

4 FUNDAMENTALS OF NUTRITION

01

food quality vs food quantity

- Determines your metrics such as how you feel, perform, sleep & deal with stress

- Has benefits to overall health. For example it can help prevent chronic illness, keeps you fuller for longer, helps your gut digest food & aids recovery

- No amount of food quality will counteracted not eating enough

- Determines whether you will lose, gain or maintain weight

- Impacts our bodily functions. Too little & these will stop. Too much & they become overwhelmed

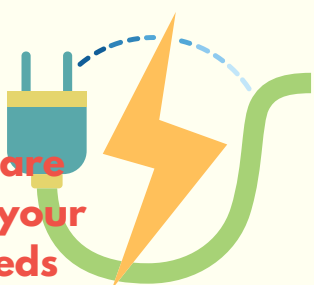
02

calories

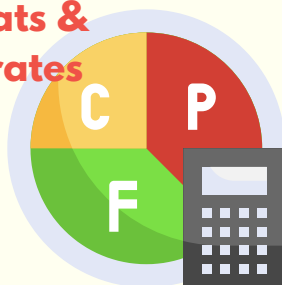
All food contain calories



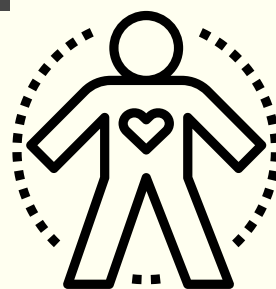
Calories are energy & your body needs these to run



All calories are made up of macronutrients. Proteins, Fats & Carbohydrates



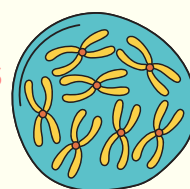
Each serve a different & important role to your body



03

set point

We're all different. Our set point is based on our body's blueprint - genetics, hormones, body composition & metabolism for example



You're set point can be disrupted by illness, dieting, pregnancy

Your set point is an active feedback mechanism used by your body & governed by the intake of calories & expenditure of calories



04

energy expenditure



BMR - basal metabolic rate

NEAT - non exercise activity thermogenesis



TEF - thermic effect of food

EAT - exercise activity thermogenesis

