



Jules Duncan Coaching



**CARBOHYDRATES,
PROTEIN AND FAT!**



MACRONUTRIENTS



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

Carbohydrates, protein and fats are macronutrients i.e. the nutrients in our food that contribute to energy in the form of calories, remember:

Carbs = 4 calories per gram

Protein = 4 calories per gram

Fat = 9 calories per gram

Micronutrients (vitamins and minerals) are also found in food but don't themselves contribute to energy i.e. calories alone. We'll cover micronutrients, vitamins and minerals later.

This is why if we are controlling our calories overall, our number of carbs, fats and protein are controlled by default, because carbs, protein and fat, are made of energy giving calories

Why is protein important?

Protein is one of the most important factors in your nutrition for many reasons. Here are some of the awesome jobs it does:

- Preserves muscle and helps muscle tissue rebuild and repair
- Creates collagen for elasticity in the skin and hair
- Builds anti-bodies for immunity to illness and disease
- Regulates hydration

One of the most major benefits is that protein is "satiating" meaning it satisfies your appetite and makes you feel full after a meal – Super helpful for those aiming for fat loss!

Ideally we'd have a minimum of 25g of protein in each of our 3 meals plus protein in our snacks!

If you include over 100G of protein per day in your food, I can promise you will feel WAY less hungry, much more satisfied with your food and rely much less on willpower to meet your calorie goals.

Enough protein = easy calorie deficit!

High Protein Food

- Steak (beef)
- Chicken
- Tuna
- Oily Fish (sardines, salmon, trout, mackerel)
- White Fish (haddock, hake, cod)
- Mince (beef)
- Cheese
- Milk
- Cottage Cheese
- Eggs
- Kidney beans
- Lentils
- Nuts



How to add protein!

Eggs for breakfast! They will keep you feeling full until lunch!



Add whey protein to a smoothie with fruit and frozen veg! Cool, tasty and nutrient packed!

Add chicken or tuna to a salad or sandwich as they are really high in protein



How to add fibre + protein?



200g Baked Beans
7.7g Fibre
10g of protein



Jacket Potato
4.5g Fibre



100g Red lentils
6.3g Fibre
10g protein



Protein Thin Bagels
4g Fibre
8.5g Protein



75g W/wheat Pasta
8.8g fibre
9.4g Protein



Veggie Sausages
5.5g fibre
15.6g Protein