

## PERSONAL NUTRITION

### BASAL METABOLIC RATE AND ENERGY NEEDS

BMR / RMR	Energy Needs / Macronutrients
Height	BMR + Variables (movement, health conditions, etc.)
Weight	Protein = Hunger Regulation, Repair, Rebuild, Essential Amino Acids
Age	Carbohydrates = Energy, Micronutrients, Dietary Fiber/Gut Health
Gender	Fat = Satiety, Fuel Source, Insulin Regulation, Nutrient Absorption
Genetics	Fiber = Gut Health, Hunger Regulation, Insulin Regulation
Muscle Mass	Water = Nutrient Absorption, Hydration

### YOUR BODY = YOUR HOME (KEEP YOUR INNER FIRE GOING)

- Carbohydrates are the newspaper, twigs & kindling to fuel the fire
- Protein are the bricks to the house (avoiding using for immediate fuel)
- Fat are the logs to support the fire (important fuel source, along with carbohydrates)

### THE MACRONUTRIENTS

**Carbohydrates** – Carbohydrates are naturally occurring compounds found in food and include sugars, starches and cellulose. Carbohydrates provide energy and fiber and are typically the quickest macronutrient to digest and absorb in the body.

**Protein** – Protein and essential amino acids are naturally occurring compounds in food that support cellular repair, cellular building and foundational structure. Consuming adequate protein from food enhances maintaining or building muscle as well as supporting hunger regulation.

- **Quality Sources:** starchy vegetables (e.g., sweet potatoes), whole fruits (e.g., berries), beans and legumes (e.g., lentils), whole grains (e.g., rolled oats), non-starchy vegetables (less carbohydrate content yet provides some carbohydrate)
- **Quality Sources:** sustainable seafood (e.g., wild caught fish), grass-fed meat (e.g., beef tenderloin), free-range poultry, local eggs, wild game, dairy (e.g., kefir), some plant foods provide more protein than others (e.g., lentils provides more protein per traditional serving versus kale per traditional serving)

Fat – Dietary fats provide a source of energy for the body as well as being a foundational component to every cell of your body, especially for the brain. Consuming adequate dietary fat enhances nutrient absorption, supports hormonal regulation, increases satiety and is typically the slowest macronutrient to digest and absorb in the body.

- Quality Sources: avocado, nuts (e.g., walnuts), seeds (e.g., sunflower), high quality animal sources (e.g., grass-fed beef), extra virgin olive oil, olives, grass-fed butter, unrefined virgin coconut oil, bittersweet or dark chocolate, 100% plant oils (e.g., avocado oil)

## **RECOMMENDATION**

- Academy of Nutrition & Dietetics
- Dietitians in Integrative and Functional Medicine Practice Group
- Sports, Cardiovascular & Wellness Dietetic Practice Group
- In Defense of Food - Michael Pollan
- Intuitive Eating - Evelyn Tribole & Elyse Resch
- The Omnivore's Dilemma - Michael Pollan
- Wired to Eat - Robb Wolf