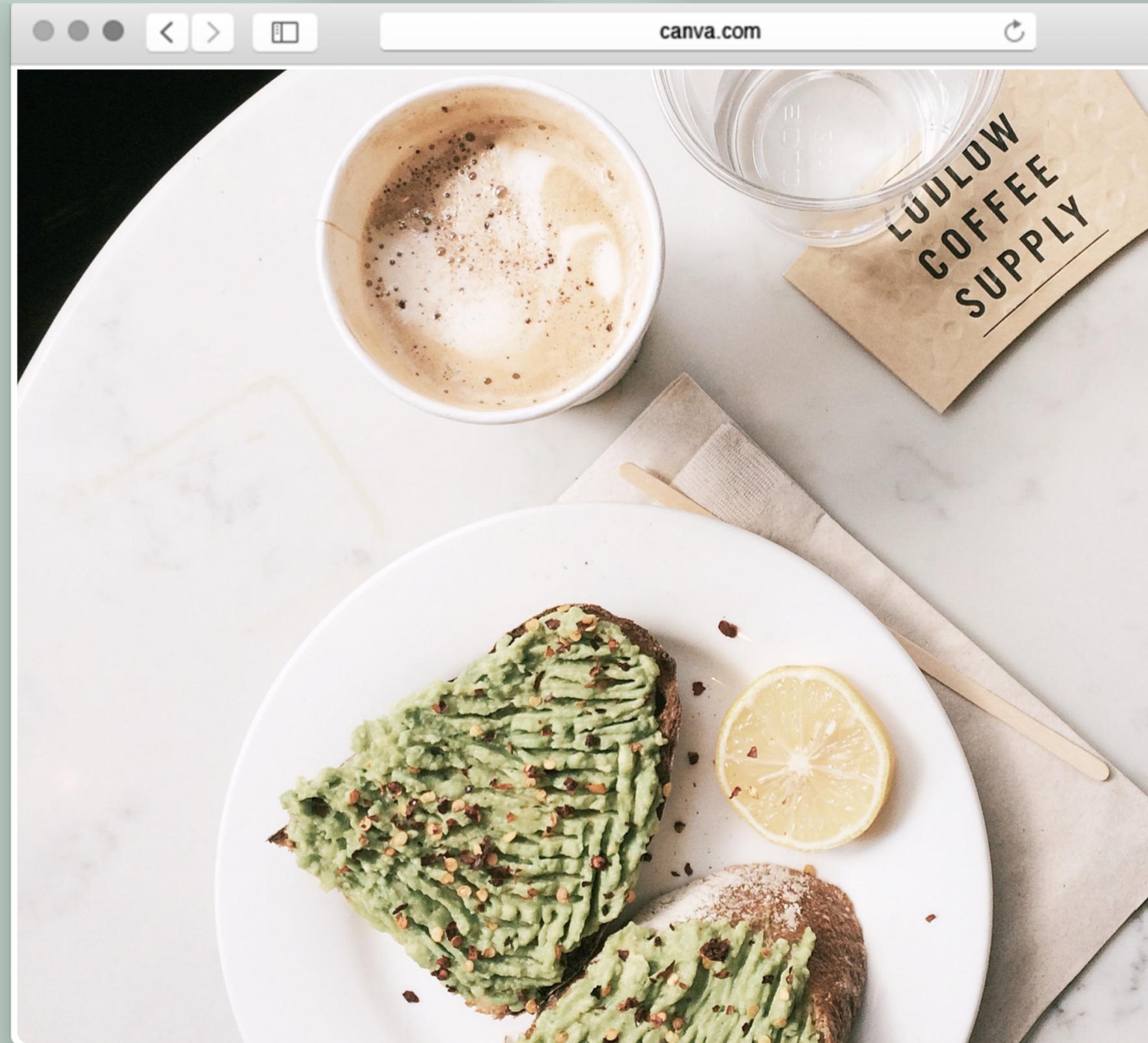


NEW YEAR, NEW BODY

The First Guide to Nutrition. Part 1



My Path to a Healthy Lifestyle

How did I come to this Healthy Lifestyle?

My path to a healthy lifestyle began in high school, but in the beginning it was very difficult because I went through both anorexia and bulimia in a mild form.

