

Page Love's

Wellness, Sports, and Disordered Eating Resource Kit

Are you constantly trying to create take-away materials that support what you teach individuals or teams about healthy eating? Now you can use that time more effectively, while providing resources to help people make healthy and performance-enhancing nutritional choices.

These needs-oriented original handouts come with an area where you can add your business card to personalize each, plus space at the bottom of most for your **additional recommendations**.

Here are examples of 5-handout sets available for just \$30

Sample Set 1:

DISORDERED EATING PACKET	Fact Sheet	Work-sheet	Helpful List(s)
Body Image and Self Esteem Worksheet: Positive Self-Talk		X	
Dealing with Food, Weight & Body Image			X
Dealing with Nutrition, Body Image and Exercise Obsession		X	X
Fear of Fat	X	X	X
Top Ten Reasons Not to Weigh Yourself			X

Sample Set 2:

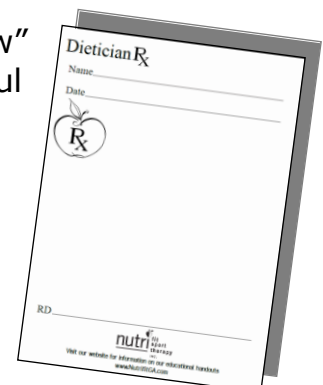
GENERAL NUTRITION PACKET	Fact Sheet	Work-sheet	Helpful List(s)
Your Guide to Grocery Shopping	X		
Key Performance Foods for Eating On the Run			X
Quick Fruit Ideas			X
Quick Vegetable ideas	X		X
Top Ten Weight Management Guidelines	X		X

Available handouts include topics in *Sports Nutrition*, *Disordered Eating*, and *General Nutrition* plus a Sports Nutrition Questionnaire and Food and Activity Journal. (Available in hard copy and in PDF format.)

Individual handouts are \$10. Choose any 5 for \$30, any 10 for \$50.

To order, visit nutrifitga.com and "CLICK HERE to order now" in the green box on the left. Check the box for Helpful Handouts, and write in which ones you want in **Comments**.

Also available is the **Dietician Prescription Pad!** It's a great way to provide clients with your recommendation about foods, supplements, or vitamins they need to purchase.



Nutrition Facts

There are so many diets, and many of their inventors are making big bucks by raising false hopes and making false claims. Any diet will cause weight loss in the short run, but most lead to cravings and binging and eventual weight *gain* – and some may even be **harmful** to your body. It's hard to sort out fact from fiction. Are carbohydrates bad? Is fat the root of evil? Here's the real story, based on nutrition science.

Carbohydrates

Why do I need them?

- They are body's **main source of energy** and help maintain blood sugar
- They are stored in the **muscles** to be used as energy between meals and snacks
- They are an important source of **fiber, B vitamins, and iron**
- They bulk up in the tummy and help us **feel full**

How much do I need?

- At least **2 servings** of carbs (grains) at each meal (**3x/day**)
- **1 serving** of carbs for a snack (**2x/day**)

What are some healthy sources of carbohydrates?

- Whole wheat grains: breads, pastas, brown rice, bagels, muffins
- Starchy vegetables: corn, peas, potatoes
- Legumes / beans: pinto, navy, black, black-eyed peas
- Pretzels, popcorn, wheat crackers



Protein

Why do I need it?

- Your body needs protein to build and repair **muscles**
- It is the building block of **major organs**



- Every **enzyme** in our body, many **hormones**, and our **antibodies** are all made of it
- It provides a feeling of **fullness**
- It is an important source of **iron, zinc, and niacin**

How much do I need?

- A **3-oz. serving** at meal time (**2x/day**)
- A **1- to 2-oz. serving** at snack time (**1-2x/day**)

What are some healthy sources of protein?

- Lean beef, pork, turkey, venison, lamb, seafood and fish
- Tofu and veggie burgers
- Peanut butter and nuts
- Eggs, milk, yogurt, cottage cheese

Fat

Why do I need it?

- Fat is an important energy source and helps to maintain our immune system
- It helps manufacture hormones like estrogen and thyroid
- It is necessary for cell growth
- It helps us feel full and adds flavor and enjoyment to foods

How much do I need?

- A minimum of **1 teaspoon of vegetable fat** per meal and snack
- Take your weight, cut it in half – that's how many fat grams to eat a day (120 lbs. = 60 grams)

What are some healthy sources of fat?

- Peanut butter and other nut butters
- Vegetable oils including olive, safflower, peanut, corn, canola

- Cheese, avocados, olives, legumes, nuts/seeds
- Mayonnaise, margarine, butter, sour cream, salad dressings
- Ice cream, cookies, candy bars, muffins, donuts, chips, crackers, croutons

