



NOURISHER

Your Guide

....Empowering Women's
Wellness Through Nutrition



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A MESSAGE FROM LOUISE

Thank you for choosing me to guide you on this journey towards a healthier and happier you!

My name is Louise Payne and I am a Nutritionist, registered with the Association for Nutrition, having completed my BSc Nutrition and MSc Public Health qualifications, meaning everything I practice is evidence based. I specialise in the field of nutrition, particularly women's health, and have extensive knowledge in this area. I am dedicated to helping you make positive changes to your eating habits and overall well-being, in order to reach your goals - whatever they may be!

My interest in women's health grew when I was diagnosed with polycystic ovary syndrome, a condition that at least 1 in 10 women live with, yet despite guidance suggesting that diet and lifestyle should be first line treatment, unfortunately, it isn't. I am always coming across similar issues when speaking to clients battling with various concerns, and figure that diet and nutrition is so underrated and, in my opinion, used in a negative way (usually related to restriction rather than optimisation). I'm here to change that narrative. I believe that to be "body positive" you have to treat your body in a positive way, so let's start here.

Louise

LOUISE PAYNE

FOUNDER OF HER NUTRITIONIST UK
WWW.HERNUTRITIONIST.UK





ABOUT THE BOOKLET

Welcome to NourisHER. I created this guide with a clear purpose: to empower you on your journey towards a healthier, happier you, helping you understand that no food is off the table.

Inside, you'll find a wealth of valuable information, practical tips, and expert advice to help you make informed choices about your nutrition and well-being. Whether you are looking to improve your overall health, manage weight, reduce your risk of disease, manage symptoms, optimise performance, support a pregnancy, reduce inflammation (there's so many reasons why individuals seek support and guidance from a nutritionist), and my primary goal is to provide you with the knowledge and tools necessary, so you have the confidence to take control of your diet and health.

I understand that everyone is different. This means diet and nutrition looks different for everyone too, and navigating through the abundance of conflicting information out there can be overwhelming. That's why I've curated this generic guide to offer evidence-based information and strategies, ensuring you can confidently make positive changes that can be tailored to you. Here's a glimpse of what you can expect to find:

- **Nutrition Education:** Learn all about the nutrients you need, the energy you require and how to build a healthy plate.
- **Putting it into Practice:** Discover practical tips such as meal planning, smart snacking, label reading, eating out and mindful eating to help you on your journey.
- **Myth Busting:** The truth behind dietary misconceptions will be unveiled.
- **Sustainable Lifestyle Changes:** Understand how your new diet and eating habits can be maintained long-term.

I'm confident that the knowledge and resources inside will empower you to make informed decisions, embrace healthier habits, and achieve your goals. Let's begin this exciting journey together!

WHAT'S YOUR GOAL?

Let's take a deeper dive into why people decide to work with a nutritionist. Although I have many clients that get in touch for "weight loss plans", this isn't my sole focus. If it's a quick fix you're after, then I'm not for you, and you're not for me. Although I do support clients' weight loss journey (meaning helping them to lose body fat whilst retaining/building muscle mass), there's so much more to diet and nutrition than restricting food, which is quite often what we associate a "diet" to be. In fact, for most clients I concentrate more on what they should be complimenting their diet with, rather than what they should be excluding from it. Optimising diet and establishing good eating habits and a healthy relationship with food is what I promote, whilst taking into consideration your medical history, lifestyle, budgets etc etc. It needs to be personalised to YOU.

So why would clients want to work with me, a nutritionist?

General Health and Wellness

- Many people want to just improve their overall health and well-being. I can assess your current diet and lifestyle and provide recommendations for achieving optimal nutrition, energy levels, and overall vitality.

Disease Prevention

- Nutrition plays a crucial role in preventing chronic diseases such as heart disease, diabetes, certain types of cancer plus much more! I can help you develop a dietary plan that reduces the risk factors associated with these diseases, such as high cholesterol, high blood pressure, or poor blood sugar control, inflammation and nutrient deficiencies.

Digestive Health

- For individuals experiencing digestive issues such as irritable bowel syndrome (IBS), coeliac disease and Crohn's disease. I can provide guidance on identifying trigger foods, optimising gut health, and creating a meal plan that supports digestive comfort.

Hormonal Balance

- Hormonal imbalances can affect various aspects of health, including fertility, menstrual cycle irregularities, and symptoms of menopause. I can help identify dietary factors that may contribute to hormonal imbalances and recommend specific dietary strategies to support hormone regulation and conditions such as PCOS and endometriosis.

Fertility and IVF

- I provide guidance for couples trying to conceive by identifying deficiencies, and providing recommendations to optimise fertility and IVF outcomes, and to support a potential pregnancy.

Pregnancy and Postpartum

- I work with pregnant women to ensure they are meeting their increased nutritional needs to support the growth and development of the baby, as well as managing complications such as gestational diabetes and preeclampsia. I also help new mothers with postpartum recovery and provide guidance on breastfeeding nutrition.

Sports Nutrition and Performance

- Athletes often seek guidance to optimise their performance, improve recovery, and support their training goals. I develop personalised meal plans, hydration strategies, and supplement recommendations tailored to the unique needs of athletes.

Allergies and Intolerances:

- If you have food allergies or intolerances, I can help you navigate dietary restrictions, ensure you're getting adequate nutrition while avoiding allergenic foods, and suggest suitable alternatives to maintain a balanced diet.

Mental Health and Emotional Wellbeing:

- Research suggests that nutrition plays a role in mental health. I can provide recommendations on dietary changes that may support mental well-being, such as regulating blood sugar, increasing omega-3 fatty acids or incorporating foods that support gut-brain health.

Let's establish clear and achievable steps that align with your overall health goal.



WHERE TO START

If you were to get in touch with me in need of some help and support with your diet and nutrition, the first thing I would do is schedule an initial consultation where we can discuss your goals, dietary preferences, and any specific health concerns or conditions you may have.

To make this loads easier, I'd ask you to complete an initial questionnaire and a food diary beforehand, so I can understand a bit more about you and your current eating habits and identify any triggers or patterns. I've attached an example of a food diary below so you can give it a go yourself!

