean Turkey	Unsalted Brown Rice cakes	
White fish	Ezekial Bread	
Tofu		

PLANT BASED EATERS		
PROTEIN	**CARBOHYDRATES**	**FATS**
Protein supplements (Rice, hemp, pea, etc.)	Brown Rice	Raw, unsalted nuts (Pecans, Walnuts, Cashews, almonds, brazil nuts, macadamia)
Beans & Lentils	Whole oats (large flake)	Avocados
Quinoa	Sweet Potato	Extra-virgin, cold-pressed olive oil
Edamame	Corn	Fish oil (salmon, anchovy, menhaden or krill)
Tempeh	Carrots	Algae Oil
Tofu	Unsalted Brown Rice cakes	Flax seeds (ground)
Pumpkin Seeds	Ezekial Bread	
Spinach	Peas	
Tahini	Brown Rice	
Nutritional Yeast		
Hemp Seeds		
*Omega-3 eggs (cage free preferred)		
*Low fat, plain greek yogurt		
*Cottage cheese		

*Omit these options if Vegan

DO NOT selects foods you are allergic to or intolerant of.

Method 1: Two Tablespoons

Feel like your nutrition overall is pretty good? You try to watch what you eat and already choose many of the foods on the Food List most of the time, but are just feeling stuck in your progress? And not ready to fully commit to measuring?

Are you looking for a way to start down a journey of changing your nutrition, but not ready to completely re-vamp your choices? Looking for a option to start that is more just portion control? And then slowly being to incorporate in foods from the list?

This method can be a great first step for a variety of eating habits! Overall, the idea of this method is pretty straightforward and easy to implement right away. For every thing that you are currently eating…. eat **two tablespoons LESS**! Choose your standard meal choices and portions, then just remove this amount from each item on your plate.

In addition to changing the overall amount of food that you will ingest, also work on eating **SLOWLY**! It takes your brain 20 minutes to receive a "full" signal from your stomach. Set a timer, turn off the phone and other distractions, focus on what you eating, chew each bite, sit down and really taste the food. Whatever you need to do to help slow things down!

Now, if you have been monitoring portions for a period of time and have hit a plateau, you may actually need to eat two tablespoons **MORE**! It is counterintuitive, but sometimes your body needs more fuel to break the plateau. Try eating more!

Method 2: Hand Measurements

Do not always carry a scale with you? Who does?!? Hate the idea of measuring? Try this method because you always have your hand with you!

Eat **five** times each day, approximately 2-3 hours a part. Choose a lean protein, vegetable, carbohydrate and fat for each meal.

Meal 1 should be within 30 minutes of waking, then spaced out somewhat evenly throughout the day, even if that means eating right before bed! NO SKIPPING MEALS! As you choose foods that are nutrient-dense, they have lower calories than highly processed foods. This means that at the beginning of this process it will be likely that you may not feel hungry by meal time, but still eat! Your body needs it.

	Protein	Vegetables	Carbohydrates	Fats
Men	2 Palm-Sized Portion	2 Fist-Sized Portions	1 Fist-Sized Portion	2 Thumb-Sized Portion
Women	1 Palm-Sized Portion	1 Fist-Sized Portion	1/2 Fist-Sized Portions	1 Thumb-Sized Portion

Images below from Prevision Nutrition sited in References

1 Palm

1 Fist

1/2 Fist

1 Thumb

Method 3: Macronutrient Counting

Want to know exactly what you are consuming? Without any room for error or interpretation? You prefer to have exact control over portions? This method may be a good fit for you!

How do you know then exactly what to consume? Follow the steps below to calculate out your specific macronutrient count! You can use a variety of ways to track your macros. There are a variety of apps available that makes this process easy! Or you can use nutrition labels and food journals!

