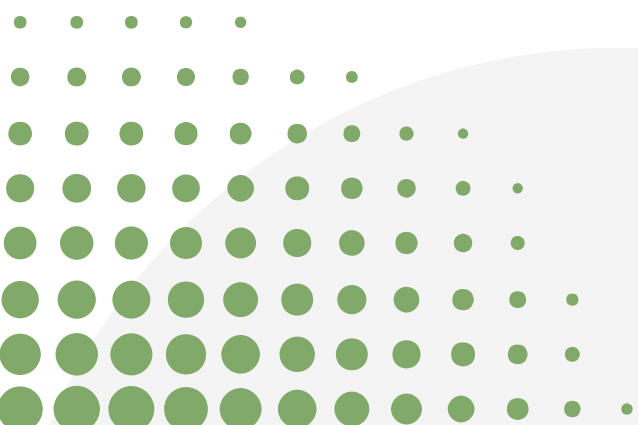


Healthy Balanced Diet

The Ultimate Guide

Healthy Living Kickstart





The foods you choose make difference

- You are what you eat





What is the Ultimate Guide?

Feast your eyes on The Ultimate Guide to unlocking the secrets of a tip-top balanced diet!


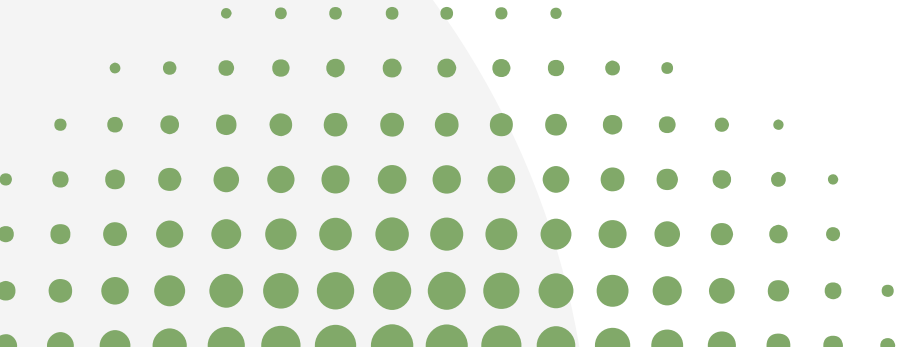
It lays out a delicious roadmap of what foods and drinks to enjoy and how often – your tasty guide to a balanced diet!





What are the benefits of eating well?

A deliciously balanced and wholesome diet serves up:

- the fuel to power through your day with a skip in your step
 - essential building blocks for growth and fixing up your bod
 - the secret sauce to keep you tough and in tip-top shape
 - a shield against diet-related villains like sneaky cancers
- 
- 



What are the 5 Main Groups?

01

Fruit and vegetables

02

Bread, rice, pasta, potatoes, and other starchy carbohydrates

03

Meat, fish, eggs, beans, and other proteins

04

Milk, dairy products, and alternatives

05

Oils and spreads



What else?

A healthy balanced diet also includes

- Quench your thirst with some H₂O and other fun drinks
- Enjoy snacks with a sprinkle of fat, salt, and sugar (in moderation, of course)



Who should use this healthy diet guide?

It applies to most individuals, regardless of their

- Weight
- Dietary restrictions or preferences
- Ethnic origin

** Exception is for babies (young children under 2) since they have a different diet.*





When do you need this guide?

Make wiser decisions with this guide whenever you're in a pickle!

- Brainstorming a feast
- Mastering the art of home cooking
- Conquering the grocery store
- Dining out or grabbing a quick bite



Why do you need this guide?