Diets : an enemy to a healthy body?

Very often we think that in order to lose weight we have to do diets and follow strict regimen.

Which is stressful for our body and after such a diet we soon gain 2-3 times more weight than before. Why? Because the body is afraid that we no longer feed it, and from all the food consumed it makes reserves (in the form of fat on our beautiful sides).

Worst of all, such measures worsen the metabolism, knock down hormones and provoke depression. Healthy eating is not only very important for staying in shape, but also for the health of your body. If you learn to love this lifestyle, your body and health will be grateful and the results will be visible throughout your life.

How much food does our body need?

What are calories and why are they so important? Calories are the energy that we need for vital processes and that we get from the food we eat. If we consume too many calories and our body does not use them during the day, we gain weight. The excess calories are stored as fat mass. Correspondingly, if we do not eat enough nutrients, less than we consume, the body starts to use up fat deposits, and we lose weight.

It is important to note that we consume calories not only when we exercise, but also when we walk, and when we exercise our brains. Energy is also needed for internal processes such as digestion, heart, lung, and other organs. Moreover, even when we sleep, our brain activity and the work of our internal organs continue, which means that energy is also consumed.



So how do you calculate the number of calories for one day based on your weight, height and lifestyle?

There is a formula for this in several steps:

01

Calculate the Basal Metabolic Rate Formula (a formula that calculates the number of calories per day we should use according to our weight, height, and gender)

Formula for men:

BMR:

18-30 years: $15,057 \times \text{Weight} + 692,2$

30-60 years: $11,472 \times \text{Weight} + 873,1$

Formula for women:

BMR:

18-30 years: $14,818 \times \text{Weight} + 486,6$

30-60 years: $8,126 \times \text{Weight} + 845,6$

PAL Расчет PAL (Physical Activity Level)

The BMR formula defines only a basic calorie level. But the body's needs depend on a person's physical activity:

02

- Sitting without exertion - 1.2.
- Exercising 1-3 times a week - 1.375.
- Exercising 3-5 days a week - 1.55.
- Intensive training 6-7 times a week - 1.725.
- Athletes who exercise more than once a day - 1.9.

TEE (Total Energy Expenditure)

$$TEE = BMR \times PAL$$

This is the amount of energy you need to maintain your weight.

03

$$TEE = BMR \times PAL$$

If you want to lose weight, you have to subtract 10% of that amount. Let's take me as an example:



Let's take me as an example:

My weight 53kg, high 168cm, 24 years old.

$$\text{BMR} = 14,818 * 53 + 486,6 = 1272$$

$$\text{Pal} = 1.55$$

$$\text{TEE} = 1272 * 1.55 = 1971.6$$

TEE is the number of calories I need to consume per day to maintain my current weight. If I want to lose weight, I must subtract 10% of this amount = 1,774 calories I must consume daily to lose weight without harming my health.

I advise you to count calories daily, this will help you understand how much food you consume on a daily basis. I suggest you to use FatSecret, for example.





PROTEIN, FATS,
CARBOHYDRATES:
WHAT THEY ARE AND
WHAT THEY ARE
RESPONSIBLE FOR

THE DISTRIBUTION OF PFC

(PROTEIN, FATS, CARBOHYDRATES SHOULD BE AS FOLLOWS)

Protein: 20%

Fats: 30%

Carbohydrates: 50%

In grams per kilogram of body weight, you should consume about 1.2-1.7 grams of protein per kilogram of body weight, 1 gram of fat per kilogram of body weight, and 3-5 grams of carbohydrates per kilogram of body weight. For weight loss, try to consume 3 g carbohydrates per 1 kg of your body weight, and for gaining muscle mass, 5 g per 1 kg of body weight.



PROTEIN : WHY DO WE NEED PROTEIN?

- 1) Muscle Structure
- 2) Structure of Hormones (Insulin)
- 3) Enzyme Level Balance (Digestive Enzymes)
- 4) Structures (Collagen, Keratin, Febrin)

Protein is especially important for those who want to build muscle mass.





Examples of Animal Proteins:

Dairy, Eggs, Meat, Fish. Some of these foods I suggest are: Cottage cheese (1-5%), egg whites, chicken breast, tuna, sea bream, cod.

