

Basic Healthy Eating Guidelines 2019

ParkFitNZ



About the author



Hello and thank you for downloading this eBook.

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The title of this document suggests basic but in fitness we like to make things complicated, don't we? We create fancy diets to sell to the confused public promising fast results. And of course, who doesn't love that.

But research has shown that the 'fad' diets, while providing good results in the short term often lead to weight gain in excess of where we initially started leaving us worse off.

The approach outlined in this document is promote sustainable nutrition practices leading to long term success and healthy nutrition practices.

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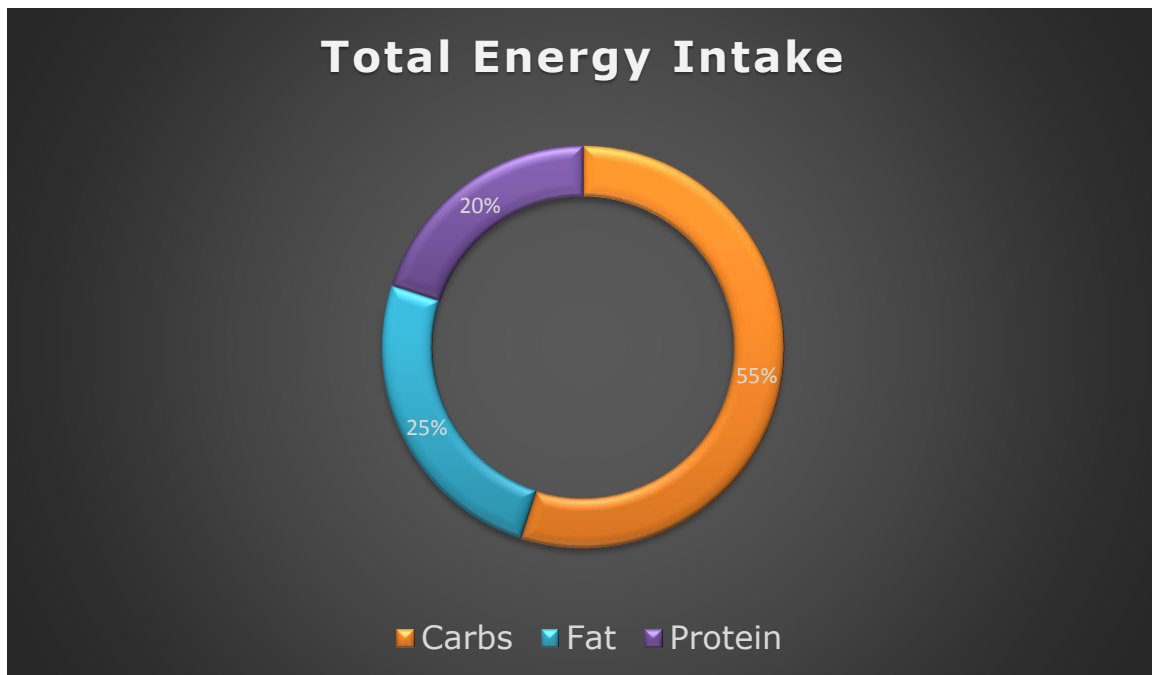
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Guidelines

Carbohydrates, Fats & Protein

The guidelines suggest an acceptable macronutrient distribution range (AMDR) is currently 45-65% of Total Energy Intake (TEI) from carbohydrates, 20-35% of TEI from fats and 15-25% from protein.



Don't get bogged down too much in the numbers above. Following a diet similar to the one outlined in this document will provide a macronutrient profile as outlined above.

So, what should I eat?

With the proliferation of so many diets, meal plans etc. on the market, it's no wonder we get confused on what (& what not) to eat.

It seems like the goalposts are always moving with what is healthy and what is not.

The information in this document has been sourced from The NZ Ministry of Health Eating and Activity Guidelines. Most Western cultures have similar nutrition guidelines based on tonnes of historic scientific data and the fact that they are like one another should suggest there is merit to following their principles.

I like these guidelines because they are simple to follow and support a balanced diet from all the major food groups supported by an active lifestyle. No need for complicated diets, meal plans or expensive supplements.

What people often find surprising are the serving sizes, they are often a lot less than we think.

Have a look for yourself and see if you are surprised by what the suggested serving sizes are.

1. Grains (6 servings per day)



- At least 6 servings every day
- Provide carbohydrates for energy; dietary fibre to assist digestion and regular bowel movements; vitamins and minerals for good health.
- Choose mostly whole grain and those naturally high in fibre
- Try to avoid overly processed white breads and rice, these have been stripped of many nutrients and beneficial fibre.