It's really interesting to have it down on paper so you can get a better understanding of your eating habits and any feelings you may have at the time. It really helps join the dots.

The "gold standard" would be to weigh everything out, but this takes a lot of manpower and who's got time for that? Giving estimates and portion sizes is still useful, but provide as much detail as you can!

You might find that completing a food diary skews your normal eating habits, so be mindful of this! I guess we are just a

bit more conscious about what we are actually eating when we have to record it, so try and eat as "normal for you" as possible!

How to fill in your food diary

- Write down what you've had to eat or drink as soon as possible - it can be difficult to rely on your memory at the end of the day!
- Include as much detail as possible - seasonings/sauces, cooking methods, quantities, brand etc
- Remember to include drinks and snacks as well as the meals
- It can be helpful to write down what you were doing when you were eating, or any feelings you had at the time (e.g. stomach pain)
- You can also include details of any physical activity you have done throughout the day

Remember to see it as a tool for self-awareness and improvement, approaching with a non-judgmental mindset to use as a learning opportunity rather than a means for self-criticism.

Meal/Time	Food Item	Amount	How was I feeling?/ What was I doing?
Breakfast	Toast with butter coffee with 2 x sugar	2 slices wholemeal (hovis) 1 mug	Getting Ready for work, rushing, stressed
Mid morning snack(s)	Digestive biscuit	1	At work
Lunch	Cheese sandwich walkers ready salted crisps apple strawberry water (sugar free)	Meal deal	At desk Felt bloated
Mid afternoon snack(s)	coffee with 2 x sugars	1 mug	
Dinner	Spag bol with white spaghetti , beef mince (5% fat) and Dolmio sauce	100g spaghetti half jar sauce 1/4 pack of mince	At table with family
Evening snack(s)	none		
Physical activity	20 min walk to work 20 min walk from work		

NOW WHAT?



So you've got all of this information down and now you're probably wondering what to do with it?

Firstly, take the time to review your food diary and reflect on your eating patterns, choices, and habits. Look for trends, patterns, or areas where you can make improvements.

You should then identify any strengths in your diet such as consuming a good variety of fruits and vegetables or maintaining portion control and any areas where you may need improvement, such as excessive consumption of sugary snacks or inadequate intake of certain nutrients.

Based on your review, set specific and achievable goals to improve your diet and overall nutrition. These goals may include increasing vegetable intake, reducing added sugar consumption or even excluding potential trigger foods (one at a time) to see if it makes any difference to your symptoms (in the case of IBS/intolerances etc).

If you feel overwhelmed or uncertain about making changes on your own, consider seeking guidance as I provide personalised recommendations and strategies based on your food diary and specific goals.

In the meantime, let us understand a little bit more about our bodies and the food we eat.

UNDERSTANDING YOUR BMR

I don't tend to focus too much on this for the majority of my clients (with it not being appropriate for some), however, I believe that having an understanding of your Basal Metabolic Rate (BMR) is important. For those that are unsure what I mean by BMR, let me explain. BMR represents the energy (number of calories) your body needs to perform basic functions at rest. So this includes breathing, circulation, and cell production (amongst loads of other things that are going on).

It is important because it serves as the foundation for determining your daily calorie needs and understanding your body's energy requirements. The maths used to calculate BMR only provide an estimate, but it's the best we've got!

Despite this, it can help you establish a baseline for calorie intake and it can be adjusted based on your goals, which is very helpful when the goal is weight gain, weight loss or optimising performance. The general concept is, if you consume fewer calories than the energy you expend, it may lead to weight loss (aka calorie deficit) while consuming more calories than you expend, may result in weight gain. However, it's not as straight forward as that as we need to take other factors into consideration.

As you might know, the UK daily calorie recommendation is 2000kcal for women and 2500kcal for men, which is just an average, and individual variations exist. Factors such as age, gender, height, weight, muscle mass, genetics, metabolic health and physical activity can influence energy expenditure and therefore recommended calorie intake.

BMR alone, therefore, does not equal your daily recommended calorie intake, in order to maintain weight. For example, if your BMR worked out to be 1300, you would need more than 1300 to just maintain weight. This is because it is the minimum number of calories your body needs to perform basic functions and doesn't include your activity throughout the day or the energy used to digest your food, which will also require additional calories - ie. your total daily energy expenditure (TDEE).

Calculating your TDEE helps me create appropriate calorie targets and macronutrient distributions to meet an individual's specific needs, particularly when optimising performance. It also helps you make informed decisions regarding your nutrition intake, preventing overly restrictive or excessive eating habits when paired with other strategies such as mindful eating.

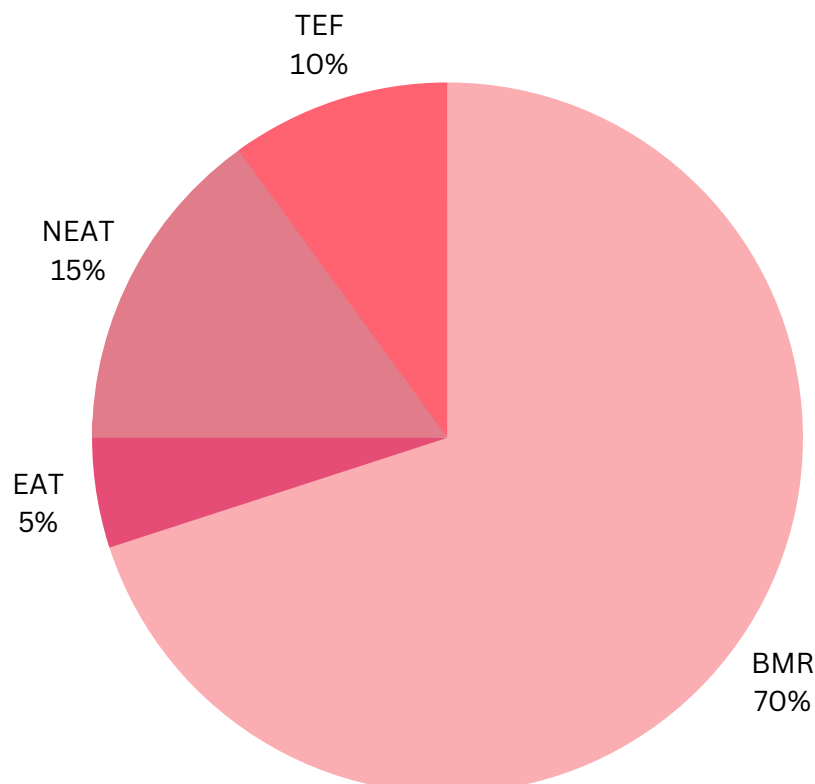


YOUR ENERGY EXPENDITURE

Let's take a better look at what we mean by Total Daily Energy Expenditure (TDEE). It refers to the total amount of energy or calories that an individual uses in a day. It represents the sum of all the energy expended through various activities, including basal metabolic rate (BMR), physical activity (NEAT & EAT), and the thermic effect of food (TEF).

