

# GENTLE NUTRITION

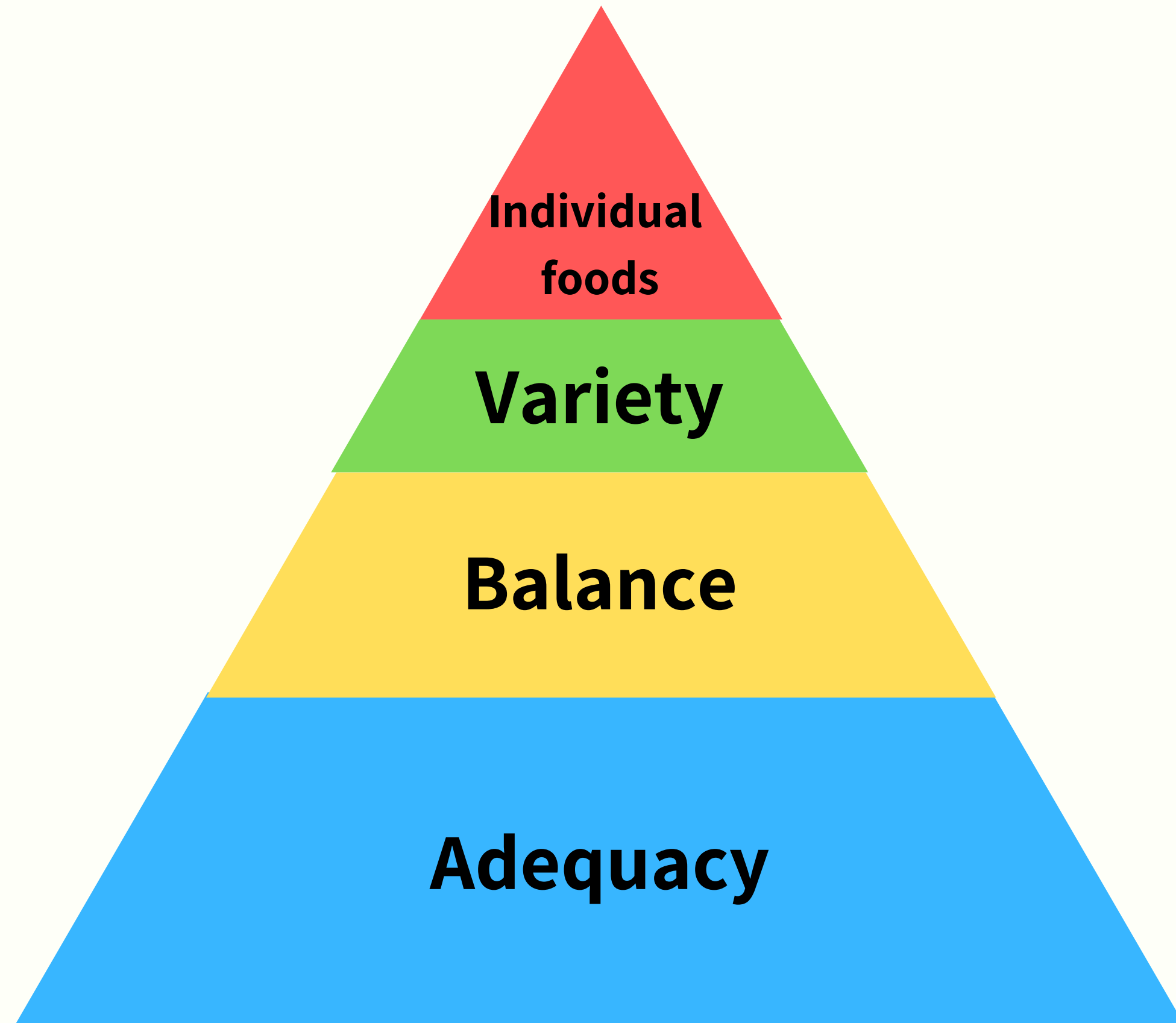
MaKai Nutrition LLC

# NUTRITION & MOVEMENT

## SUPPORTING WHAT IS IN OUR CONTROL

Make food choices that honor your health while making you feel well. Remember that you don't have to eat the perfect diet or do extreme exercise to be healthy. **You will not suddenly get a nutrient deficiency or change your body from one snack, one meal, or one day of eating.** It's what you do consistently over time that matters. Progress not perfection is what counts

# NUTRITION HIERARCHY OF NEEDS



# NUTRITION

## BASIC PLATE

**Balance (carb/protein/fat)**

**Variety**

**Satiety**

Have plenty of  
vegetables and fruits

Eat protein foods

Make water  
your drink  
of choice

Choose  
whole grain  
foods



# NUTRITION

## STARTING WITH BASICS

### **Carbohydrates**

Our bodies main source of energy, especially for our brains.