Plant Proteins:

Beans, Lentils, Quinoa, Nuts, Green vegetables.

FAT :

FAT IS AN ORGANIC SUBSTANCE AND A CONCENTRATED SOURCE OF CALORIES. IT CONTAINS TWICE AS MUCH ENERGY AS CARBOHYDRATES AND PROTEINS.

There is an opinion that fats are a source of problems for our figure. But it depends on the type of fat, as many of the fats are vital to our bodies.

Fats are divided into two types: saturated and unsaturated. They differ in their chemical structure and their effect on the body. Saturated fats increase cholesterol levels, increasing the risk of cardiovascular disease. Unsaturated fats, on the other hand, lower blood cholesterol levels.



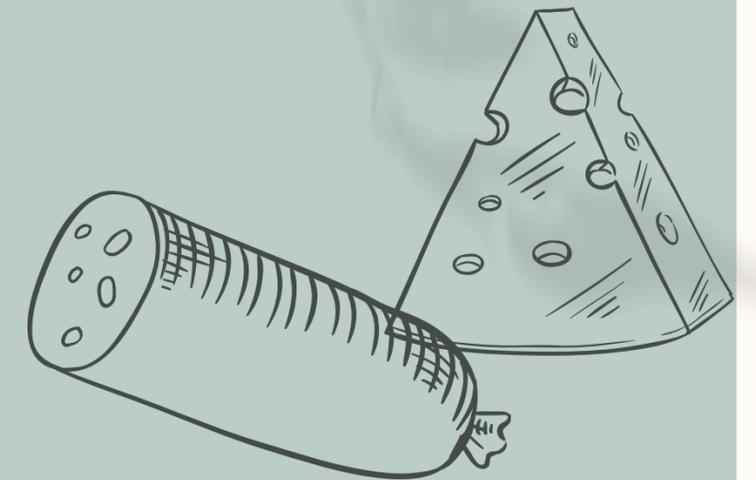
Unsaturated (Useful) Fats:

Avocados, almonds, pistachios, hazelnuts, olive oil, red oil, mustard oil, oily fish (omega-3 and omega-6), soybean, sunflower and linseed oils, caviar, eggs, pine nuts and walnuts, grape seeds, sesame.



Saturated (Unhealthy) Fats:

Dairy products, butter, cheese, meat, sausage products, palm and coconut oil.



CARBOHYDRATES :

CARBOHYDRATES ARE THE BODY'S MAIN SOURCE OF ENERGY.

Carbohydrates are necessary for our body, but in their excess, we gain weight because if we do not use this "fuel", it is deposited in the form of subcutaneous fat, especially on the belly.

There are two types of carbohydrates: simple and complex. In our diet, we should consume more complex carbohydrates, because they are more slowly digested and give us energy for a longer period of time and we do not want to eat for much longer than simple carbohydrates. Simple carbohydrates, on the contrary, cause an appetite.

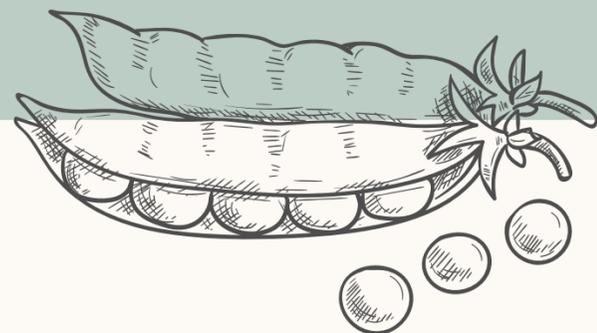




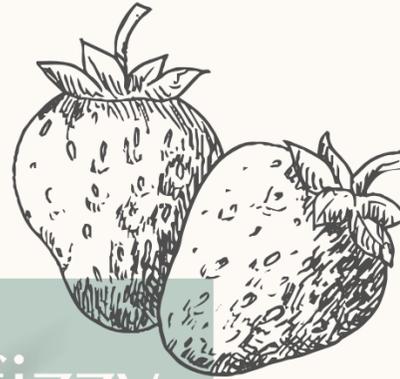
Complex carbohydrates Food List

- Various whole wheat cereals
- Durum wheat pasta
- Green vegetables
- Brown rice
- Beans and other legumes