So what do all these mean? Well, we've touched on BMR so let's look into the other ways in which our body uses energy.

1. **Exercise Activity Thermogenesis (EAT):** energy expenditure specifically related to structured exercise or intentional physical activity. It includes activities such as going to the gym, jogging, cycling, participating in sports, or engaging in a planned workout routine.
2. **Non-Exercise Activity Thermogenesis (NEAT):** energy expended through the spontaneous, non-planned movement in your daily life like walking, standing, fidgeting, doing household chores, gardening, or taking the stairs instead of the elevator.
3. **Thermic Effect of Food (TEF):** the energy expenditure associated with digesting, absorbing, and metabolising food. The body requires energy to break down food, absorb nutrients, and store excess energy. For reference (and an understanding of why high protein diets may be preferred for weight management), the TEF of protein is 20-30% of energy content, carbohydrate is 5-10% and fat is 0-3%. In other words, your body uses more energy to break down protein, then carbs and then fat.



THE MACROS

"Macronutrients are the building blocks of energy, strength, and vitality. Balance them wisely, and your body will thank you with optimal health and performance."

So it's not all about calories and energy in, energy out. Where you're getting your energy from, so the quality of your diet, is just as (if not more) important. Macronutrients refers to the three main nutrients that provide the energy to the body: carbohydrates, proteins, and fats. Here's a brief overview of each macronutrient and why understanding them is important:

Carbohydrates

- **Role:** Carbohydrates are the body's primary source of energy. They provide fuel for daily activities and support brain function.
- **Types:** Carbohydrates can be categorised as simple (found in fruits, sweets, and refined grains) or complex (found in whole grains, legumes, and starchy vegetables).
- **Importance:** Understanding carbohydrates helps you make informed choices about the types and amounts of carbs you consume, which can impact energy levels, blood sugar regulation, and weight management.

Proteins

- **Role:** Proteins are essential for building and repairing tissues, producing enzymes and hormones, and supporting immune function.
- **Sources:** Protein can be obtained from animal sources (meat, fish, eggs, dairy) and plant sources (beans, lentils, tofu, nuts, seeds).
- **Importance:** Understanding protein intake is crucial for maintaining muscle mass, promoting satiety, and supporting overall health. It can be especially important for individuals engaged in physical activity, athletes, or those looking to build or maintain muscle.

Fats

- **Role:** Fats provide energy, help absorb fat-soluble vitamins, insulate and protect organs, and contribute to hormone production.
- **Types:** Fats can be categorised as saturated (found in animal products and some plant sources), unsaturated (found in nuts, seeds, and oils), and trans fats (found in processed and fried foods).
- **Importance:** Understanding the different types of fats helps you make healthier choices by emphasising unsaturated fats and limiting saturated and trans fats. It is important for heart health, hormone balance, and maintaining a healthy body weight.

THE MICROS

"Although they may be small in quantity, micronutrients play a mighty role in maintaining our health and well-being."

Micronutrients are essential nutrients that the body needs in small amounts for proper functioning. They include vitamins and minerals, which are vital for maintaining good health. Here's a breakdown of micronutrients and their importance:

Vitamins:

- **Fat-soluble vitamins:** These include vitamins A, D, E, and K, which are stored in the body's fat tissues and liver. They play roles in various bodily functions such as vision, bone health, immune function, and antioxidant protection.
- **Water-soluble vitamins:** These include the B-complex vitamins (such as B1, B2, B3, B6, B12, and folate) and vitamin C. Water-soluble vitamins are not stored in large amounts in the body and are regularly excreted. They are involved in energy production, metabolism, immune function, and the formation of red blood cells.

Minerals:

- **Macro-minerals:** These are needed in larger quantities and include calcium, phosphorus, magnesium, sodium, potassium, and chloride. They are essential for maintaining strong bones, regulating fluid balance, nerve function, muscle contraction, and maintaining proper pH levels.
- **Trace minerals:** These are required in smaller amounts and include iron, zinc, copper, iodine, selenium, manganese, and others. They play crucial roles in enzyme function, immune system support, growth, development, and the production of hormones.

Micronutrients are found in a wide range of foods, including fruits, vegetables, whole grains, lean meats, dairy products, legumes, nuts, and seeds. A balanced and varied diet is essential to ensure an adequate intake of these nutrients.

Deficiencies or imbalances in micronutrients can lead to various health problems. For example, vitamin C deficiency can cause scurvy, while iron deficiency can result in anaemia. On the other hand, excessive intake of certain micronutrients can also have adverse effects.

It's worth noting that individual nutrient requirements may vary based on factors such as age, sex, physiological conditions (e.g., pregnancy), and specific health conditions. I can help you determine specific micronutrient needs and address any deficiencies.

OTHER NUTRIENTS

"Beyond macronutrients and micronutrients, there exists a world of lesser-known nutrients that hold the power to nourish and protect our bodies, revealing the depth and complexity of nature's gift of sustenance."

