



NOVICE (HEALTHY) NUTRITION 101

– The simplest nutritional e book for everyone

A simple nutritional E book which helps get you started with losing weight by understanding the absolute basics of nutrition. So simple and easy anyone at any stage of their life or weight loss journey can still understand and implement.



Overview

First of all welcome and thank you for taking that first step to becoming a better, fitter and healthier person. I am so glad that you have decided to take this step in the right direction and we hope we can encourage and educate you on how to progress along this path!

If you have been wanting to start and seeking out what exactly to do then you have bought the right book. We all struggle in the beginning of anything unknown to us to find our bearings, but once we become informed and understand what we need to do everything becomes so much easier and focused.

That is what we intend to do throughout this book, to get you started, informed and on the right path.

- Where on earth do I start?
- What foods are the best?
- What are calories?
- What should I eat to lose weight?
- Ahhhhhhh What do I do??

Did you ever find yourself asking such questions?

If you did then that's great because you already have that drive to learn and find out more on how to eat better and healthier.

So treat this booklet as a guide to help you to get established and to help you understand all the different aspects that make up nutrition.

The aim of this book is to answer all these initial questions and address how to get started with eating right for absolute beginners, for someone who is feeling overwhelmed and not sure where to even begin or look for advice.

It's primarily for people who want to lose weight but even the person who wants to gain lean muscle and who isn't too clued up on proper nutrition can definitely learn a thing or two.

We will cover all the basics, like what exactly is a calorie, how to read food labels, how much to eat, simple tricks and strategies to help you eat right and to help you avoid simple traps which many people fall into without even knowing it.

Table of contents

Overview	2
Welcome!	4
First things first. A few basic principles:	6
Calories and food labels:	10
What is a calorie?	10
What makes up a calorie?	11
Food labels	11
How much to eat and structuring your meal plan	14
Portion sizes	15
Sample food sources	17
Points to remember	18
Thank you	19

Welcome!

Before we begin I would like to welcome you again on this path of bettering your life. It's exciting to be in the midst of someone with drive and determination so give yourself a pat on the back from me ;)

Even if you read this booklet once and toss it aside, you have already proved that you want to take control of your life and that you want to learn more about bettering your health and body through good nutrition. So I am already happy that you have taken this first step and hope you keep going and never give up.

Remember that it will be tough, it will be overwhelming, but those tough times fade and soon will pass and be filled with confidence and fulfilment.

The trick is to never stop even when it gets difficult and it's hard to see the light at the end of the tunnel.

Those tough times are when you learn the most about yourself and when you get to test yourself and see just how tough you actually are. Be careful, you may surprise yourself.

A lot of time and effort has gone into this little booklet with the goal to help and educate you as I was just like you and in your shoes once before and had no clue what I was doing. It is written as simply as possible, in the hope that it is easy enough to understand but thorough enough to cover all the introductory principles when learning about nutrition basics. There are many studies and research papers which can be looked at and analysed if you are more scientifically inclined, but many people seem to shy away and feel overwhelmed when a whole lot of unfamiliar information is placed in front of them. Thus the aim of keeping it simple.

It is solely written from my perspective and experiences of dealing with nutrition. I have tried many things and many different ways of eating to test the various approaches out there and I will say there is no one perfect way and definitely no secret diet or secret way of eating. As the saying goes, "There are many ways to skin a cat."

We are all unique and it all comes down to your body and how you respond to certain things.

Unfortunately it is not so simple as one may think but there are always certain principles which we can all live by and follow provided our goals are similar.

My knowledge on nutrition has evolved over the years and these are the main reasons for my interest in learning about nutrition:

- ✓ It started when I wanted to eat more healthily for general well being (I only knew that too much oil was bad and wanted to keep away from such oily foods)
- ✓ It then progressed to eating in line with a gym/weights programme in order to gain a lot of weight (or muscle).
- ✓ The next progression came when it was time to start bodybuilding and enter bodybuilding shows, which involved eating very strict meals in order to shed body fat and maintain as much muscle as possible.
- ✓ And lastly to find out how the right nutrition can aid with performance, to perform better in training and to aid in recovery.

*Please remember that this book is strictly for informational and recreational purposes only. Should you need further medical or dietary information please consult a qualified doctor or dietician/nutritionist. Please familiarise yourself with our [disclaimer on fitnish.com](https://fitnish.com/disclaimer) which also applies here if you are unsure of anything. Thank you.

Good luck and never ever ever give up!

First things first. A few basic principles

To get you started here are a few very SIMPLE and EFFECTIVE tips and principles to get you started on the right path to losing weight. To some, these may seem obvious and logical but many people are actually unaware of such things due to strong marketing and advertising by companies of products all looking to sell their products and make money, whether health is on their forte or not.

→ Clean up your diet.

The easiest way to start losing fat is to just inspect and clean up your diet. This does not entail washing all the food you eat, no. Its a simple act of removing unnecessary things.

We all have common knowledge and all know products like fast food, and fizzy drinks, and sweets and biscuits are not the best for us. So start cleaning up there. Start cutting down, and just be conscious of what you are eating and putting into your body.

This is expanded with a few of the below points.

- Cut down on your take out and fast food meals.
- Cut down on fizzy drinks.

Notice we say cut down and not eliminate, at first. Anything you do where you just completely cut it from your diet will probably end up with you rebounding because of the shock of just stopping what you have been having for a while.

(But fizzy drinks really can and should be cut completely as they have no value in a diet since they contain huge amounts of sugar and acid.)

Sticking to water and tea is always good, but you can drink other types of drinks like fruit juices now and then. Remember though, that all of those kinds of drinks contain calories and sugar even though they claim to be "fruit" or "healthy" juices, so just be aware of that.

Many times you hear that you need to drink X litres of water per day. Just make sure to be having a sip of water every now and again to keep your body hydrated, even if you don't meet these requirements which can be quite extreme for some people. Its good to keep your body and skin hydrated, helps with digestion and aids in suppressing cravings.

- Cut down on baked processed products like cakes and especially store bought biscuits.

These sort of baked goods are full of calories, loaded with sugar and fat which could really derail your fat loss efforts. We all enjoy something sweet now and then so again no need to completely eliminate them, but cut them down to one serving every few days at least if you can.

- Cut down on chips and sweets and anything snack like, usually all found in the same aisles in grocery shops.
- Stop buying any products which we have already described, so that you don't keep any at home.

By not seeing it or having easy access to it, will help you to avoid it and stop thinking too much about it. Out of sight, out of mind.

- Stop drinking all your calories!

Cut back on even fruit juices and normal juices. A lot of juices, even vitamin water contains sugar and calories which can add up!

- **Schedule your meals.**

By having a set time for each meal (as opposed to just eating haphazardly when you can or if you can) your mind gets accustomed to eating at certain times and that helps with cravings and hunger and leads us to the next point. It also encourages consistency which is critical in losing fat. A good place to start is about every 3 to 4 hours.

- **Break your meals up.**

Break them up in to smaller meals throughout the day, or when you know you feel hungry then eat a meal. This allows you to stay relatively full and therefore keep you from binging. This also leads us to the next point.

- **Prepare your meals before hand.**

By having your meals already made and ready to eat at your scheduled times, you avoid becoming so hungry and eating whatever you can get your hands on, which is usually not the healthiest foods.

- **Include more vegetables.**

At least 2 to 3 servings or with 2 to 3 meals. They will keep you fuller and they provide your body with a range of vitamins and minerals. Pretty much all GREEN vegetables are really good for you, such as broccoli, spinach, cucumbers, green beans. Something like sweet corn may contain more carbohydrates than most other vegetables though.

→ **Include protein.**

Try to include some protein at every meal and also include fibre in a few of your meals. Fibre would come from the vegetables like broccoli, green beans etc, and fruit like apples/pears/oranges, or from nuts for example.

→ **Get a food scale.**

Get a food scale to weigh your food, it is quite useful in the beginning stages. (Don't worry, by the end of this you will understand how much to weigh etc) After some time you won't even need a scale and you will be able to tell the amounts just by looking at the portion sizes!

→ **Eat breakfast everyday!**

Eat a good, decent, complete breakfast everyday.

→ **Stick to unprocessed foods.**

By choosing wholly unprocessed foods, you can know exactly what is in them. For instance take sweet potatoes and say some breakfast cereal. Potatoes are, well just potatoes, whereas cereal has been made and so many things added to it, so you can never be 100% sure of their nutritional values and what goes into such products.

There you have it, a few things you can do without diving into diets and calories and specific foods etc. which are the best places to start. One word of advice:

DO NOT try to do every point on the list above at once or in one week for example, that could become too overwhelming for you and there is really no need to do it all at once.

To make it a bit easier for you, the points **highlighted in red** are the points which you should take note of and implement first, then gradually include one or two of the others every few weeks or so until you have covered them all.

By doing these simple things without actually changing your specific diet per se, you will already start to see a massive difference and you will most likely start to lose some weight and feel a whole lot better.