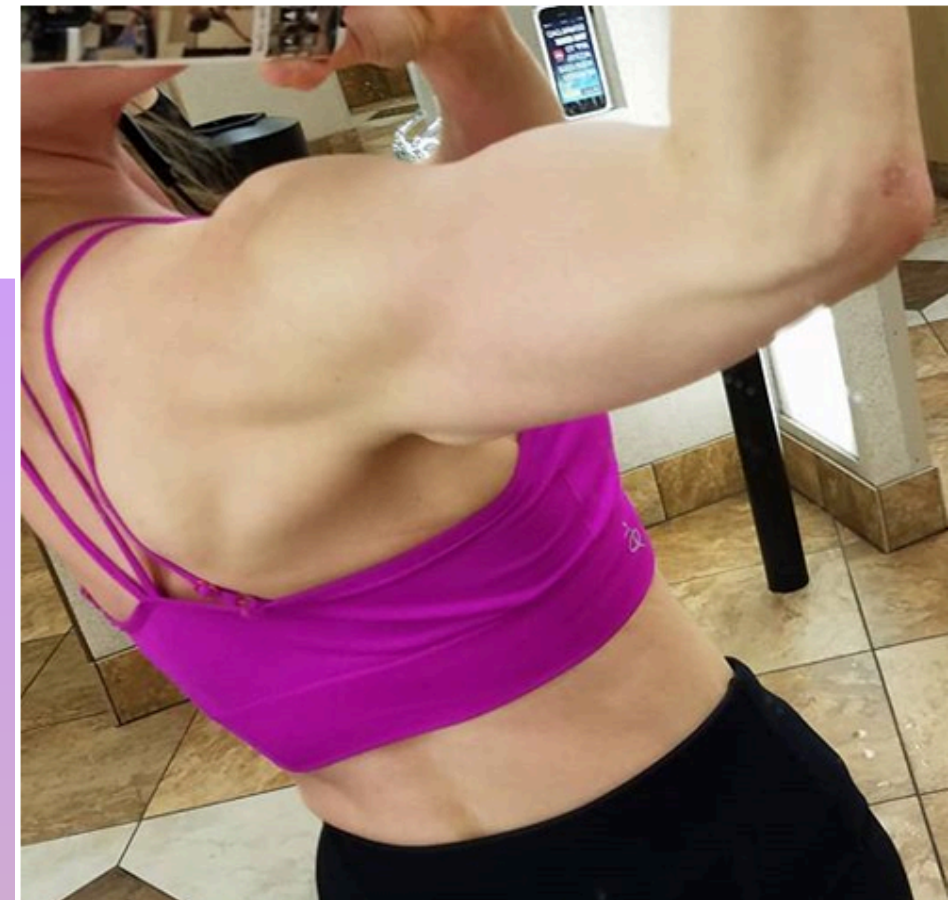
Feeding ourselves a scrumptious balanced diet and getting our groove on with some exercise will keep us feeling fab and fend off those pesky bugs.

Skimping on key nutrients like vitamins A, B, C, and E, and minerals like zinc, iron, and selenium, could give our immune system a serious case of the blues.



**You're on a roll, all fired up
and ready to crush those new
goals!**

what's next?





Let's jazz it up and serve you some real-deal info so you can kickstart this transformation like a boss! Here's a neat list of top-notch food choices in each major nutrient category – think of these as the ultimate squad for your meals. We've got Carbs (the cool kids like grains, bread, veggies, and fruits), Proteins, and Fats.

Good Sources of Protein:

- Eggs - An excellent ratio is to have 1 whole egg for every 3 whites.
- Liquid Egg Whites - These are a convenient option for increasing your protein content without wasting egg yolks.
- Skinless Chicken Breast or Cutlets - Lean, inexpensive, high quality protein; staple of every diet.
- Lean Turkey Mince- Lean high quality protein. Best option is lean turkey breast. Turkey thigh is also okay here, but the fat content will be higher so be sure to account for this in your daily calorie budget.
- Top Round Steak-Lean cut of meat. Has more fat than chicken but great source of meat. Definitely something you want to have in the off-season and can be eaten while dieting in moderation.
- Filet Mignon-Tasty lean cut of meat. Expensive but worth it every once in a while.
- Bison Meat-Lean red meat and a healthy alternative to beef.

- Flounder-Inexpensive lean fish.
- Cod
- Pollock
- Wild Salmon-Healthy fatty fish. Wild caught salmon is more expensive, but worth the purchase to avoid excess mercury and calories. The Omega -3 to 6 ratios are much better in wild caught salmon as well.
- Canned Tuna - choose ones packed in water, not oil. Choose Skipjack tuna to avoid excess mercury levels.
- Bacon Medallions - a lean meat, choosing Nitrate-free options is always a better choice.
- Turkey Bacon - Leaner but contains some additives.
- 5% Lean Beef Mince
- Nitrate-free Deli meat - be aware of the high sodium content and limit these foods in the diet.
- Cottage Cheese—Slow digesting form of protein. Great for having when you have to go a long time in-between meals and also excellent to have before bed.
- Pork Tenderloin
- Wild Sea Bass
- Wild Swordfish

Protein To AVOID or to limit to the occasional treat:



- **Chicken with skin-on:** The skin just adds extra fat that you don't need.
- **Breaded and/or Fried Chicken:** The bread crumbs adds simple carbs and frying adds trans-fats that you want to avoid in your diet.
- **Deli Meat:** Deli meats are quite processed, containing a lot of sodium and preservatives, like nitrates and nitrites. These chemical compounds have been associated as contributors to various cancers.
- **Bacon:** Very high in fats. For the bacon lovers, it can be an okay food for the occasional treat. Purchase nitrate-free if possible.
- **Farmed Fish:** Have a poor omega-3s to omega-6 ratio compared to the wild fish and higher amounts of harmful mercury.
- **Fatty Ground Beef:** Any ground beef that is higher than 15% is not beneficial for cardiovascular and cholesterol health. They do make tasty burgers or meatballs but that amount of fat is just too high to have on a regular basis.
- **Fatty Cuts of Red Meat:** If the steak is full of marbling, avoid. If you can trim any outside fat and the inside is red without much marbling, than it will be lower in fats.



Good Sources Of Carbohydrates

- **Oatmeal:** Old: Fashioned Oats (slow-cooking), NOT the quick oats. Quick oats are a simple carb and will raise your blood sugar.
- **Steel Cut Oats:** Slow digesting carb.
- **Brown Rice:** slow digesting carbohydrate.
- **White Rice:** This is a faster digesting carb! Enjoy this carbohydrate source as your pre and post workout meals, but stick with a slower digesting carb such as brown rice for the rest of your meals. Cream of Rice and Cream Of Wheat are both quick digesting carbs. Like white rice, keep these foods for breakfast or pre and post workout.

Good Sources Of Carbohydrates

- **Quinoa:** packed with protein, fiber and various vitamins and minerals, gluten-free
- **Whole Wheat Breads/Sourdough breads:** A good sourdough whole wheat/whole meal variety
- **Barley, bran, whole grains**

Good Sources Of Carbohydrates

- **Fruit:** All fruits are great choices!
 - Fruits contain fiber, vitamins and minerals, but some are lower in sugar and carbs and so are more ideal for those with fat-loss goals
 - Fruits like **blueberries, raspberries, blackberries and strawberries** are all very high in anti-oxidants as well.

- Choose a banana for a pre and post-workout superstar.
- High in potassium (wonderful for muscle contractions) and because of the fast acting sugars, will support your exercise activities. Potassium is a mineral that, once inside the body, operates as an electrolyte and becomes essential to the maintenance of proper neural and muscle function.
- Bananas also give you magnesium and calcium. That's three out of four nutrients you need to ease muscle cramps tucked under that yellow peel. No wonder bananas are a popular, quick choice for cramp relief. Like bananas, sweet potatoes give you potassium, calcium, and magnesium.

Good Sources Of Carbohydrates

- **Vegetables:** Vegetables are an all around excellent
- Choose a balance of both fibrous and starchy vegetables in a large variety of colors. Eat the rainbow!
- For fat loss benefits, you may benefit from choosing mostly the fibrous type vegetables in your meals (all leafy green vegetables, zucchini, tomatoes, cauliflower, broccoli, green beans, etc)

- Keep the starchy veg (potatoes) to mornings and before and after your workouts (when your body needs the simple carbohydrates). ALL vegetables are an excellent source of fiber, vitamins and important micro-nutrients, so try to have some in almost every meal.
- **Sweet Potatoes/Yams:** A delicious and slow digesting carb. Chock full of potassium, calcium, and magnesium.

Carbohydrates to enjoy as an OCCASIONAL treat

- Say "no thanks" to white bread, pastries, and sugary cereals that send your energy on a rollercoaster ride!
 - These refined carbohydrates are low in fiber and create a sugar spike and drop in your blood sugar - which leads to energy dips, cravings for more sugar, and fat storage!!

- Candy is basically a sugar bomb, way over the daily limit. Brace yourself for a rollercoaster of sugar rush, crash, and non-stop cravings for more junk food.
- Chips, on the other hand, are a party of both carbs and bad fats, ready to send you on the same wild ride of sugar spikes, crashes, and relentless junk food hankerings.

- Cereal: Most cereals today are loaded with sugar.
 - Opt for oatmeal jazzed up with fresh berries, dollop of greek yogurt and a sprinkle of cinnamon. For an extra punch, mix in some protein powder to start your day like a champ.
 - Nut based, no sugar added granolas are good options too - Keep an eye on those sneaky calorie-packed granolas though!