Apart from macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins and minerals), there are other nutrients that are essential for the body. These include:

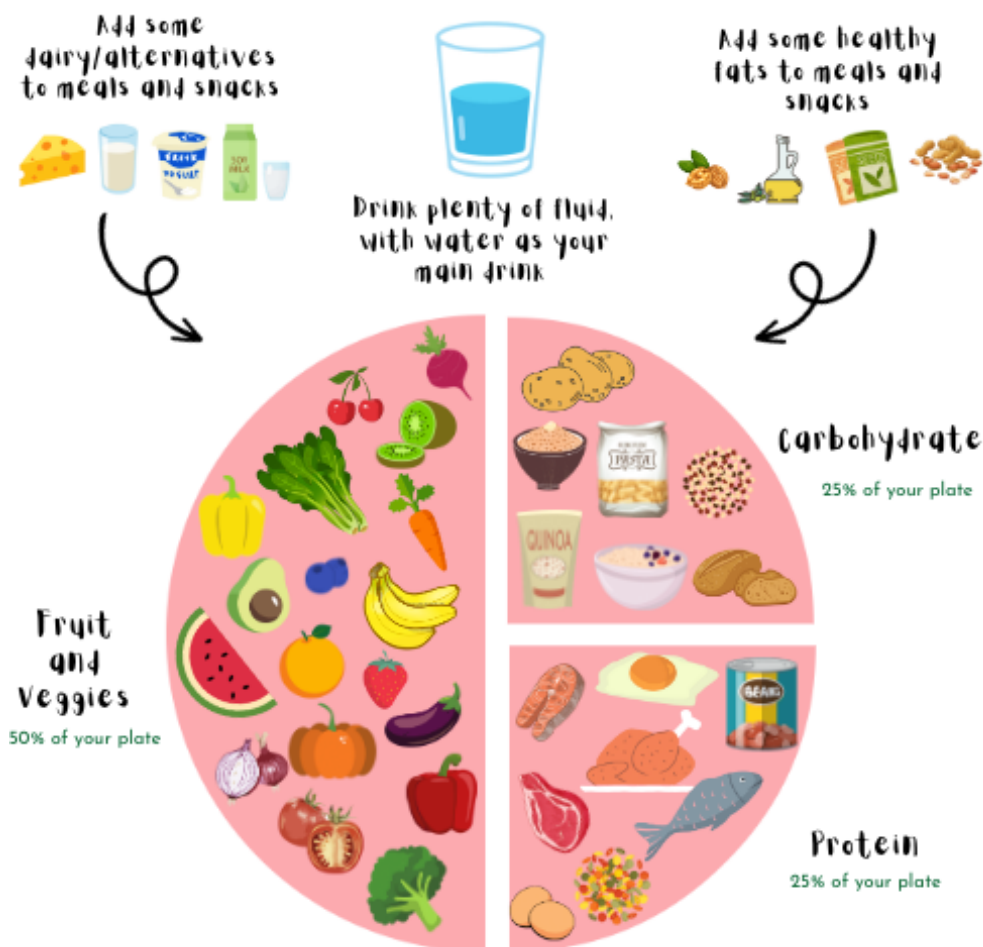
- **Fibre:** Fibre is a type of carbohydrate that the body cannot digest. It is mainly found in plant-based foods such as fruits, vegetables, whole grains, legumes, and nuts. Fibre promotes digestive health, helps regulate blood sugar levels, supports heart health, and aids in weight management.
- **Antioxidants:** Antioxidants are compounds found in many foods, particularly fruits, vegetables, and whole grains. They help protect the body's cells from damage caused by harmful molecules called free radicals. Common antioxidants include vitamins C and E, beta-carotene, and selenium.

- **Phytochemicals:** Phytochemicals are naturally occurring compounds found in plant-based foods. They are responsible for the vibrant colours, flavours, and smells of fruits, vegetables, herbs, and spices. Phytochemicals have been associated with various health benefits, such as reducing inflammation, supporting the immune system, and acting as antioxidants.
- **Water:** Although not considered a nutrient, water is vital for life and is essential for numerous bodily functions. It helps maintain body temperature, lubricates joints, transports nutrients, aids in digestion, and facilitates waste removal.
- **Probiotics:** Probiotics are beneficial bacteria that support a healthy balance of microorganisms in the gut. They are found in fermented foods like yogurt, kefir, sauerkraut, and kimchi. Probiotics can promote digestive health, strengthen the immune system, and may have other potential benefits.

These nutrients are important for overall health and well-being, and incorporating a varied and balanced diet that includes a wide range of foods can help ensure an adequate intake of these nutrients.

YOUR PLATE

The ideal meal should consist of a well-balanced combination of macronutrients, micronutrients, and other essential nutrients to support overall health. When deciding what to include in your meals, try and opt for whole grains like whole wheat, barley, buckwheat, quinoa, or brown rice instead of the white varieties, and include lots of different colourful fruits and vegetables, as well as herbs and spices for flavour. Your plate should also consist of lean or plant-based proteins such as fish, poultry, eggs, legumes, and moderate amount of dairy, such as yoghurt and cheese. Using olive oil is recommended as the primary fat source, but your fat intake should also come from nuts, seeds, oily fish and avocado. Below is a visual representation of how your plate should look most of the time, which can be adapted to different dietary preferences and needs whilst still ensuring a balanced intake of essential nutrients.



PUTTING IT INTO PRACTICE

Once I have received your questionnaire and food diary, and the initial consultation is complete, I would provide you with a personalised plan based on your goals, dietary requirements, and food preferences. It may include recommendations for portion sizes, macronutrient distribution, and specific food choices too. I will check in with you weekly and, based on your results and feedback, I'll make adjustments or provide additional recommendations to optimise your nutrition and reach your goals.

If you've made it this far, I'm sure you now have a better idea about what you should be eating, how much you should be eating and, most importantly, why. The whole purpose of this guide is to give you as much information so you can take control. Any additional support, well, you know where I am!

This next section is designed to help you make healthier choices when navigating the aisles of the supermarket. With a little knowledge and planning, you can transform your shopping experience by learning how to read food labels,

having a better idea of what food to actually buy, and eating more sustainably. I've provided my own shopping list with all my go-to staples where you're always guaranteed to make an easy, healthy, tasty, balanced breakfast, lunch and dinner (I'll be providing a few recipes with these ingredients for you to try too).

I will discuss some key cooking tips that can make a huge difference to the nutritional quality and the taste of your meals, whilst also saving you heaps of time!