Serving Sizes & Examples:

- 2 wheat biscuits
- 1 slice wholegrain bread
- ½ cup cooked porridge or ½ cup muesli
- 1 cup cooked pasta or brown rice

2. Vegetables & Fruits (5 servings per day)



- At least 5 servings every day (3 servings of vegetables & 2 servings of fruit)
- Provide carbohydrates, fibre, vitamins and minerals. Vitamins are essential for normal growth and protection from some diseases. Minerals are important for all functions of the body
- Include them in most meals and have as a healthy snack
- Eat many different coloured vegetables and fruit

Serving Sizes & Examples:

- ½ cup cooked vegetables or ½ cup salad
- 1 medium potato or similar kumara
- 1 medium fruit, e.g. apple, pear, banana or orange
- 2 small fruits, e.g. plums, apricots, kiwifruit

3. Dairy / Cheese (2 servings per day)



- At least 2 servings every day
- Provide calcium for strong bones and teeth, and protein for growth and repair
- Choose low-fat or reduced-fat milk and milk products

Serving Sizes & Examples:

- 1 glass (250ml) of milk
- 1 small pottle of yoghurt (125 – 150g)
- 2 slices (40g) cheese

4. Legumes, Meat or Fish (2 or 1 serving(s) per day)



- At least 2 servings every day of legumes, nuts or seeds OR at least 1 serving of seafood, eggs, poultry or red meat every day
- Provide protein, vitamins and minerals. The body is easily able to absorb the iron in lean red meats, chicken and seafood
- Try to limit intake of cooked red meat to 500g or less per week

Serving Sizes & Examples:

- ¾ cup cooked dried beans, peas or lentils
- Small handful (30g) of nuts or seeds
- 1 medium fillet (100g) of cooked fish
- 1 egg
- 2 chicken drumsticks or 1 chicken leg
- 2 slices cooked meat (100g)

5. Alcohol



- The elephant in the room. Let's be honest most of us consume alcohol, right?
- The guidelines suggest for men no more than 3 standard drinks per day / 15 standard drinks per week and for women no more than 2 standard drinks per day / 10 standard drinks per week
- Regular alcohol consumption can contribute a significant number of calories to our diet. For those looking to lose weight, we can quite easily drink our recommended daily amount of calories

Serving Sizes & Examples:

- One small bottle of beer (330 ml) contains approximately 120kcal
- One standard drink of wine (100 ml) has around 84 kcal (that's a pub measure not the generous measure we pour ourselves at home)

Summary

We tend to overcomplicate nutrition and healthy eating.

The key takeaway (sorry – pun intended) is a healthy diet principally following the guidelines outlined above will result in you consuming all the macro (carbohydrates, fat & protein) and micro-nutrients (vitamins and minerals) your body needs from natural sources without the need for supplementation.

More importantly, from looking at the serving sizes – it is quite easy to see how we can over consume certain food groups thus resulting in potential weight gain.

There are instances where you may not be able to follow these guidelines (Coeliac, Diabetic etc.) in which case I would suggest consulting a registered healthcare professional if you require further assistance.

I have included a blank diet recall template where you can write down your typical food intake over a 24-hour period – why not fill this in and see if you are meeting the current nutritional guidelines?

I have also included a handy Heart Foundation food portion guide which is quite useful.

As always if you want more information or would like assistance in any way – talk to us, we are here to help.

Food portions

Using your own hand can be an easy way to check the size of your portions. When serving up for someone else, use the size of their hand.

Components of a meal



Vegetables (non-starchy)

Your two hands cupped together is a good guide for the amount of non-starchy vegetables like carrots, broccoli or cauliflower, you should include at your meal. Include more, if you can.

Tip – choose vegetables from all the colours of the rainbow. Each colour provides a different range of nutrients.



Grain foods and starchy vegetables or legumes

A portion of grain foods and starchy vegetables is the size of your closed fist. This group includes foods like potato, taro, corn, rice, green banana or a bread roll. A portion of legumes is also the size of your closed fist. Legumes include chickpeas, lentils and beans.

Tip – if you want more than one grain food or starchy vegetable in your meal, reduce the size of each one so the total portion is the size of your fist.



Fish

The whole of your hand is a good portion guide for a piece of fish.

Tip – your whole hand is about the size of one fish fillet, which is enough for a meal.



Poultry or meat

The palm of your hand is a guide for a portion of red meat, chicken or pork.

Tip – the thickness of the meat should be about the same thickness as the palm of your hand.

Snacks



Vegetables (non-starchy), fruit or nuts

A single portion of vegetables, fruit or nuts is what fits into the palm of your hand.

Tip – this is a good size for your snacks.



eat most

vegetables & fruit




eat some

grain foods & starchy vegetables



legumes, fish, seafood, eggs, poultry & meat



milk, yoghurt & cheese



healthy oils, nuts & seeds

CUT BACK ON junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats