

Chapter 2 Macros and Micros *#healthytakeaways*

“Realigning Nutrition with Intuition” Liv Kennedy

Consider

- Do I mostly eat carbs from the ‘Eat Most’, ‘Eat Some’ or ‘Eat Least’ list? How can I adjust my diet to eat more carbs from the ‘Eat Most’ list and less carbs from the ‘Eat Least’ list?

- Do I mostly eat fats from the ‘Eat Most’, ‘Eat Some’ or ‘Eat Least’ list? How can I adjust my diet to eat more fats from the ‘Eat Most’ list and less fats from the ‘Eat Least’ list?

- Do I mostly eat protein from the ‘Eat Most’, ‘Eat Some’ or ‘Eat Least’ list? How can I adjust my diet to eat more protein from the ‘Eat Most’ list and less protein from the ‘Eat Least’ list?

- Add up the number of grams of protein I eat on the average day (using the list or Google the number of grams of protein in different foods). Compare this to the RDI for my weight. Am I above or below the RDI? How much? If I am below, add high-protein foods in and take low-protein foods out until I achieve the RDI.

My Nutrition Mentor

- Do I currently eat many functional foods in my daily diet? How can I include more functional foods into my diet?

- What supplements do I routinely take? Are they naturally or synthetically derived (if they do not state a natural source, it may be assumed they are synthetic)? How can I obtain these nutrients from natural sources? i.e. real food, superfoods or functional foods.

www.livsapothecary.co.nz

FB: Liv's Apothecary & Health Clinic

IG: @livsapothecary_healthclinic

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