



# SILK FITNESS THERAPY

NUTRITION – THE BASICS

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# CALORIES & ENERGY BALANCE

What is a calorie?

It's a unit of measurement for **energy**.

1 calories is the amount of energy it takes to heat up 1g of water by 1°C

We usually use Kilocalories or Calories (1kcal is 1,000 calories)

What is energy balance?

This is the equation of calories in vs calories out (or **CICO** for short).

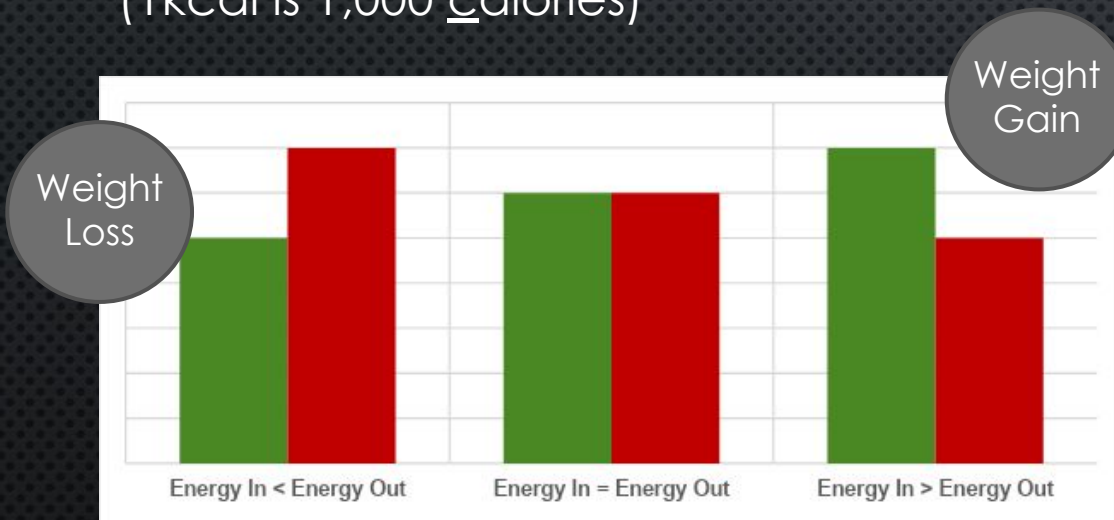
If energy in is greater than energy out this results in **weight gain**.

If energy in is less than energy out this results in **weight loss**.

When they are equal that that results in **weight maintenance**.

Calories in = everything you eat and drink

Calories out = basal metabolic rate (energy for vital bodily functions in a rested state), all movement and activity (including exercise) and the energy to digest what you eat





# CARBOHYDRATES

What are carbohydrates?

Another of the main **macronutrients** that make up our diet. The main types are sugars, starches and fibre. They are usually broken down to their simplest form: **glucose**. While technically not essential for life, they are required for **optimal health** and **optimal performance**.

Common sources of carbs include; vegetables, fruit, beans, grains, potatoes, pasta, bread and sugar. 1g of carbohydrate has 4kcal.

Why are they important?

They're the main source of energy for all living things.

While sugar is often demonised, there is no reason to cut specific foods or food groups from your diet (unless for reasons such as an allergy). It's fine in moderation. Fibre is very important for **digestive health**, so cutting all carbs can be a negative in this case.

Depending on your goals the optimal requirement ranges from 1g per kg of bodyweight up to 10g. For a personal recommendation contact the gym.



# FATS

## What are dietary fats?

The last main **macronutrient** in our diet. These include both essential and non-essential fatty-acids (FAs). The FA types are; saturated, mono-unsaturated, poly-unsaturated and trans fats. Dietary fats are important for **health**.

Common sources of fat include; meat, fish, dairy, eggs, avocado, oils, nuts, seeds and butter. 1g of fat has 9kcal.

## Why are they important?

Fat is essential for many key functions within our bodies, including the production of hormones, immune function and cell structure. For performance it's also a fuel source for energy and helps recovery.

The "perfect" fat to carbs ratio is often debated online. However, research has shown for fat loss it's down to personal preference and a plan you can adhere to. As long as total calories and protein is matched how you split fat and carbs doesn't matter.

Depending on your goals the minimum amount of fat in your diet would be 15% of your daily energy intake. The optimal range would be between 15-45%.



# MICRONUTRIENTS

What are they?

Micronutrients, in contrast to macronutrients, are only required in small amounts. There are two types of micronutrient; **vitamins and minerals**.

You then have two types of vitamins; fat soluble (A, D, E & K) and water soluble (B & C).

Why are they important?

We need a range of micronutrients to **avoid deficiencies**. Common symptoms of these across a range of vitamins and minerals include; fatigue, muscle weakness, reduced immune function, headaches, dizziness and weakened bones.

*If you think you are deficient you should contact your doctor who can run tests to check.*

Eating a balanced and varied diet is the best way to get a broad spectrum of vitamins and minerals. Eating different colours of vegetables and fruit is great for variety. Animal products include a range too. For a personal recommendation contact the gym.



# WHAT'S THE BEST DIET?

It Depends!

There isn't a "best" diet that works for everyone. We all have different goals, different personal tastes and preferences, different genetics...the list goes on.

For general health, a healthy balanced diet should be your focus. If aiming for weight loss then making sure your diet puts you in a calorie deficit and that you can adhere to is the number one priority. For performance, fueling your sessions and recovery is key.

Having rigid rules is shown to have negative effects, so try and include some flexibility in your plan. As noted, there is no need to cut out entire food groups, and restriction can often lead to developing a poor relationship with food and/or disordered eating patterns.

The majority of your diet, where possible, should come from minimally processed or whole foods. Think vegetables, fruit, lean meats, fish, dairy, legumes, whole grains (omit the animal products if vegetarian/vegan). Try to limit the amount of highly processed foods and refined sugars.

Need help, or want to learn more? Please get in touch.