If eating out regularly is your thing, you may find that this presents some challenges when you are trying to make better choices. Or you might be a serial snacker. Either way, I've got you, and will help you to make mindful choices that align with your nutritional goals.

Finally, mindful eating and behaviour change strategies and techniques will be discussed, as well as one of the key goals for me, helping you foster a healthier relationship with food!



LET'S GROCERY SHOP

YOUR CHEAT SHEET



Plan ahead: Create a meal plan for the week to guide your grocery shopping and make a detailed shopping list based on your meal plan and pantry staples. This will also help to reduce food waste.

Shop the perimeter: Focus on fresh produce, lean proteins, and dairy products that are usually located around the edges of the grocery store. This is where you'll find the majority of whole foods that are less processed.

Utilise frozen fruits and vegetables: Frozen fruits and vegetables can be a more affordable option, especially when certain items are out of season. They retain their nutritional value and can be used in smoothies, stir-fries, soups, and more.

Read food labels: Pay attention to the ingredient list and avoid products with added sugars, trans fats, and excessive salt. Check for serving sizes and key nutrients like fibre, protein, and vitamins.

Compare prices and brands: Compare prices to find the best value for your budget and consider store brands, which are often more affordable and of similar quality. You can also plan meals around different offers and promotions.

Cook in batch and freeze: Prepare large batches of meals and freeze them in individual portions. This not only saves time but also prevents food waste and reduces the temptation to order takeout.

Don't shop hungry: Eat a balanced meal or snack before going grocery shopping to avoid impulsive purchases. Shopping on a full stomach can help you make better choices.

YOUR GO-TO SHOPPING LIST

- Greek Yoghurt

- Broccoli

- Mixed Peppers

- Avocado

- Kale

- Spinach

- Fresh Beetroot

- Variety of Frozen Fruit

- Tins of Beans/Lentils/Chickpeas

- Tinned/Fresh Tomatoes

- Eggs

- Fresh Salmon/Tinned Mackerel/Prawns

- Quinoa

- Brown Rice

- Oats

- Mixture of Nuts/Seeds

- Mixture of Spices/Herbs

- Olive Oil

READING FOOD LABELS

Serving Size: Check the serving size listed on the label, as all the information provided is based on that specific portion. Make sure to adjust the quantities accordingly if your portion size differs.

Reference Intake (RI): The label may provide information on the recommended daily intake of certain nutrients based on an average adult's needs. These values are given as percentages and can be useful for understanding the contribution of the food to your daily requirements.

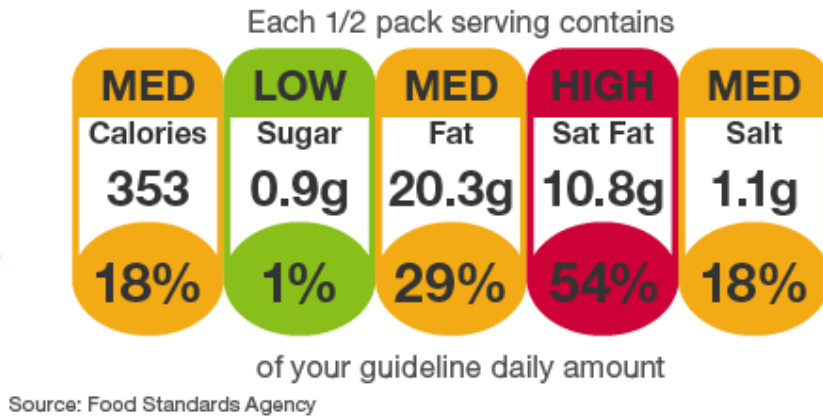
Nutrition

Typical values	100g contains	Each slice (typically 44g) contains	% RI*	RI* for an average adult
Energy	985kJ 235kcal	435kJ 105kcal	5%	8400kJ 2000kcal
Fat	1.5g	0.7g	1%	70g
of which saturates	0.3g	0.1g	1%	20g
Carbohydrate	45.5g	20.0g		
of which sugars	3.8g	1.7g	2%	90g
Fibre	2.8g	1.2g		
Protein	7.7g	3.4g		
Salt	1.0g	0.4g	7%	6g

This pack contains 16 servings

*Reference intake of an average adult (8400kJ / 2000kcal)

Energy (Calories) & Nutrients: Pay attention to the number of calories and amounts of key nutrients listed on the label, including fats (saturated and unsaturated), carbohydrates (including sugars), protein, fibre, and salt (sodium). These values are usually given per 100 grams or per serving.



Traffic Light System: Many food products in the UK use a traffic light system on the front of the packaging to indicate the levels of fat, saturated fat, sugar, and salt. Green indicates low amounts, amber represents moderate amounts, and red signifies high amounts. This can help you quickly assess the nutritional value of the product but it's best to look at the back of pack for more accuracy!

INGREDIENTS
Water, Carrots, Onions, Red Lentils (4.5%) Potatoes, Cauliflower, Leeks, Peas, Cornflower, Wheat flour, Cream (milk), Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, Celery Seed, Sunflower Oil, Herb and Spice, White Pepper, Parsley
ALLERGY ADVICE
For allergens, see ingredients in bold

Ingredients: Check the ingredient list to see what the food or drink contains. Ingredients are listed in descending order by weight, with the main ingredient appearing first. Take sugar for example. If sugar is the first or second ingredient, chances are it makes up the majority of the product!

Allergen Information: Look for any allergen information highlighted on the label. Common allergens, such as nuts, gluten, milk, or soy, should be clearly identified in bold.

KEY NUTRIENT RECOMMENDATIONS



<p>Fibre</p>	<p>30g a day (adults)</p> <p>For reference, there's 8g in half a tin of baked beans</p>
<p>Protein</p>	<p>0.8 - 2g per kg of body weight a day (varies based on goal)</p> <p>for reference, there's 10g in half a tin of baked beans and 54g in an average chicken breast</p>
<p>Free Sugar</p>	<p>MAX 30g a day (adults) which equals to just over 7 teaspoons</p> <p>Free Sugar refers to any sugar added to food products, including juices/smoothies and honey, but excluding sugar naturally occurring in whole fruit and milk products.</p> <p>For reference, there is 53g in a 500ml bottle of coca cola</p>
<p>Salt</p>	<p>MAX 6g (adults) which equals to a level teaspoon</p> <p>For reference, a large stuffed crust Meatilicious pizza from Dominos has 15g</p>

LET'S COOK



COOKING TIPS

Experiment with herbs and spices

Enhance the flavour of your dishes with herbs and spices instead of relying on excess salt or unhealthy condiments. Herbs like basil, thyme, coriander, rosemary, and spices like cumin, paprika, and turmeric can add depth and taste to your meals.