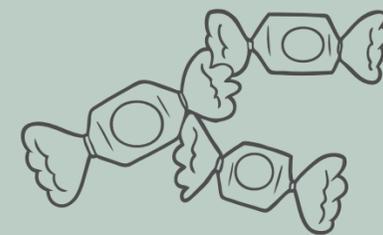
The healthiest carbohydrates are complex carbohydrates from vegetables and other plants that have undergone moderate heat treatment. Then there are various grains, whole-grain cereals, and fruits that contain a lot of dietary fiber.



Simple Carbohydrates Food List



- Sugar (including honey, fizzy drinks, and fruit juices)
- Jams, marmalades, and other sweets
- Bread and pastries of all kinds made of white flour
- Most sugary fruits
- White rice



BALANCE OF WATER IN OUR BODY

Our bodies consist of 60-65% water. We often confuse hunger with thirst and therefore over eat.

The formula for knowing how much water your body needs is:
Your Weight * 0.03 = the amount of water in liters.

It is important to understand that juice, coffee, tea and other products do not count towards our water intake. We need water in its pure form, because, for example, tea and coffee are dehydrating, and juices have a lot of sugar.

To activate the metabolism, I suggest you drink a glass of warm water on an empty stomach every morning!





BREAKFAST, LUNCH
AND DINNER:
HOW TO DISTRIBUTE
CALORIES AND WHAT
TO CONSUME?

BREAKFAST :

BREAKFAST IS THE MOST IMPORTANT MEAL.

We need it to start our body and fill it with energy for the whole day. If you suddenly feel like eating a piece of chocolate or something unhealthy, it is better to eat it in the morning because then you consume calories all day long. What you need for breakfast: Carbohydrates, Protein, and Fats. Breakfast should be rich, so you won't want to eat too much in the evening.



EXAMPLES OF A HEALTHY BREAKFAST:

Salty:

- 1) Toast of black bread with avocado, salmon and a boiled egg
- 2) Scrambled eggs, 2 eggs, 1 egg and 1 egg white with a piece of cheese and salmon



Sweet



- 1) Oatmeal on water, banana, handful of nuts.
- 2) 1-5% fat cottage cheese with banana or other fruit, cinnamon and a handful of nuts
- 3) Banana Pancakes without eggs and flour (2 bananas, 1 cup almond milk, 2 Tbsp protein powder (or coconut flour), 1/2 teaspoon baking powder, cinnamon=whisk everything in a blender and cook on low heat)

LUNCH :

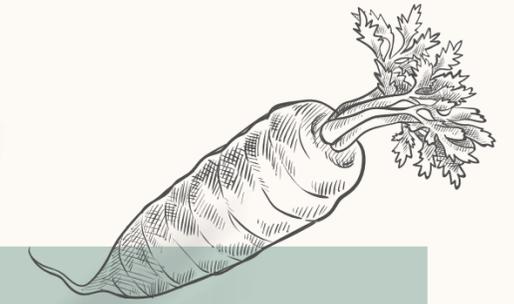
WE ALREADY NEED FEWER CARBOHYDRATES AND FATS AT LUNCH THAN AT BREAKFAST.

The importance of a hot, healthy lunch in good nutrition has been proven by nutrition science around the world. The habit of snacking on fast food or sweet tea and sandwiches at the end of the day generates a voracious appetite and a desire to eat more at dinner.

But that's not what matters. The absence of a normal, nutritious meal at lunchtime is a great stressor for the body.



