BODIES
By Tahn

FLEXIBLE EATING
GUIDE

CONTENTS

CHAPTER ONE

WHAT IS FLEXIBLE DIETING?

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FLEXIBLE DIETING

WHAT IS FLEXIBLE DIETING?

Flexible dieting is a scientific approach to sustainable eating.

Flexible Dieting promotes flexibility and allows you to incorporate the foods you genuinely love and enjoy while eating healthy and nutrient-dense foods.

Flexible dieting is non-restrictive and promotes a balanced lifestyle.

The lifestyle is based on the tracking/focusing of calories and 3 main macronutrients.
Protein, Fat & Carbohydrates (Fibre included)

Why?

These 3 macronutrients are required for growth, energy and other major bodily functions.

CHAPTER TWO

CALORIES, MACROS & MICROS

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CALORIES

WHAT IS A CALORIE?

A calorie is a unit that measures energy.

Calories, otherwise known as Kcals, refer to the energy humans get from the food and drinks they consume and the energy they use in movement.

Calories provide the energy for our organs to work, brain functionality, physical and mental energy and general everyday movement.

Humans need calories to survive.
Calories in food are vital for our daily energy levels.

Factors of Calorie intake

The recommended intake of calories per day depends on several factors, including:

ENERGY OUTPUT
Lifestyle + workouts - how much energy you use daily.
How much physical activity or how much you move

SEX
Females - Calorie intake is affected by cycles and hormones. They may differ every week depending on what stage of the cycle you are in.
- Males generally burn more energy (not all cases)

- Age
- Weight
- Height

No two people are the same when it comes to how many calories a person should consume. Nutrition is not a one size fits all approach.

CALORIES

CALORIES IN VS CALORIES OUT

Weight gain, weight loss and maintaining your current weight can be attributed to energy in, versus energy out (or calories in vs calories out).

To gain weight or lean muscle mass, you must be consuming more calories than your maintenance level. This is referred to as a “caloric surplus”. Alternatively, if you’re aiming to lose weight or body fat, you need to consume less calories than your maintenance level to create a “caloric deficit”. If your aim is to maintain, consuming at your maintenance level is key, this is where your calories in is equal to your calories out.

Weight gain, weight loss and maintaining your current weight can be attributed to energy in, versus energy out (or calories in vs calories out).

We have a Basal Metabolic Rate (BMR), which refers to the number of calories your body needs to live. Our Resting Metabolic Rate (RMR) is the number of calories that your body burns while at rest. Both of these numbers are extremely individual and important and we need to consume more than both of these numbers on daily basis. For example, our BMR may come up as 1200, but by no means do we consume that number,

THIS IS THE BARE MINIMUM.

KEY TERMS

RMR - Resting Metabolic Rate is the number of calories that your body burns while at rest.

BMR - Basal metabolic rate is the number of calories your body needs to live.

CALORIES

CALORIES INTAKE

You will hear the words surplus, maintenance and deficit when speaking about calorie intake.

CALORIE MAINTENANCE = Eating enough calories per day to maintain your energy levels and body weight over a prolonged period of time

CALORIE SURPLUS

Eating more calories than your body needs to gain weight and muscle over a prolonged period.

CALORIE DEFICIT

Eating less calories than your body uses for energy per day to lose weight over a prolonged period of time

HOW TO CALCULATE MAINTENANCE CALORIES

CALCULATE YOUR BMR.

- MALES: Bodyweight in kgs X 24
- FEMALES: Bodyweight in kgs X 22

Add activity based on daily average steps & multiply it by your BMR

- 2000 steps = 1.1
- 4000 steps = 1.2
- 6000 steps = 1.3
- 10k steps = 1.5
- 20k steps = 2.0
- 24k steps = 2.1

EXAMPLE

- 65kg female who does 10k steps per day.
  - 65 X 22 X 1.5 = 2145 calories (maintenance)
- 75kg male who does 22k steps per day
  - 75 X 24 X 2.05 = 3690 calories (maintenance)

Note* *Although you can calculate your calories, it is highly recommended to receive professional guidance as there are many factors in body composition.*