Practice healthy cooking techniques

Avoid overcooking vegetables to preserve their nutrients. Steaming, roasting, or lightly sautéing vegetables can help retain their nutritional value.

Use cooking methods that require less oil

Instead of deep-frying or sautéing in excessive oil, try healthier cooking methods like baking, grilling, steaming, or stir-frying with minimal oil or using non-stick cookware.

Include a variety of colourful vegetables

Aim to include a colourful array of vegetables in your meals. Different colours signify various nutrients, so diversify your plate with greens, reds, yellows, and purples.

Plan and prep your meals

Take time to plan your meals ahead and prepare ingredients in advance. This can help you make healthier choices and avoid resorting to unhealthy convenience foods when you're busy or tired.

Remove skin and fat from meat

Before cooking meat, trim off any visible fat or skin, and drain excess fat from cooked dishes. This can help reduce the overall fat content of the dish.

BREAKFAST RECIPE

Shakshuka

Serves 2

Ingredients

- 1 tsp Olive Oil
- 3 x Garlic Cloves (diced)
- 1 x Red Pepper (diced)
- 1 x Red Onion (diced)
- 1 tsp Ground Cumin Seeds
- 2 tsp Smoked Paprika
- 1 Can Chopped Tomatoes
- 4 x Egg
- 1 tbsp Canned Chickpeas
- Bunch of Fresh Coriander
- 1/2 Avocado
- 2 x Cubes of Reduced Fat Feta
- 1 Slice of Sourdough Bread, White

Nutrition per Serving

Calories: 470kcal
 Carbs: 44g
 Sugars: 13.9g
 Fat: 22g
 Sat Fat: 5.2g
 Protein: 25g
 Fibre: 9.2g
 Salt: 1.1g



Method

1. Place chickpeas in air fryer/oven until crisp.
2. In the mean time, heat oil in a medium size cast iron skillet over medium high heat. Add garlic and onion, cook for 2 minutes until onion is translucent.
3. Add red pepper, cook for 1 minute.
4. Add canned tomatoes, paprika and cumin. Mix to combine well.
5. Lower stove to medium low and simmer for 5 minutes until just thickened enough to make indentations (don't want dry sludge, needs to still be saucy - add water if necessary).
6. Make indentations in the mixture and carefully crack the eggs in. Leave to cook for 1 minute until edges of whites are set.
7. Cover with lid and steam on stove for 3 minutes (runny yolks), or just simmer them without a lid.
8. Serve immediately, scattered with the coriander, feta and roasted chickpeas, alongside sliced avocado and sourdough bread.

LUNCH RECIPE

Turkey Flautas

Serves 2 - 3

Ingredients

- 1 tsp Olive Oil
- 2 x Garlic Cloves (diced)
- 1 Chilli (diced)
- 1 Red Onion (diced)
- 300g Shredded Chicken/Turkey
- 60g Grated Cheddar
- 50g Crumbled Feta
- 3 x Wholemeal Tortilla Wraps
- 1 x Avocado
- 2 x Fresh Tomatoes
- Bunch of Coriander

Nutrition per Serving

Calories: 550kcal
Carbs: 35g
Sugars: 8.3g
Fat: 22g
Sat Fat: 6.7g
Protein: 49g
Fibre: 7.3g
Salt: 1.5g



Method

1. Stir fry turkey/chicken in an oiled pan (or use left over chicken that's already cooked).
2. Add the garlic, chilli and red onion and stir fry until soft.
3. In a mixing bowl combine the chicken mixture with the feta and grated cheese.
4. Neatly place in a strip down the outer side of the tortilla wrap and wrap tightly.
5. Cut in half and place in air fryer until crisp.
6. Place on a bed of mixed leaves to serve, and top with mashed avocado, chopped fresh tomatoes and coriander.

DINNER RECIPE

Prawn Laksa

Serves 4

Ingredients

- 2 x Lemongrass Stalk
- 4 x Garlic Cloves
- Thumb Sized Chunk of Ginger
- 4 x tbsp Fish Sauce
- 2 x Limes
- 3 x Red Chillies
- 80g Ground Almonds
- 5 x tsp Sugar
- 1 x Red Onion
- 200g Ready Cooked King Prawns
- 1.5 Cans Light Coconut Milk
- 60g Mangetout
- 60g Babycorn
- 300g Egg noodles
- Bunch of Coriander
- 1/5 Cucumber

Nutrition per Serving

Calories: 430kcal
 Carbs: 39g
 Sugars: 14g
 Fat: 19g
 Sat Fat: 7.2g
 Protein: 21g
 Fibre: 6g
 Salt: 3g



(This dish does have quite a bit of salt, so be mindful of your intake throughout the day and keep hydrated!)



Method

1. Blend together onion, lemongrass, garlic, ginger, fish sauce, sugar, 2 x chillies, juice from 1.5 limes and almonds to create paste.
2. Add to oiled pan on low heat and stir for 1 minute.
3. Add one can of coconut milk and gently bring to boil.
4. Turn down heat and add the mangetout and baby corn.
5. Place the noodles separately in boiling water for 2 minutes and then add to the cooking pan.
6. Add the prawns and simmer until everything is piping hot.
7. Add any more coconut milk until you have the desired consistency, and more lime juice, sugar or fish sauce if necessary, depending how you like the taste.
8. Serve the laksa and top with chopped coriander, sliced chilli, cucumber slices, and a wedge of lime.

LET'S EAT

MINDFUL EATING

Mindful eating is a practice that involves bringing full attention and awareness to the process of eating, emphasising being present in the moment. It involves tuning in to physical and emotional cues, and cultivating a non-judgmental attitude towards food and eating. So how can it help you?

Mindful eating...