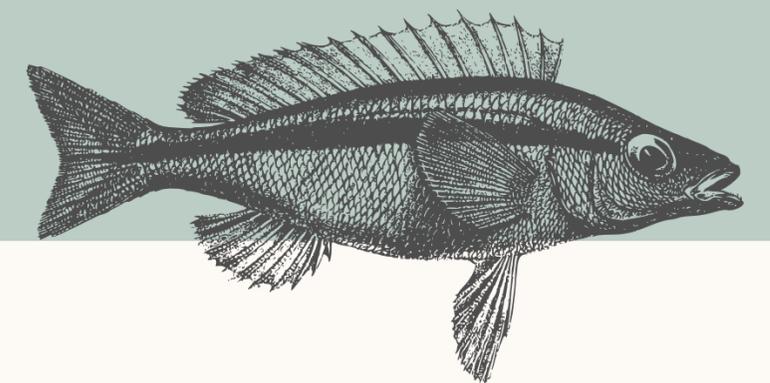
EXAMPLES OF A HEALTHY LUNCH:



- 1) Chicken broth with hard noodles, salad with greens and tomatoes and chicken breast
- 2) Baked pumpkin with mushrooms, quinoa, and a piece of chicken/fish
- 3) Salad with lettuce, avocado, tomatoes, tuna, and beansmushrooms.



- 4) Baked fish with brown rice and stewed mushrooms
- 5) Stewed chicken breast in coconut milk, with roasted zucchini and eggplant



DINNER :

IN THE EVENING WE NEED MUCH LESS ENERGY BECAUSE WE WILL BE LESS ACTIVE, SO WE NEED TO REDUCE THE AMOUNT OF FATS AND CARBOHYDRATES, AND LEAVE THE PROTEINS.

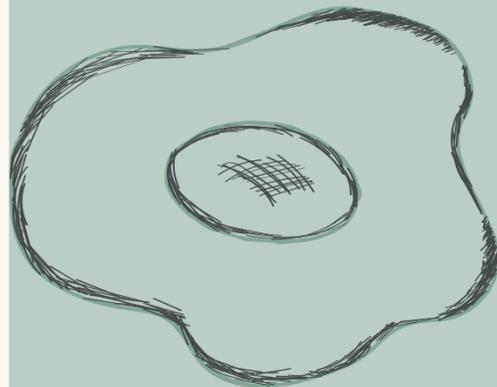
It is very important that dinner be over 3 hours before bedtime. Because food does not have time to be digested if you eat right before bedtime and we spend much less energy, and is deposited through fatty subcutaneous compartments.





EXAMPLES OF A HEALTHY DINNER:

- 1) An omelet of 3 whites, spinach and tuna
- 2) Boiled chicken breast, lettuce or green vegetables
- 3) Boiled lentils with egg and soy sauce



4) Stewed white fish in coconut milk with zucchini and pineapple

5) 1-5% fat cottage cheese with cinnamon, sugar-free applesauce and baked apple

You will find many new healthy and delicious recipes on my blog and in my next guides.





SNACK!

DO NOT STARVE FOR TOO LONG,
OTHERWISE YOU WILL OVEREAT DURING THE
MAIN MEALS. IT IS BETTER TO EAT SMALL
PORTIONS, BUT MORE OFTEN.



BUT! It's important to get your snack right!

