

# The Badass Rules

NUTRITION





## Calories

Calories are quite simply units of energy. Calories come from your 3 macros nutrients: Carbohydrates, protein & fat.

## Carbohydrates

Powers the body as a source of energy. Supports healthy function of your brain and nervous system. Provides the body with fibre and aids digestion.

## Protein

Repairs and protects the body tissue and cells. Want to look "toned" and maintain a healthy, strong body? You need adequate protein. Around 0.5 gram - 1 gram per lb of body weight each day.

## Fat

Essential for the formation of cells in your body and vital for the absorption of essential vitamins. Plays a major role in blood clotting, eye sight, bone formation and kidney function. It's also a great source of energy.

## Fibre

Found within carbohydrates, fibre slows the digestion of food allowing for absorption of vitamins and minerals. It will also help you feel fuller for longer and avoid feeling bloated. 30gram per day is the recommended amount for adults

# Calories and energy balance

In the most simple terms, a calorie is a unit of energy.

In general, women burn around 2000 calories per day, men burn around 2500 calories per day. This is very much dependent on age, lifestyle and activity, but it gives you a ballpark idea.

The number of calories you burn each day is called

## TDEE (total daily energy expenditure)

You can work out how many calories you burn each day from your FitBit or Apple Watch (total calories, not active calories for Apple). Take the average of the last 2 weeks and this will give you a approximate estimate of how much you burn per day. If you don't use a watch to track activity is very simple way to calculate approximate TDEE (how many calories you burn in a day) is: bodyweight in lbs x 13.

Knowing how many calories your burn per day gives you "maintenance calories" i.e. how many calories will maintain the weight you are today.

Let's say for ease, you burn, on average 2000 cal's per day.

If you eat 2000 cal's per day your weight stays the same.

If you eat less than 2000 cal's per day your weight goes down.

If you eat more than 2000 cal's per day your weight goes up.

# Water

## Why is it so important?

- lubricates joints
- regulated temperature
- aids digestions
- transports vitamins and minerals
- major component of your blood
- removes waste
- regulates kidney funcation
- detoxifies the body



How much water  
should I drink?

Aim for 1ml per  
calorie burned  
each day.

**Think of the water in your body,  
like the oil in your car.**

**It keeps the whole system  
functioning!**