- encourages focusing on the present moment while eating, fully engaging with the sensory experience of food—its taste, texture, aroma, and visual appeal.
- involves observing and experiencing food without judgment or criticism. It promotes a compassionate and accepting attitude towards oneself and one's eating choices.
- helps develop awareness of physical hunger and satiety cues. It involves listening to the body's signals and eating when hungry, stopping when comfortably full, and avoiding mindless or emotional eating.
- encourages connecting with the body's sensations, recognising hunger and fullness, and understanding how different foods affect energy levels and well-being.
- invites slowing down the pace of eating, savouring each bite, and fully experiencing the flavours and textures of food. This can enhance satisfaction and help prevent overeating
- acknowledges the connection between emotions and eating. It promotes awareness of emotional triggers, stress eating, and using food as a coping mechanism, fostering a more conscious and intentional response to emotions.
- encourages gratitude for the food we have and an appreciation for the effort and resources that went into its production. It can deepen our connection with the food and foster a sense of nourishment and gratitude.

This isn't something that can happen overnight, and requires some work and focus, but by practicing mindful eating, individuals can develop a healthier relationship with food, make more conscious and satisfying food choices, and enhance their overall well-being. It is a holistic approach that considers the physical, emotional, and psychological aspects of eating, promoting a more balanced and sustainable approach to nutrition.

MINDFUL EATING

Top Tips for Practicing Mindful Eating

1. Create a calm eating environment free from distractions like phones, TV, or work.
2. Slow down your eating pace & take smaller bites.
3. Engage your senses: Notice the colours, smells, textures, & flavours of your food.
4. Chew your food thoroughly & savour each bite.
5. Pay attention to hunger & fullness cues before, during, & after eating.
6. Tune into your body's signals & eat when you're physically hungry.
7. Take breaks during your meal to check in with your level of satiety.
8. Be aware of emotional triggers & seek non-food ways to address emotions.
9. Practice non-judgment & self-compassion, avoiding negative self-talk around food.
10. Appreciate the effort and nourishment provided by your meal.
11. Learn to present gratitude for the food you have and the experience of eating it.



STILL BE SOCIAL



Eating out used to be a "treat" but it seems it's becoming more and more common, as the average Brit eats out at least once a week. Although I'm not about being overly strict when you eat out, if it's something you are doing quite often and would like to know how you can still enjoy yourself whilst being a bit more mindful, then read on.

Be mindful of cooking methods: choosing grilled, baked, steamed, or broiled options instead of fried or breaded dishes can make a huge difference to calories and fat! for example, by choosing egg fried rice instead of boiled can almost double the calories.

Switch up your sides: Opt for healthier options like steamed vegetables, side salads, or whole grains, instead of the go-to fries.

Control your ingredients: Ask for dressings, sauces, and toppings on the side so you can control the amount added to your meal.

Watch your portions: Restaurants often serve larger portions than necessary. Consider sharing a dish with a friend or ask for a to-go container and save some for lunch the next day.

Balance your plate: You can still balance your plate when eating out. Look for a meal that includes a good mixture of the following components - lean protein, whole grains, and a variety of vegetables.

Drink smart: Stay hydrated with water instead of sugary pop or alcohol. If you are going to drink then you can choose low sugar mixers, or have a jug of water on the go, so you're not drinking alcohol excessively out of thirst.

Swerve the dessert: Sometimes...Or you could share.

FOR THE SERIAL SNACKERS



Snacking can have a place in the diet for many reasons such as increase nutritional intake, regulate blood sugars, physical activity support and just plain old enjoyment and satisfaction. So lets be smarter instead of reaching for the sugary snacks all the time.

Plan ahead: So you're prepared with healthier options when hunger strikes. Keep a stash of nutritious snacks at home, at work, or in your bag to avoid reaching for unhealthy choices.

Opt for snacks that provide nutritional value: Such as fruits, vegetables, nuts, seeds, and whole grains, as they are rich in vitamins, minerals, fibre, and healthy fats.

Include protein-rich snacks: To help keep you satisfied and maintain stable energy levels. Examples include Greek yogurt, cottage cheese, hard-boiled eggs, edamame, or a handful of nuts.

Be mindful of portion sizes to avoid overeating: It's easy to mindlessly snack, leading to excessive calorie intake. Use small bowls or containers to help control portion sizes and prevent mindless munching.

Limit snacks that are high in added sugars, unhealthy fats, and artificial ingredients: Opt for whole food snacks instead, such as fresh fruits, vegetables with hummus, or homemade energy bars.

Read labels: Look for snacks with minimal added sugars, lower salt content, and minimal artificial additives.

Practice mindful eating: Slow down and savour each bite, paying attention to the taste, texture, and satisfaction of your snack. Avoid distractions like TV or electronic devices whilst keeping in tune with your body's hunger and fullness cues.

Snack with purpose: Identify the reasons behind your snacking. Are you truly hungry or simply bored, stressed, or emotional? Try and find alternative activities to address those triggers.

SNACK IDEAS

Fresh Fruit:

Sliced apples or pears, berries (strawberries, blueberries, raspberries), grapes, watermelon cubes, sliced mango or pineapple.

Vegetable Sticks with Dip:

Carrot sticks, celery sticks, bell pepper strips, cucumber slices, cherry tomatoes. Pair with hummus, Greek yogurt, or guacamole.

Nuts and Seeds:

Almonds, walnuts, pistachios, pumpkin seeds, sunflower seeds. Make your own trail mix with a variety of nuts and dried fruits.

Greek Yoghurt:

Plain Greek yogurt topped with fresh berries or sliced banana. Add a drizzle of honey or a sprinkle of granola for extra flavour and crunch.

Homemade Energy Balls:

Blend dates, nuts, and seeds in a food processor, roll into bite-sized balls, and refrigerate. Customise with ingredients like cocoa powder, shredded coconut, or nut butter for added taste.

Whole Grain Crackers or Rice Cakes:

Choose whole grain options and pair with toppings like avocado slices, hummus, or low-fat cheese.

Hard-Boiled Eggs:

Hard-boiled eggs are a great source of protein and healthy fats. Sprinkle with a pinch of salt and pepper or enjoy with a side of raw veggies.