If you don't get enough carbs, your body will eat at your muscles to turn protein stored in your body into carbs so you can have energy.

45-55% of our daily intake

### **Protein**

Building blocks of muscles, hair, nails, organs, enzymes, hormones, and more.

Protein is important for muscle repair.

You don't need as much protein as you think!

10-15% of our daily intake

### **Fat**

Necessary for many functions such as absorbing fat-soluble vitamins, nerve protection, hormone regulation, + Satiety/Satisfaction



# NUTRITION

## STARTING WITH BASICS

### **Vitamins/Minerals**

Convert food into energy, repair cell damage, strengthen bones, heal wounds, boost the immune system, and help produce blood cells.

Involved in producing hormones and neurotransmitters that are associated with mood and cognition.

### **Fiber**

Important in digestion, regulating metabolism, and necessary for healthy functioning of your gut.

# NUTRITION

## YOUR PLATE

What will give you YOUR authentic health  
(no your friend doesn't know, and neither does your mom)



# DONT FORGET BALANCE

## ALL OR NOTHING DOESNT WORK!

"Sometimes you won't have the option to get just what you want. Maybe you choose to eat at a friends or relatives house for the joy of socializing, but this person is not a very good cook. Or you might travel to a country whose cuisine is not appealing to you or wish doesn't have the availability of the fresh and nutritious food you prefer. Or you might unexpectedly find yourself stuck without the food you enjoy eating and have to make do with what's available. It's important to remember that there are many meals ahead of you- In fact there's one about every 3 to 4 hours. You will have many more opportunities for finding satisfaction and the types of foods that fit your nutritional preferences. No one meal- Or even weeks of meals- will affect your overall nutrition. Intuitive eating is not about perfection, it's simply about offering you guidelines for comfortable relationship with food."

