



THE MUM GYM

Week 3 Nutrition

Welcome to week 3 of nutrition! Hopefully last week you were able to calculate your maintenance calories and protein goals and get the hang of my fitness pal. If not, please send me a message!

My fitness pal and tracking food can take a while to get used to. I will add a pdf this week on tips for using my fitness pal and ways to make it as easy as possible. I promise it gets easier. (and dare I say it gets enjoyable.... Or maybe I'm just strange)

When you get used to meeting your calorie and protein goals (and if by week 3 you are not then take another week or so to keep concentrating on this before moving on). The other two macro nutrients are Fats and Carbohydrates. I will briefly explain these.

Fats are substances that help the body use some vitamins and keep the skin healthy; they are also the main way the body stores energy. Do not fear dietary fat!

Examples of dietary fat are eggs, avocado, oily fish, cooking oils, butter, nuts,

We want to aim for 1g of fat per kg of body weight. So going by our previous sample:

Sample
Weight = 75kg

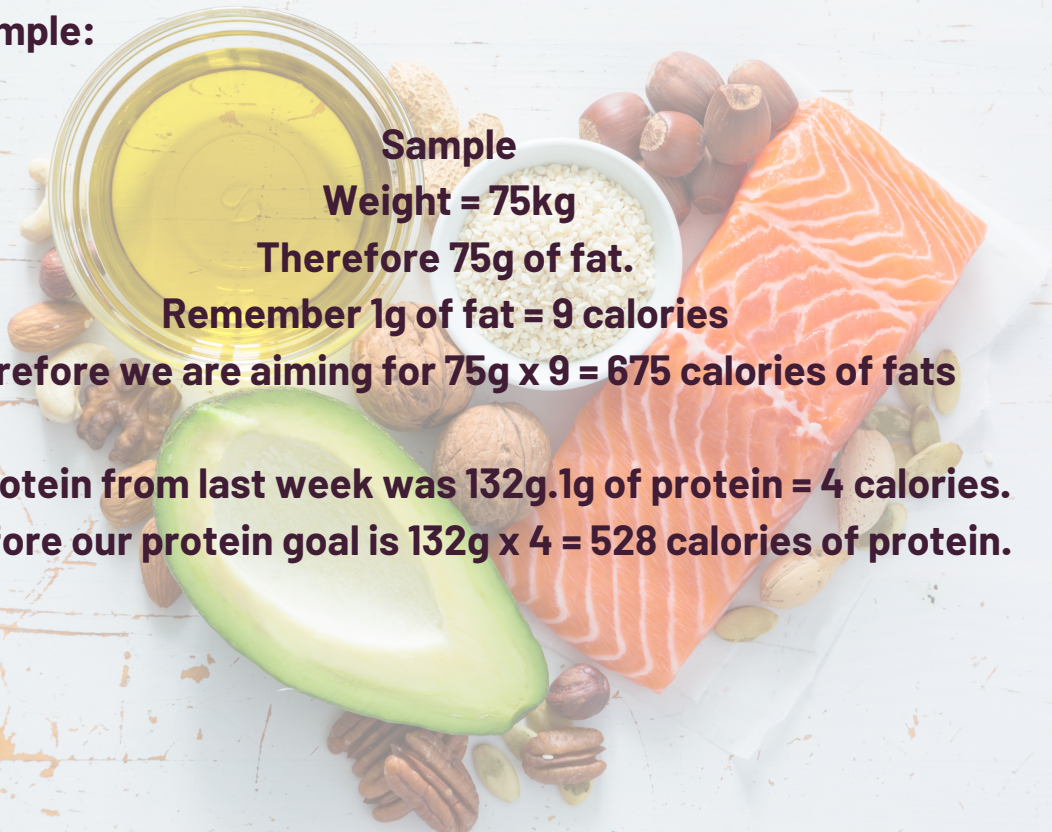
Therefore 75g of fat.

Remember 1g of fat = 9 calories

Therefore we are aiming for $75g \times 9 = 675$ calories of fats

Our protein from last week was 132g. 1g of protein = 4 calories.

Therefore our protein goal is $132g \times 4 = 528$ calories of protein.





Carbohydrates are a primary source of food your body uses for energy. These include simple carbohydrates (such as honey, table sugar, and high-fructose corn syrup), as well as complex carbohydrates. Complex carbs include starches (such as bread, pasta, rice, and potatoes) and dietary fibre (found in fruits and vegetables, nuts, and whole grains).

Carbohydrates are going to be our balancing figure.

Our total calories from our sample last week (remember this is a sample your numbers will be different) were 2,145.

Therefore, total calories = 2,145

Protein calories = 528

Fat calories = 675

Carbohydrates therefore = $2,145 - 528 - 675 = 942$ calories.

Carbohydrates amount to 4 calories per 1g.

$942 / 4 = 235.5$ grams





Now that we have these figures you can go into My Fitness Pal and adjust the goals to reflect these.

HOWEVER! Do not get caught up on these numbers! As we mentioned before calories and protein are the most important. Mess around with the fats and carbohydrates to suit you and your preferences, just use these numbers as guidelines.

If you fancy a take-away one night maybe your fats will be up that particular day and carbs lower. But try not to be too dominant on one of them as for health benefits we don't want you to cut out any food group. So maybe your carbs are low for a day or two, bring them back up them for the next few days.

Overall calories and protein intake is the main factor!

From this week on we will start taking body measurements too. I have included a tracker. Try weigh and measure yourself on the same day each week, in the morning before you have eaten and preferably after using the toilet.

I highly recommend taking progress pictures too for yourself. Take them wearing minimum clothing, maybe shorts and a sports bra. Take on from the front, the back and from the side with your arms held straight out front. Don't get too caught up on the scale

Progress and measurements are more reflected and the scales can be up or down depending on your time of month, when you last had a bowel movement, if you had a lot of carbohydrates the night before, water intake etc