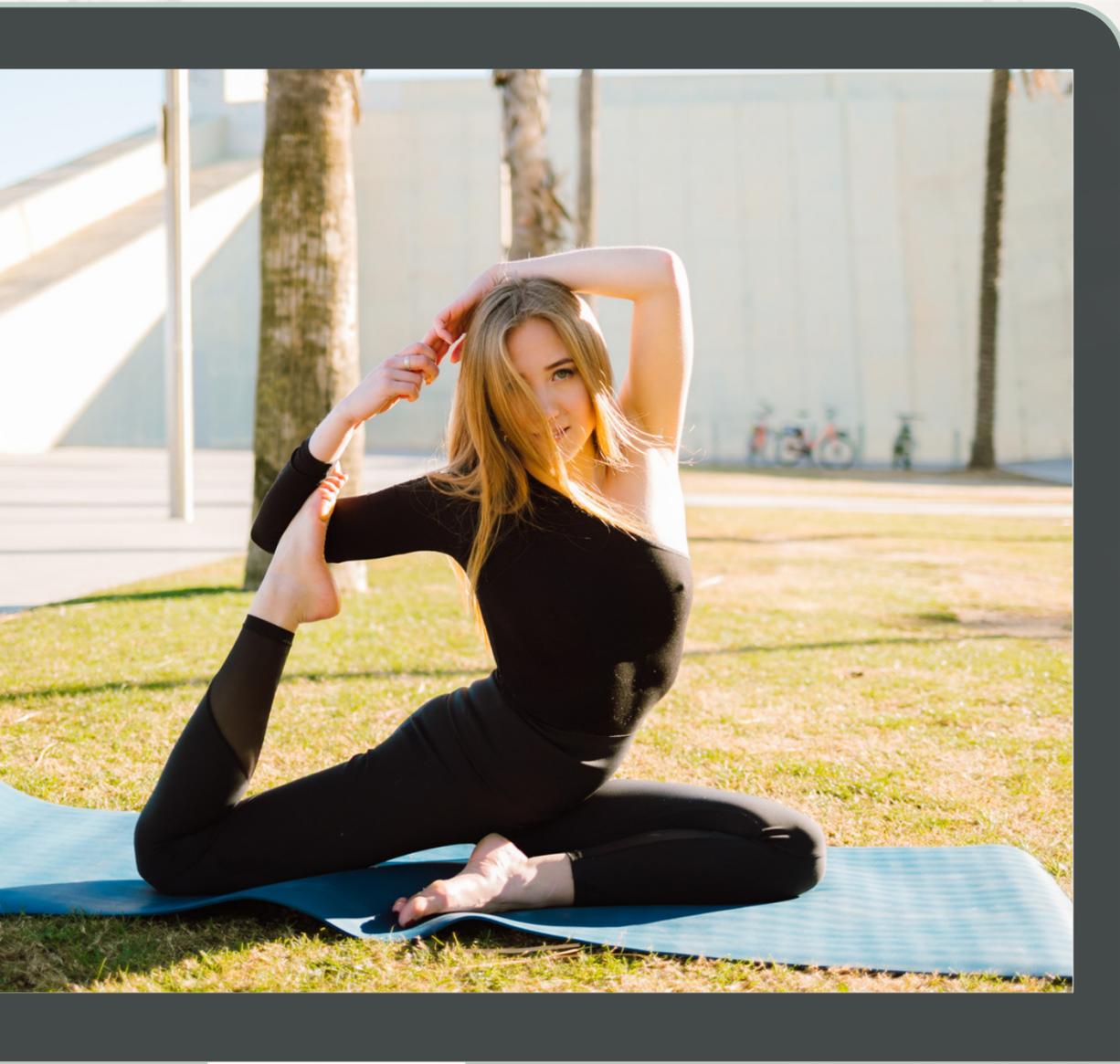
Examples of healthy snacks:

- 1) A handful of nuts and/or dried fruit
- 2) Rye bread with tuna and avocado.
- 3) Boiled Eggs.
- 4) Carrots with homemade hummus
- 5) Unsweetened yogurt with fruit and cinnamon
- 6) 100g cottage cheese with half a banana

SO WHAT IS NEXT?

In conclusion of this introductory guide to the world of a new body, I want to note that a Healthy Lifestyle is not only nutrition, but also sports, without which your body will not get a beautiful shape and you will not achieve the desired result, as well as giving up bad habits such as smoking and alcohol. As well as proper sleep and stress reduction.





I will tell you more about these in the following guides and will help you to get rid of excess weight, gain muscle mass, and love yourself, both inside and out.

It is important to understand that each person needs an individual approach and the right nutrition and exercise program. You should enjoy the process of improving your body and inner attitude. After all, our outer appearance reflects our inner state.

I ALSO DO INDIVIDUAL
CONSULTATIONS AND
HELP YOU FIND THE
MOST PLEASANT AND
EFFECTIVE PROGRAM OF
NUTRITION AND
EXERCISE.

ON MY BLOG YOU WILL
FIND MANY YOGA AND
DANCE EXERCISES, AS
WELL AS ONLINE
CLASSES.





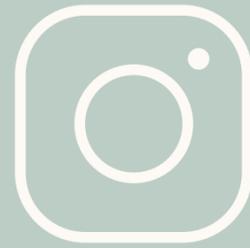
It is very important for me to know that this guide was useful to you, send comments, tag me in your posts, because it will show me that I have to continue to give you useful information and share knowledge!

Happy New Year 2021 to all!

Achieve all your goals, because all obstacles are only in your head!



HOW TO FIND ME?



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