MACRONUTRIENTS

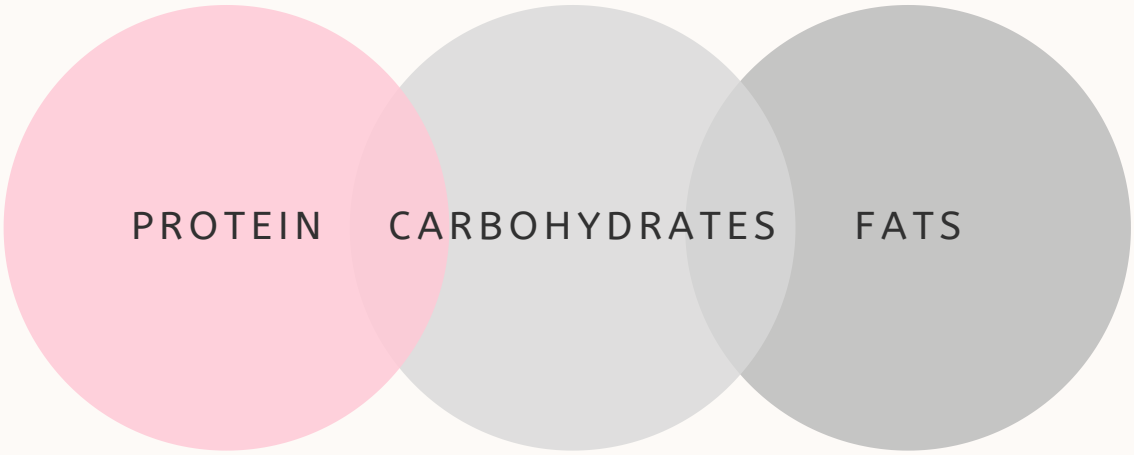
THE 3 MACRONUTRIENTS

The three main macronutrients are

- Protein is essential to build and repair muscle.
- Fats are essential for hormone balance, brain function, and nutrient support.
- Carbohydrates are the body's primary and preferred fuel source.

Macronutrients make up our daily caloric intake.

- Protein = 4kcal per gram.
- Carbohydrates = 4kcal per gram.
- Fat = 9kcal per gram.



MICRONUTRIENTS

WHAT ARE MICRONUTRIENTS

The term micronutrient refers to vitamins and minerals, divided into macro minerals, trace minerals and water- and fat-soluble vitamins.

The doses of micronutrients are much smaller than macronutrients but are vital to our overall health and bodily function. However, except for vitamin D, micronutrients are not produced in the body and must be derived from our daily diet.

Natural sources of micronutrients are found in fruits and vegetables, milk, liver, and red meat.

MICRONUTRIENTS ARE VITAMINS & MINERALS

- Iron
- Magnesium

- Vitamin D
- Iodine

- Folate
- Zinc

- Calcium
- Vitamin A

CHAPTER THREE

NUTRITIONAL INFORMATION & GUIDELINES

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NUTRITIONAL GUIDELINES

THE AUSTRALIAN DIETARY GUIDELINES

The Australian Dietary Guidelines are a set of guidelines in place to promote good overall health and well-being made by the National Health and Medical Research Council (NHMRC).

PROTEIN

Protein should be the foundation of all of our meals. Each main meal we consume should have around 25-30g of protein. We want to try our best to evenly spread the protein consumption throughout the day.

VEGETABLES

Vegetables are full of micronutrients and fibre.
1 serving of veggies = 75 grams.

It is recommended you have 5 servings of veggies per day, which equates to 375g. Make sure to include leafy green/colourful vegetables. The more colour the better!

FRUIT

Fruit is a source of carbohydrates.
Fruit is full of micronutrients and has plenty of fibre.
1 serving of fruit = 150 grams.

It is recommended you have 2 servings of fruit per day, which equates to 300g. Try and mix up the type of fruit you eat to ensure you are consuming a range of different micronutrients.

NUTRITIONAL GUIDELINES

HEALTHY FATS

Getting healthy fats from the right sources in your diet is so important. This is where we start to focus more on plant fats and marine fats.

Plant fats include avocado, nuts and seeds.

Marine fats come from our fish.
These fats are essential for hormone levels, brain function, and nutrient support. Our fat intake minimum is 0.6g x BW.

WHOLEGRAINS

Wholegrains are important sources of carbohydrates/starch (energy), protein, fibre and a wide range of vitamins and minerals including the B group vitamins (folate, thiamin, riboflavin, niacin,) iron, vitamin E, zinc, magnesium and phosphorus.

You should aim to eat 4 - 6 servings of wholegrains each day.