Carbohydrates to enjoy as an OCCASIONAL treat

**A culinary waltz -
timing and pairings are
the recipe for success!!**



Carbohydrates to enjoy as an OCCASIONAL treat

- It's like a magical food dance - timing and combinations are the secret ingredients! Start with veggies, proteins, and good fats before sliding into that sweet carb treat. This trick helps keep your blood sugar rollercoaster in check.

- Oh, and don't forget to groove with a walk or some exercise before and after indulging. It's the dance move that can turn a sugar rush into a smooth blood sugar groove!

A glass bottle of olive oil is tilted, pouring a thick stream of golden-yellow oil into a small, dark-colored dish. The background is softly blurred, showing what appears to be a window with greenery outside. The overall lighting is warm and natural.

Good Sources Of Fats

Extra Virgin Olive Oil – the rockstar of cooking oils, the MVP of your kitchen! Only go for the dark bottles to shield it from light (nobody wants oxidized oil, yikes!).

A glass bottle of olive oil is tilted, pouring a thick stream of golden-yellow oil into a small, dark-colored dish. The background is softly blurred, showing what appears to be a window with greenery outside. The overall lighting is warm and natural. There are decorative olive branch graphics in the top right and bottom right corners. A small, colorful, multi-colored light effect is visible in the bottom right corner.

Extra Virgin Olive Oil

Packed with polyphenols, this oil is like a superhero for your heart, swooping in to tackle high blood pressure, sugar levels, and pesky cholesterol.

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Extra Virgin Olive Oil

Not just a one-trick pony, this oil fights inflammation, keeps your blood vessels happy, and even plays bodyguard for your LDL (bad) cholesterol.



Extra Virgin Olive Oil

It's like a smooth operator, sliding in to lower blood pressure and keep blood clots at bay, all while being a powerhouse of antioxidants and monounsaturated fats.

A glass bottle of olive oil is tilted, pouring a thick stream of golden-yellow oil into a small, dark-colored dish. The background is softly blurred, showing what appears to be a window with greenery outside. The overall lighting is warm and natural.

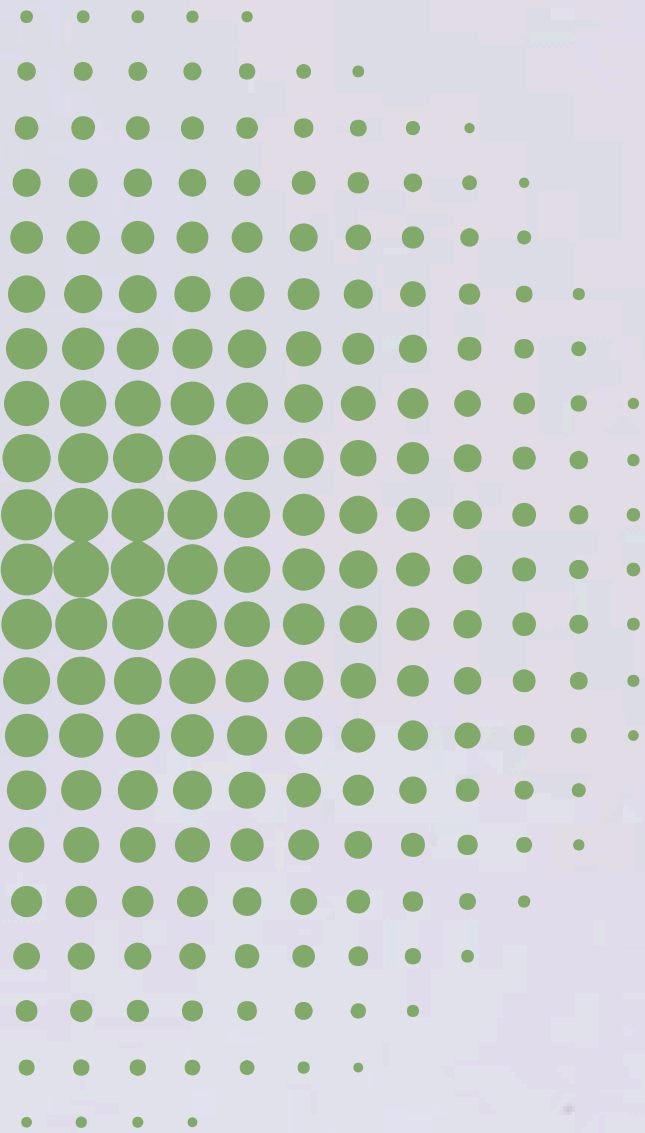
Extra Virgin Olive Oil

Plus, it's serving up a platter of vitamins E and K, ready to boost your antioxidant game and keep your bones, blood, and heart in top form.

