



Online Client's

NUTRITION START UP GUIDE

PAUL WALLACE
FITNESS
MADE PERSONAL

WHAT IS A CALORIE?

Simply put, a calorie is a unit of energy.

just like a car burns petrol so it can drive, our bodies burn calories so we can function.

WHAT IS ENERGY BALANCE?

Energy balance is what determines weight gain, weight loss, or weight maintenance in the human body.

Calorie Maintenance

If you consume the same amount of calories on average than you expend, you will maintain your current weight.

Calorie Deficit

If you consume less calories on average than you expend then you will lose weight/body fat.

Calorie Surplus

If you consume more calories on average than you expend then you will gain weight/body fat.

WHAT ARE MACROS?

Macro is short for macronutrient.

These are the nutrients our bodies need to function in fairly large quantities.

The three main macronutrients are Proteins, Carbohydrates and Fats. Each macro has a different calorie value per gram.

WHAT ARE PROTEINS?

Proteins are essential nutrients for the human body.

They are one of the building blocks of body tissue and can also serve as a fuel source.



Proteins contain 4 Cals per 1g.

WHAT ARE CARBOHYDRATES

Carbohydrates (or carbs for short) are the sugars, starches and fibres found in fruits, grains, vegetables and milk products.



Carbohydrates contain 4 Cals per 1g.

WHAT ARE DIETARY FATS?

Dietary fats are essential nutrients for optimal health.

Fats provide energy and support cell growth. They help your body absorb some nutrients and produce important hormones.



Fats contain 9 Cals per 1g.

10 NUTRITION MYTHS YOU SHOULD NOT BELIEVE



RED MEAT CAUSES CANCER

SALT IS BAD FOR YOU

EGG YOLKS ARE BAD FOR YOU

EATING FAT MAKES YOU FAT

EATING LITTLE AND OFTEN BOOSTS YOUR METABOLISM

IT'S BAD TO SKIP BREAKFAST

FASTED CARDIO IS THE BEST WAY TO LOSE FAT

YOU'LL GAIN FAT IF YOU EAT TOO CLOSE TO BED TIME

YOU NEED TO DO REGULAR DETOXES

BREAD CAUSES WEIGHT GAIN