Examples of servings are: 1 slice of bread (40g), 40g roll or flatbread, 75-120g cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa, 120g cooked porridge, 30g twheat cereal flakes, 30g muesli, 1 (60g) crumpet, 1 small (35g) English muffin or scone. - ALWAYS REFER TO FOOD PACKAGING for 1 x serve

NUTRITIONAL GUIDELINES

CALCIUM

Calcium is essential for the healthy functioning of the heart, muscles, blood and nerves. Almost 99% of the body's calcium is found in the bones so we need to make sure we're eating it daily. Bones act like a calcium bank, if you do not take in enough calcium from your diet, the body will withdraw calcium from your 'bone bank' for use in other parts of the body.

If your body withdraws more calcium than it deposits, your bone density (bone strength) will gradually decline and you may be at risk of developing osteoporosis. The recommended daily intake for calcium is 1000mg/day, and 1500mg/day for women over 50, and men over 70.

FIBRE

If you're following the above steps and hitting a minimum of 300g of fruit and 375g of vegetables daily, you're well on your way to hitting your daily fibre target!

Fibre is important because it's great for your bowel health and will keep things regular. The best way to get your fibre is through fruits, veggies, and whole grains (oats, wholemeal/wholegrain bread, brown rice, quinoa, beans etc.).

The goal should be to get 10 - 15g of fibre per 1000 calories you eat. That means for most people, 20 - 30g of fibre a day will be ideal.

Try to make sure most of your carbohydrate sources come from unprocessed, whole high-fibre foods.

CHAPTER FOUR

HOW TO READ A NUTRITION LABEL ON FOOD PRODUCTS

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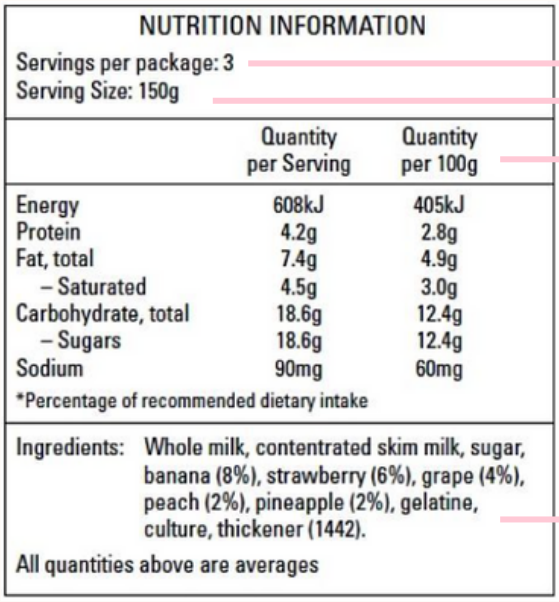
NUTRITION LABELS

NUTRITION LABEL INFORMATION

SERVINGS PER PACK	THE AMOUNT OF SERVINGS INCLUDED IN THE TOTAL ITEM
Serving Size	Usually in grams or ml's, the volume/weight of the item PER serve.
Per Serve / Per 100g	When comparing products we compare the 100g. The serving size is individual to the item
Energy	Calories or Kjs in the item. To covert kilojules to calories, divide the kjs by 4.2.
Protein	The amount of protein in the item, per serve and per 100g.
Fat	The amount of TOTAL fat in the item, per serve and per 100g.
Carbohydrates	The amount of TOTAL carbohydrates in the item, per serve and per 100g. Sugar is displayed separate.
Ingredients	The total ingredients in the item. Ingredients are listed highest to lowest.

NUTRITION LABELS

HOW TO READ A NUTRITION LABEL



NUTRITION INFORMATION

Servings per package: 3
Serving Size: 150g

	Quantity per Serving	Quantity per 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, total	7.4g	4.9g
– Saturated	4.5g	3.0g
Carbohydrate, total	18.6g	12.4g
– Sugars	18.6g	12.4g
Sodium	90mg	60mg

*Percentage of recommended dietary intake

Ingredients: Whole milk, contentrated skim milk, sugar, banana (8%), strawberry (6%), grape (4%), peach (2%), pineapple (2%), gelatine, culture, thickener (1442).

All quantities above are averages

The amount of serves in the package

The serving size in grams

Food is always compared to 100g servings.

It will show the servings in two sizes

Left = Quantity for the serving size suggested (150g)

Right = Quantity for 100g

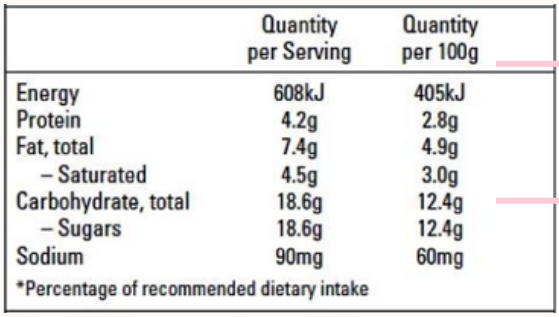
Watch out for this one!