1) Resting Metabolic Rate (RMR)

- Calculate Conversions
  - Weight: lbs / 2.2 = kg
  - Height: Inches x 2.54 = cm

MEN: 10 x weight (kg) + 6.25 x height (cm) - 5 x age (years) + 5 = RMR

WOMEN: 10 x weight (kg) + 6.25 x height (cm) - 5 x age (years) - 161 = RMR

2) Determine Activity Factor

Factor	Activity Level	Definition
1.200	Sedentary	Little or no exercise
1.375	Lightly Active	Light exercise/sports 1-3 days per week
1.550	Moderately Active	Moderate exercise/sports 3-5 days per week
1.725	Very Active	Hard exercise/sports 6-7 days per week
1.900	Extra Active	Very hard exercise/sports AND physical job

Choose "Sedentary" if you are not currently getting in your 10,000 daily steps and sit most of the day. Choose "Lightly Active" if you are getting in all of your daily steps and also do any other light physical activity during the week. The rest of the activity factors may be applicable down the road as exercise increases, but choosing from these are a great baseline to start as you will be adding in meals around workouts later to account for additional fueling needs.

3) Daily Calorie Goal = RMR (Step 1) x Activity Factor (Step 2) - 300

4) DAILY Macronutrient Targets (Divide by average number of meals)

Nutrient	Percentage of Daily Calories
Protein	40%
Carbohydrates	35%
Fats	25%

Example: Your Daily Calorie Goal is 1,500. You would want to get 600 calories from protein (1500 *.40), 525 calories from carbohydrates (1500*.35) and 375 from healthy fats (1500*.25)

Recipes

Broccoli Chicken Zucchini Boats - 4 to 6 Servings

- 1 Extremely Large Zucchini
- 4 Cooked and Shredded Chicken Breasts (approximately 16 oz)
- 2 tablespoons Coconut Oil
- 1/2 cup PLAIN Greek Yogurt
- 2 Garlic Cloves (or 2 cubes of Dorot frozen garlic)
- Basil (or 2 cubes of Dorot frozen basil)
- 2 cups of cooked and chopped broccoli
- 1/2 cup mushrooms (or other veggies of choice)
- Fine Sea Salt
- Pepper

1) Heat oven to 400 degrees

2) Cut zucchini in half and scoop out the middle seeds.

3) Drizzle about 1 tablespoon of coconut oil over the inside of the "boats". Sprinkle with salt and pepper. Cook in the oven for 20 minutes.

4) In a bowl, mix chicken, broccoli, mushrooms, greek yogurt, garlic and basil together. Sprinkle with salt and pepper.

5) Pull the boats out of the oven when the 20 minutes are up. Fill each one with about 1/2 of the chicken/veggie mixture.

6) Bake for about another 10-15 minutes.

Approximate Nutrition Facts	TOTAL (Divide by Number of Servings)
Calories	1,050
Protein	139 g
Carbohydrates	64 g
Fats	33 g

Peanut Butter Energy Balls - Servings Approximately 30

- 1.5 cups whole oats
- 1.5 cups natural peanut butter
- 4 tablespoons almond milk
- 2 scoops of your favorite vanilla whey protein powder
- 1/2 tsp cinnamon
- 1 tablespoon chia seeds
- 1 tsp vanilla extract
- Stevia to taste (or another preferred sweetener)

1) Mix oats, protein powder, cinnamon and chia seeds together in a large bowl
2) In a separate bowl, mix peanut butter, almond milk, vanilla extract and stevia.
3) Pour some of the wet mixture into the dry mixture, kneed together. Repeat until both bowls are combined. If your mixture is little dry, add 1 tablespoon of water at a time until it all sticks together.
4) Pull apart into quarter sized balls, roll together. Place in fridge and ENJOY!

Approximate Nutrition Facts	TOTAL	Per Ball
Calories	2,935	98
Protein	159 g	5.3 g
Carbohydrates	135 g	4.5 g
Fats	211 g	7 g

Loaded Oatmeal

- 1/2 cup whole rolled oats
- 1 scoop vanilla whey protein powder or another flavor
- 1/2 cup water
- 1 tablespoon coconut oil
- 1/2 cup strawberries

1) Place oats and water into a bowl. Microwave for 45 seconds to 2 minutes depending on the texture you prefer your oats. Cook less for chewy, more for more mushy.
2) After the oats are done, mix in protein powder and coconut oil. If the mixture is dry, just add a little water.
3) Slice strawberries and add on top!