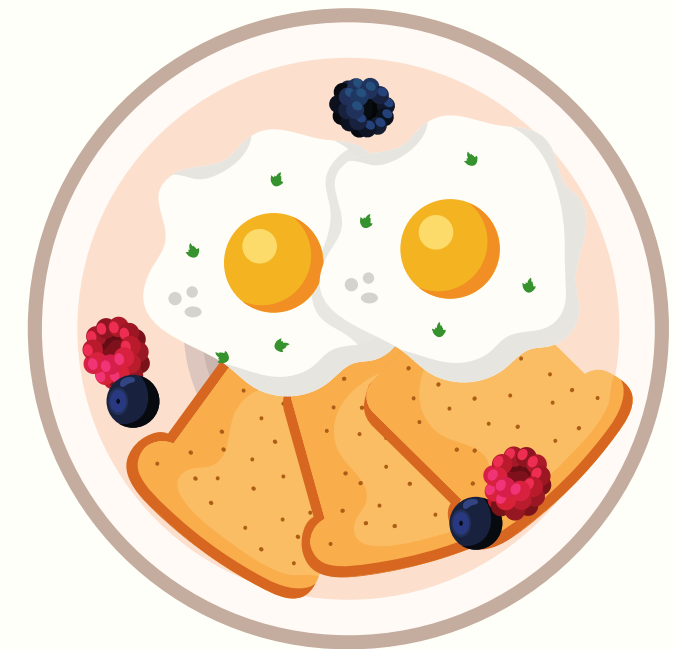
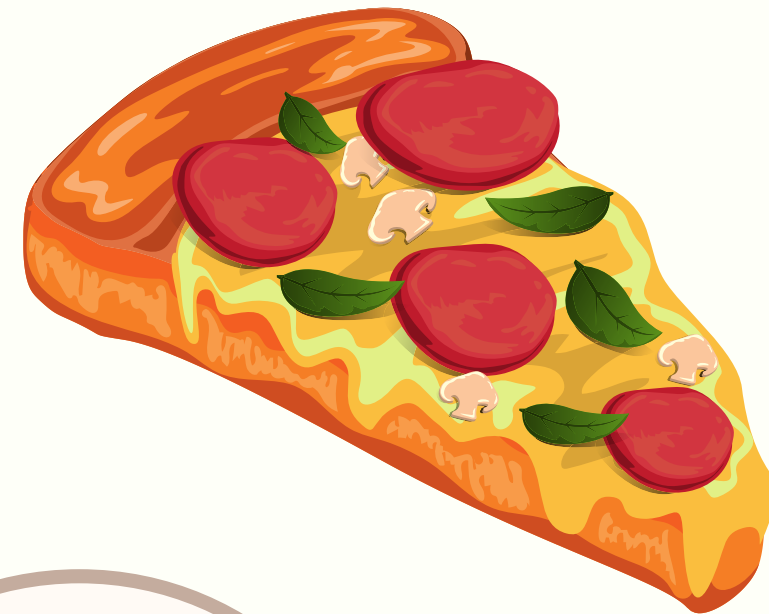
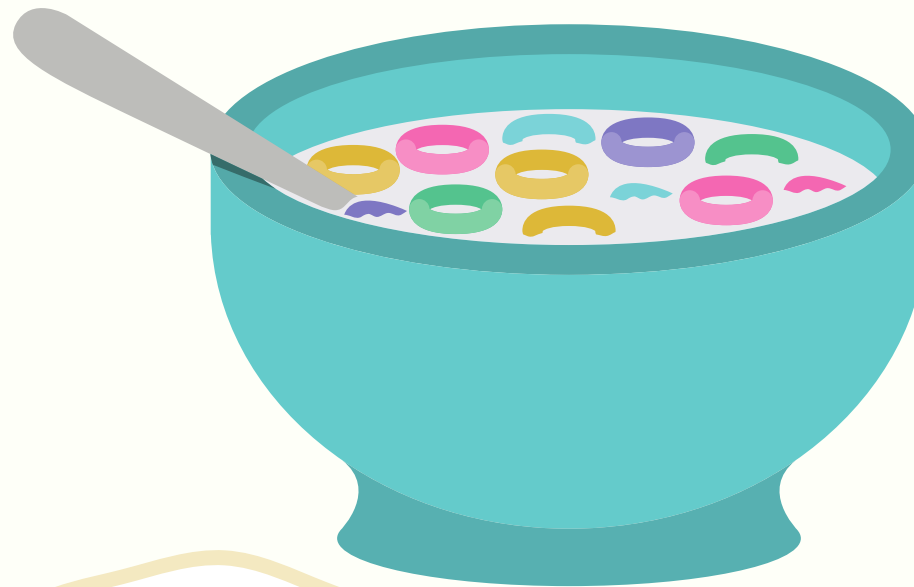
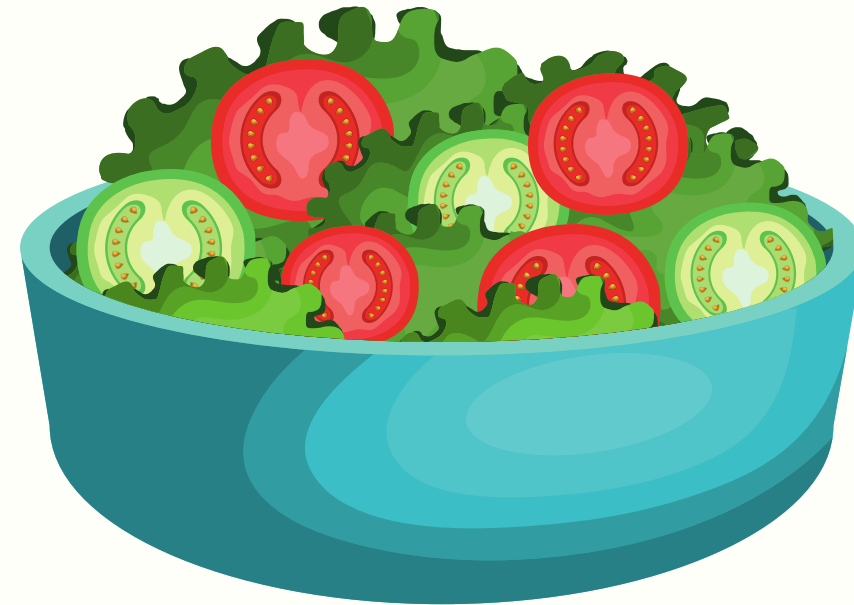
-Intuitive Eating Workbook, Evelyn Tribole & Elyse Resch





# Healthy Food?

The healthiest choice may not always be the most nutritious choice



*Questions? Thoughts?*