The ingredient list of the food item.

The % is the amount the ingredients in percentages.

Example - This product is 8% banana

The amount of energy in the food. Typically comes in kilojoules. Some packages come with calories. Divide kilojoules by 4.2 to get the accurate calorie reading.



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*Percentage of recommended dietary intake

The amount of protein per serve or per 100g.

The amount of carbs per serve or per 100g

Sugars is the amount of sugar within the carb total above. You do not add on to the total.

The amount of fat per serve or per 100g.

Saturated is the amount of saturated fat within the fat total above. You do not add on to the total.

Example

Fat total per serve = 7.4 g

Saturated = 4.5g

Saturated takes up 4.5 g of the 7.4g

Example

Carb total per serve = 18.6g

Sugars = 18.6 g

Sugar is the only source of carbs in this item.

NUTRITION LABELS

CONT.

Nutritional Information		
Serving Per Package - 16 **Serving Size - 30g (2/3) Cup**		
	Per Serve	**Per 100g**
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oat bran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins.		

100g Column and Serving Size
When comparing nutrients in similar food products use the per 100g column. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column.

Divide kilojoules by 4.2 to get the accurate calorie reading

Total Fat
Generally choose foods with less than 10g per 100g. For milk, yogurt and icecream, choose less than 2g per 100g. For cheese, choose less than 15g per 100g.

Saturated Fat
Aim for the lowest, per 100g. Less than 3g per 100g is best.

Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

Fibre
N*ot all labels include fibre.* Opt for breads and cereals with 3g or more per serve

NUTRITION LABELS

CONT.

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Ingredients
Listed from greatest to smallest by weight.

Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.

Sugars
Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.

Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

Salt / Sodium
Opt for lower sodium options among similar foods. Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.

Other names for high salt ingredients:
Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

CHAPTER FIVE

MACRO CHEATSHEET & SUPPLEMENTS

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MACRO CHEAT SHEET

CARBS

Fruit
Vegetables
Potatoes
Rice
Pasta
Oats
Cereal
Honey
Bagels
Jam
Lollies

PROTEIN

Chicken breast
Turkey breast
Lean pork
White fish
Extra lean beef
Kangaroo
Tuna
Prawns
Squid
Egg whites
Protein powder

FAT

Oils
Butter
Mayonnaise
Egg yolk
Olives
Avocado
Salad dressings
Nuts
Bone marrow
Fish oil
Dark Chocolate

CARBS & FATS

Chia Seeds
Fruit & Nut Butter
Berries & Coconut Milk
Peanut Butter & Banana
Chocolate bar
Cocnut Cookies

Nut Butter Fudge
Avacado Toast
Bread & Olive Oil
Donuts
Fries
Dried Cocnut Flakes

Coconut Flour
Potato Chips
Tortialla Chips
Popcorn & Butter
Chocolate covered fruit

CARBS & PROTEIN

Greek yogurt
Skim milk
Fat Free cheese
Quinoa
Bread
Peas
Beans
Lentils
Cous cous

PROTEIN & FAT

Cheese
Bacon
Whole eggs
Salmon
Beef
Lamb
Tofu
Duck
Sausages

HIGH VOLUME & LOW MACROS

SNACKS
Seaweed Strips
Air-Popped Popcorn
Sugar Free Jello
Rice Cakes
Shirataki Noodles
Celery/Carrots

FRUITS &VEGGIES
Cucumbers
Celery
Zucchini
Cauliflower
Cabbage
Radishes
Pickles
Blueberries
Strawberries
Lemon/Limes
Sprouts

BEVERAGES
Sparkling Water
Iced tea
Hot Tea
Coffee
Kombucha
Cashew Milk
Almond Milk
Zero Vitamin Water
Water & Lemon
Flavoured Water
Chicken Broth

HIGH VOLUME & LOW MACROS

CONDIMENTS
Salsa
Mustard
Apple Cider Vinegar
Kimchi

Sauerkraut
Lemon/Lime Juice
Coconute Aminos
Hot Sauce
Horseradish

Fish Sauce
Non-Fat Sour Cream
Non-Fat Cottage Cheese
Nutritional Yeast
PB2 + Water
Maple Syrup

SUPPLEMENTS

ARE THEY NECESSARY?