Good Sources Of Fats

Avocados are the rockstars of the fruit gang! Filled to the brim with healthy fats, vitamin E, and folate, these green powerhouses are the fiber kings of the fruit kingdom. And let's not forget their entourage of essential minerals - iron, copper, and potassium - they're the real MVPs!

Good Sources Of Fats



Fish Oil - the ultimate hero of healthy fats! Packed with Omega-3 goodness, it's like a soothing balm for inflammation, a knight in shining armor for arthritis pain, a guardian for strong bones, and a cheerleader for your immune system. Dive into a sea of health benefits with this liquid gold!

Good Sources Of Fats

Coconut Oil - Virgin coconut oil is deemed to be higher quality than refined coconut oil and is said to be richer in antioxidant polyphenols as well as nutrients like vitamin E.

- Flaxseeds
- Chia seeds
- Almond Butter/Natural Peanut Butter/Cashew Butter: Great source of fat and some protein.
- Almonds
- Pepitas (pumpkin seeds)
- Pecans
- Walnuts
- Cashews
- Pistachios
- Macadamia nuts
- Seed mixes

Fats to AVOID or limit to the occasional treat

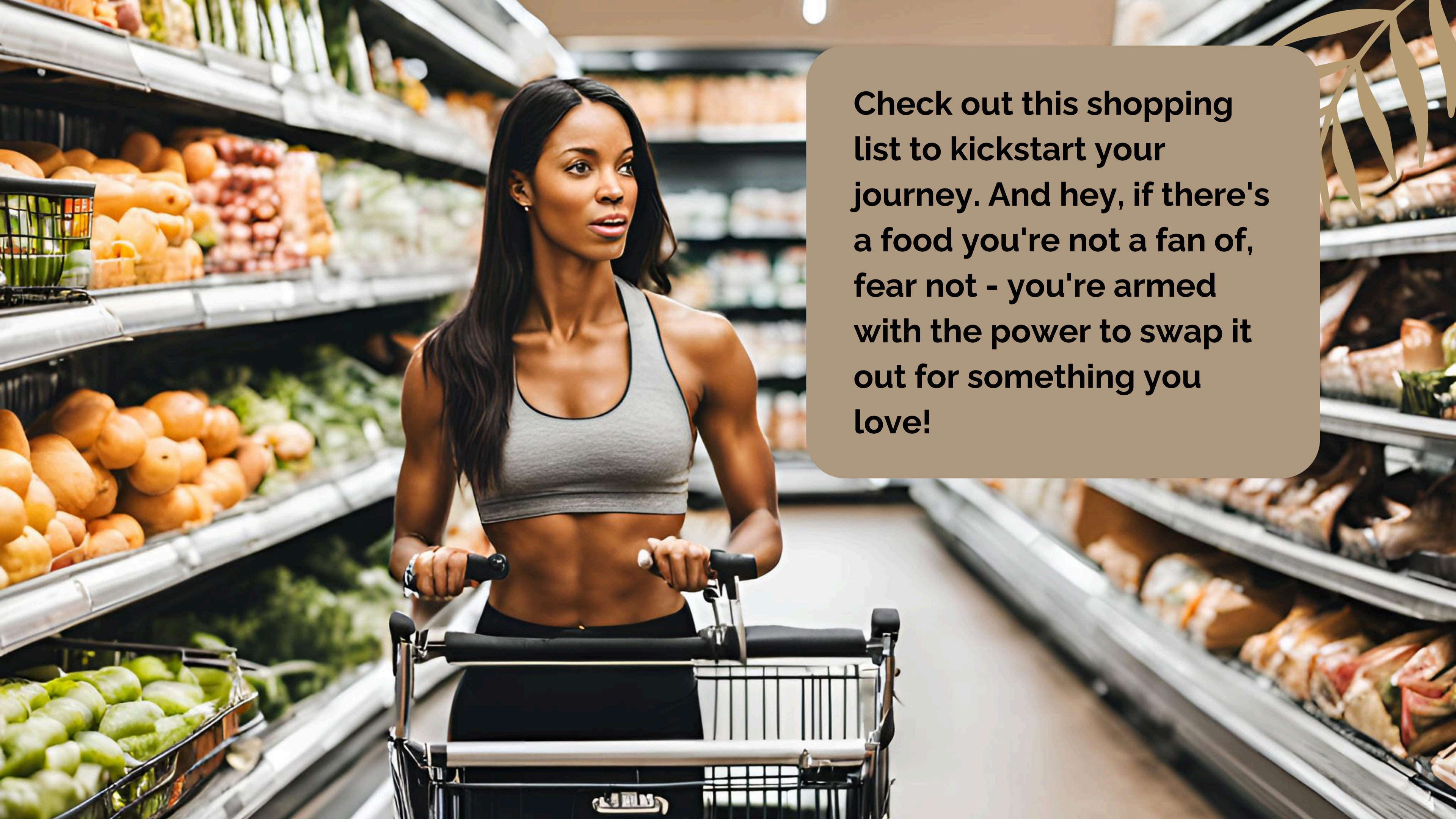
- Any Fried Foods
- Margarine:
 - Is made from partially hydrogenated vegetable oil since the invention of hydrogenation.
 - Partially hydrogenated fats, unfortunately, cause artificial trans fats that have serious health consequences.
 - Your risk of heart disease, death as a result of heart disease, heart attack, and stroke is increased by trans fats.