Cottage Cheese with Fruit:

Combine cottage cheese with fresh pineapple chunks, sliced peaches, or mixed berries for a protein-rich snack.

Veggie Wraps or Roll-ups:

Use large lettuce leaves or whole grain tortillas as a base and wrap them around sliced vegetables, lean protein (such as grilled chicken or turkey), and hummus or avocado spread.

Roasted Chickpeas:

Toss chickpeas in olive oil and seasonings (such as paprika, cumin, or garlic powder), then bake until crispy. Enjoy as a crunchy and protein-packed snack.



FOOD FAQ'S

I'm not one to completely disregard little habits that might not be having any (or very little) positive affect on the body, but also don't do us any harm either! Sometimes it's these little things that put us in our healthy feels! However, I'm also the first to shout out if something you are doing is causing harm or you're spending your money unnecessarily, so I'm using this space to just explain a little more about the science behind the questions I get regularly asked.

Is it necessary to drink lemon and ginger water first thing in the morning to detox your liver?

There is no scientific evidence to support the claim that lemon and ginger water is necessary to detoxify the liver. The liver is a highly efficient organ that naturally detoxifies the body. While lemon and ginger do contain some beneficial compounds, such as gingerol and citric acid which act as antioxidants and have anti-inflammatory properties, they alone do not have a significant impact on liver detoxification. In fact, it's the water you're consuming with it that will have the most impact. However, of course it can still be consumed as part of a balanced diet, rich in fruits, vegetables, whole grains, and lean proteins, and low in alcohol and processed foods. It's this, paired with good hydration, that is going to be supporting your liver health more effectively, and sometimes it's these little micro habits in your routine that are perceived to be healthy that set you up for the day positively!

Can I drink caffeine on an empty stomach?

Consuming caffeine on an empty stomach, especially first thing in the morning, can impact cortisol levels. Cortisol follows a natural daily rhythm, peaking upon waking to promote alertness. Caffeine further stimulates cortisol release, temporarily intensifying the body's stress response. While this can provide an immediate energy boost, habitual or excessive consumption may disrupt cortisol balance, affecting sleep, metabolism, and immunity. It's advisable to moderate caffeine intake, allowing time after waking for the natural cortisol awakening response before consumption. Instead, consider a large glass of water when you wake up for rehydration, and a balanced breakfast 30 minutes before your coffee, as this can help stabilise blood sugar levels and mitigate potential cortisol fluctuations.

Is gluten and dairy bad for me?

Gluten should be avoided by individuals with coeliac disease or non-coeliac gluten sensitivity. In coeliac disease, the immune system reacts to gluten by damaging the lining of the small intestine, leading to inflammation and malabsorption. Non-coeliac gluten sensitivity may also lead to digestive symptoms and inflammation without the

FOOD FAQ'S

autoimmune response seen in coeliac disease. Dairy should be avoided by people who are lactose intolerant (although tolerance levels can vary) and those with milk protein allergies. Lactose intolerance can cause digestive distress and inflammation due to the body's inability to properly digest lactose, which is the sugar found in milk, and milk protein allergies can lead to immune responses and inflammation triggered by casein or whey proteins in dairy. It's important to note that negative responses from gluten or dairy consumption (such as inflammation) is specific to individuals with these sensitivities or conditions. The majority of the population can tolerate gluten and dairy without experiencing any adverse effects. In fact, gluten-containing whole grains and dairy products can provide important nutrients and health benefits for many people.

I feel discomfort after certain foods, should I take a food intolerance/sensitivity test?

Food intolerance or sensitivity tests are designed to identify potential adverse reactions to specific foods. These tests often claim to identify triggers for symptoms like bloating, fatigue, or skin issues. Let's not get it confused with the Skin Prick Test used to detect allergies. This is a reliable method, and if you have an allergy, please avoid that particular food!

There are various types of food intolerance/sensitivity tests on the market such as IgG Testing, which measures the levels of immunoglobulin G (IgG) antibodies to specific foods. Did you know that elevated IgG levels actually just indicate that you have been exposed to that particular food! Another test I commonly hear about is the Hair Analysis Test, that claims to detect sensitivity through hair samples as "the composition of the hair reflects mineral and nutrient levels", which can *apparently* indicate sensitivities.

However, the credibility and safety of these tests often lack the scientific backing, serving as a means to generate unnecessary food-related concerns and anxieties (for you) and financial gains (for them). I know what you're thinking, your friend had a test and was given a list of foods they were intolerant to, and they stopped eating said food and haven't had a problem since. They may well have been intolerant to one of the foods, but have now cut everything else out unnecessarily and are basically just eating air.

From a more psychological point of view, first of all the placebo effect comes into play here, providing emotional relief, creating a positive mindset, confirming beliefs as well as allowing individuals to feel like they have a sense of control over their eating habits, and in some cases...their life! However, the potential dangers are nutrient deficiencies, a less diverse gut microbiome (and issues when reintroducing these foods again if you've eliminated them for a while), anxiety around food/ disordered eating and you could also be masking a serious health condition as these tests aren't used to diagnose! The best thing to do is eliminate foods you suspect trigger your symptoms for a short period of time, typically 2-3 weeks and see if anything changes. Reintroduce these foods one at a time and monitor symptoms.

LONG-TERM MAINTENANCE

Now that you have learnt about nutrition principles, how to cook and eat a balanced diet, mindful eating, and strategies for overcoming challenges or cravings, you are now set up for long term maintenance! The recommendations throughout this guide are for a sustainable lifestyle, taking into consideration our lifestyles and how to still say yes, whilst maintaining a healthy diet and having a healthy relationship with food. Understanding that foods shouldn't be labelled "good" and "bad" and that all food can be eaten as part of a healthy diet. Making gradual and sustainable changes to your eating habits is key to long-term success in achieving your nutrition and health goals. However, you might still need a bit of help...

So how would I work with you?

Become a Member!

I offer ongoing support, accountability and guidance by providing weekly check ins, sessions, recipes and resources to keep you going (well until you've got a good grip of the reigns yourself!).

Do you need...

- A personalised approach
- Expert knowledge
- Accountability and support
- Education and empowerment
- Lifestyle integration
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