No, they are not necessary and should not replace foods, however they can be used to aid/boost/help in reaching your body composition goals.

PROTEIN POWDER

A protein powder is a supplement aimed to assist in reaching protein targets. Protein powder is not to replace whole food protein sources.

Depending on preferences and intolerances, there are MANY variations of protein powder. The different types of protein powder include Whey (WPC), Whey isolate (WPI), Vegan/plant-based, and Casein (slow digesting).

CREATINE

Creatine helps to maintain a continuous supply of energy to working muscles by keeping production up in working muscles. Small amounts are naturally found and created in your heart, brain, and other tissues. Creatine helps with energy production levels in high-intensity activities, whilst assisting in regenerating ATP to upkeep the levels of training. Known to improve RECOVERY TIME, MUSCLE HYPERTROPHY, STRENGTH & FORCE. The recommended intake is 5g per day. **It is important to be consistent with creatine and take it on a daily basis, even on rest days, in order to see results**.

SUPPLEMENTS

PRE-WORKOUT

The main effective ingredient in pre-workout is caffeine. The purpose is to essentially fuel and boost your workout. There is no such thing as a "fat burner"; the heart rate is increased during the workout while also getting that extra boost from caffeine.

The recommended dose = 3-6mg/kg (so roughly 150-400mg pending bodyweight). Follow directions and always dilute and consume with recommended water stated on the item.

BCAA

Branched-chain amino acids, which are essential amino acids not made by the body and must be consumed in the diet. If you have a well-balanced diet (most of you would if you're following the daily nutrient guidelines), bcaa's are a great addition if wanting to make water easier/yummier to drink but are not necessary to consume on a daily basis.

CHAPTER SEVEN

COMMON QUESTIONS

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COMMON QUESTIONS

HOW MANY MEALS SHOULD I EAT PER DAY?

The total amount of meals you consume is generally insignificant if you are tracking macronutrients and hitting your daily goals.

It is generally recommended to have at least 3 meals per day with a few snacks, but always ensure you are listening to your body and your needs.

DO I NEED TO WORRY ABOUT WHEN I EAT CERTAIN FOODS?

No.

The most important thing to consider is to have protein with each meal, which has a few benefits. Protein aids in keeping us more satisfied, so it helps to spread it evenly throughout our day, aiming for 20-30 grams of protein per meal.

In regards to eating carbs at night, this is not a problem at all. Carbohydrates are our primary fuel source and your body needs them, therefore they should not be avoided.

Eat what you want, when you want! There are no good foods or bad foods, some foods are more nutrient dense than others.

.

COMMON QUESTIONS

DO I NEED TO TRACK EVERYTHING I EAT ALL THE TIME?

Being a human and not a machine, there will always be situations where you can't accurately measure your nutrient intake because of variables such as eating at restaurants, special occasions, having a night out with friends. You can however still be mindful of what you are consuming and make mental notes of what would be most suitable to eat or drink.

Often people will put a good estimate of what they ate into my fitness pal (or the tracking app you are using) and just track it.

You haven't weighed each food item but you have reduced the margin of error and have a rough estimate of what you have consumed.

Some food chains (e.g Grill'd) have their nutritional information on their website which can make tracking food that little bit easier.

BUT, it is so important to just genuinely enjoy a few untracked social meals here and there! In the end, we want a flexible, enjoyable lifestyle without restrictions!

COMMON QUESTIONS

WHAT DO I DO IF I HAVE EATEN ALL OF MY FOOD TOO EARLY IN THE DAY?

If you eat all of your food too early in the day and you find yourself hungry, have another meal. Life isn't that serious. But as you learn to spread out your food according to your schedule, your hunger will reduce as your body adapts to less frequent meals. Try to get to a point where you are much more consistent with your daily nutrient intake and not eating everything at once. Planning ahead and tracking your food the night before is a good way to ensure that you won't run out of your food too early in the day, or only be left with one type of macronutrient for your last meal (i.e. only fats remaining for dinner).

HOW LONG SHOULD I FOLLOW THIS METHOD OF EATING?

Flexible dieting is not really a temporary method or a short-term plan. It is a simple and effective way of tracking what you are eating and also manipulating your intake of specific nutrients to reach optimal results of muscle gain and/or fat loss. You do not have to track and weigh food for the rest of your life but, your time tracking and creating habits now will last a lifetime.


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