- Vegetable Shortening:**
- Shortening has been made from partially hydrogenated vegetable oil since the invention of hydrogenation.
 - Partially hydrogenated fats, unfortunately, are artificial trans fats that have serious health consequences. Your risk of heart disease, death as a result of heart disease, heart attack, and stroke is increased by trans fats.



**Now that are
armed with good
nutrition
knowledge, you
now know how to
separate the facts
from the fiction
and choose the
BEST foods that
will benefit your
health, vitality
and goals.**

**It's time to raid
the grocery
store for the
ultimate
health-boosting
goodies!**



Check out this shopping list to kickstart your journey. And hey, if there's a food you're not a fan of, fear not - you're armed with the power to swap it out for something you love!

PROTEINS

- Get ready to up your protein game with an all-star lineup:
- Eggs,
- egg whites,
- chicken breast,
- turkey mince, and
- cottage cheese are the MVPs!
- **Don't forget about 5% Fat Greek Yogurt!**
- **Lentil Pasta**
- **Black Bean Spaghetti**
- **Lentil Rice**

Surprisingly, a recent study revealed that certain saturated fat-rich foods like full-fat dairy, dark chocolate, and unprocessed meat don't play games with your heart health.

In fact, full-fat dairy could be your wingman in the battle against type 2 diabetes and heart disease, while also boosting those bones. So, don't kick it to the curb just because of its saturated fat status; a little bit of the good stuff is actually beneficial. Research shows a strong link between full-fat dairy and maintaining a trimmer figure, suggesting that whole milk can be a winning player in your balanced diet, helping you stay in the healthy weight zone.

CARBS

- Carbs
- Old Fashioned Oats
- Sweet Potatoes
- Brown Rice
- White Potatoes
- White Rice
- Whole grain pasta

FRUIT

- Apples
- Blueberries
- Raspberries
- Bananas
- Lemons and Limes
- Frozen mixed berries
- Your favorites

VEGETABLES

- Broccoli
- Green Beans
- Asparagus
- Spinach
- Cabbage
- Garlic
- Onions
- Carrots
- Corn
- Veg Mixes

Choose new fruits & vegetables as often as you can!

FATS

Fats

- Extra Virgin Olive Oil in dark bottle
- Fish Oil/Cod Liver Oil—You can get the pill form if you like
- Almonds, mixed nuts & seeds
- Chia & ground Flax Seeds
- Natural Peanut Butter, Almond butter
- Avocado
- Cheeses (eat in moderation)
- Butter (eaten in moderation)
- Avocados




The Final Scoop

These foods are a great start to a healthy diet. It is not an exhaustive list and should not be used as a list every week. It is important to add variety to your diet, so choose a rainbow of colours with vegetables and fruits and choose different lean protein and dairy sources.



The Final Scoop

Feast on the nutritious delights listed in the previous pages, dance with a rainbow of fruits and veggies, and spice things up with various lean proteins and dairy. Remember, a sprinkle of treats now and then won't hurt - it's all about that delicious balance! So, savor the healthy eats, watch those calories, get creative with meal swaps, and stay committed for a happy, healthy you!



When you eat a nutrient rich diet for most of your meals, there is room for the occasional sweet treat or salty fun food. Life is meant to enjoy and it's all about balance.



Thank You

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For more information, please check out our
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 | www.musclebound.uk