To take this on the go, pour mixture into a solo cup, or similar to-go cup, with a plastic spoon! Healthy and fresh breakfast in just a few minutes then you are out the door!

Approximate Nutrition Facts	
Calories	405
Protein	31
Carbohydrates	33
Fats	18

Healthy Tuna Salad Sandwich

- 1 can of low sodium tuna or chicken
- 1/3 cup PLAIN greek yogurt
- 1 hard boiled egg
- Celery
- Whole wheat pita pockets
- Mustard (optional)
- Fine Sea Salt
- Pepper

1) Mix tuna/chicken and greek yogurt into a bowl
2) Chop egg and celery. Add to the above mixture
3) Add mustard, salt and pepper to taste
4) Fill pita pocket. ENJOY!

Approximate Nutrition Facts	
Calories	255
Protein	32
Carbohydrates	27
Fats	6

Protein Cupcakes - Serving Size 12

- 1/2 cup pumpkin puree
- 1 cup liquid egg whites
- 1/2 Quaker Quick Oats (in the big canister)
- 1/4 cup almond milk
- 2 tsp baking powder
- 2 tsp of vanilla extract
- 4 scoops vanilla casein protein powder
- 5 tablespoons PLAIN greek yogurt
- 5 tablespoons almond milk

1) Preheat oven to 350 degrees
2) Mix pumpkin, egg whites, oats, 1/4 cup almond milk, and vanilla into a bowl.
3) In a small separate bowl, mix baking powder and 2 scoops of the casein together. Then add to the above mixture. Stir thoroughly.
4) Pour evenly into a muffin tin. I usually like to use cupcake wrappers to make cleanup easier.
5) Bake for 20 to 25 minutes.
6) Mix together 2 scoops of casein, greek yogurt and the 5 tablespoons of almond milk. Slowly add more milk to get an icing consistency. Place into a ziploc bag and cut a small corner.
7) When the cupcakes are finished baking, let cool, then squeeze the protein frosting on top! Keep refrigerated.

Approximate Nutrition Facts	Per Cupcake
Calories	75
Protein	12
Carbohydrates	4.5
Fats	0.5

Chicken and Veggie Pasta - Servings Size 6-8

- 12 oz Brown rice spiral pasta
- 12 oz cooked and shredded chicken breast
- 25 oz marinara sauce (as a special treat since tomatoes aren't on the food list!)
- 2 cups frozen peas
- 3 cups frozen chopped spinach
- 2 tablespoons coconut oil
- 3 cubes Dorot basil
- 3 cubes Dorot garlic
- Fine Sea Salt
- Pepper

1) Bring 3 quarts of water to a boil, add pasta. Let cook for approximately 12-16 minutes.
2) In a skillet over medium heat, add coconut oil, peas, spinach, chicken, basil, garlic, sea salt and pepper. Warm until all frozen veggies are thawed. Add marinara sauce. Once it all comes to a slight boil, reduce heat.
3) Drain pasta when it is done cooking. Mix into skillet.
4) Portion out to appropriate servings size for what will be best for you and enjoy!

Approximate Nutrition Facts	TOTAL (Divide by Servings)
Calories	2455
Protein	161
Carbohydrates	336
Fats	55

References

"Portion Size Guide." Precision Nutrition. Precision Nutrition. n.d. Web. 17 July 2016.

Kollias, Helen. "Research Review: Can multivitamins help you get lean?." *Precision Nutrition.* Precision Nutrition. n.d. Web. 1 May 2016.

"21 Superfoods Checklist." *Precision Nutrition.* Precision Nutrition. n.d. Web. 12 May 2016.

Fetters, K. Aleisha. "Older Adults: Double Your Protein Intake for Better Health." *U.S. News & Health Report.* U.S. News & Health Report. 13 February 2015. Web. 23 May 2016.

St. Pierre, Brian. "Can eating too little actually damage your metabolism?" *Precision Nutrition.* Precision Nutrition. n.d. Web. 10 May 2016.

Mifflin - St Jeor Formula for Resting Metabolic Rate calculations.

Sara Sutherland Fitness, LLC

thehealthyhabitschallenge.com

Sfitness