Please remember that in conjunction with eating right you should follow some form of exercise plan or perform some physical activity at least 3 times a week to start seeing even better results.

Calories and food labels

Many people do not actually know what a calorie is. Or what makes up a calorie. So Here we very simply discuss what exactly a calorie is as well as what makes up a calorie. You will see as the book goes on how you can apply this in your meals.

By knowing this you can plan how much you need to eat and plan, just by looking at a particular food item, if it fits in with your nutritional values.

What is a calorie?

A calorie is basically a unit of energy or more specifically food energy. All foods contain calories, that's what gives them substance to fill us up. Our bodies need a certain amount of calories to provide us with energy and maintain our everyday duties and weight. Whatever we do uses a certain amount of calories, even a restful thing like sleeping or sitting and watching television.

When you hear of athletes like Michael Phelps consuming well over 5000 calories in his diet, this means that all the foods that he eats in a day; the calories of every food item add up to that amount. The average person eats anywhere between 2000 to 3000 calories a day depending on their body profile and make up as well as what their goal is.

Each person has a different baseline of calories to maintain their weight.

Baseline of calories, meaning the amount of calories that one person needs to eat in order to maintain their current weight.

This baseline depends on many aspects, such as the person's weight, body fat (and muscle mass), the person's daily activity levels etc. A simple analogy,

“to maintain your weight, the amount of calories that you take in must equal the amount of calories burnt throughout the day.”

One of the best ways to find out YOUR baseline is to maintain a constant intake of calories daily and monitor your body and weight. If you are gradually gaining weight weekly, then you are eating more than your baseline and vice versa. (don't worry, we will get into this in more detail later.)

So simplistically, if we want to gain weight we would need to eat a bit more calories than this baseline and if we want to lose weight, we would need to eat slightly less calories than this baseline. This is a bit oversimplified but does portray the point here.

What makes up a calorie?

Since all foods are essentially calories, there must be something inside the foods that make up these calories right?

Right. Protein, carbohydrates and fat make up calories.

But how much? Here is a breakdown of how many calories are in 1 gram of each component:

1. 1 gram of protein = 4 calories
2. 1 gram of carbohydrates = 4 calories
3. 1 gram of fat = 9 calories

We can see that fats are quite calorie dense, containing 5 calories more than both protein and carbohydrates (carbs). This is why a lot of people say; to lose weight you should cut out a lot of your fat intake as this drops calories significantly, but we want balance in our diets, so yes cut down SLIGHTLY on it but do not just eliminate it completely.

It's probably better to not worry too much with the numbers and calculations of calories in your diet as it can complicate things quite a bit. Rather focus on portion sizes at each of your meals, and reducing or increasing the portion sizes depending on what you plan to achieve.

Food labels:

Understanding food labels is so useful in this day and age with so many processed foods on the shelves and with so many different things being added to the ingredients list you never really know what you are eating.

So firstly, if you look at the ingredients list, usually the first thing listed is what the product contains the most of. And as the list goes on, the ingredients exist but not in as large quantities as the prior ingredients.

On the product's nutritional profile label there is usually two columns, the first is per serving which is usually the size of whatever product you are looking at, and the second is per 100 ml or 100 grams.

For example if we take a milk based drink we can see the label below:

As packed	Unit	per 100ml	per serving 250ml
Energy	kJ	256	640
Protein	g	3.2	8
Glycaemic Carbohydrate	g	8	19
of which total sugar	g	3	7
Total Fat	g	2	5
of which saturated fat	g	1.9	4.8
Dietary fibre	g	0	0
Total Sodium	mg	39	98
Calcium	mg	128	320

The first column is per 100grams or in this case (of liquids) per 100 ml. The drink is 250ml so per serving is 250ml.

So we can see that there are:

- 3.2 grams of protein per 100ml
- 8 grams of carbohydrates per 100ml
- and 2 grams of fat per 100.

Once you know what and how much you need to be eating, fitting this in for yourself will become a lot easier. Don't worry if you still get confused, the more practice you get and the more you learn the more knowledgeable you will become and soon it will become second nature for you. Soon you will just look at an item and know how many grams of everything are in it.

When scanning the labels, per 100 is usually the easiest, depending what you are

looking at, and for each type of food, you will want certain amounts of things to be contained in them.

For example, lets say we are looking at cottage cheeses. We want to find the one with the highest amount of protein and least amount of fat and carbs as the reason we want to buy and eat cottage cheese is for the protein. So when looking at a few different brands, per 100 grams we could see that one has 15 grams of protein, another 12 and another 18. Then we check the carbs and fat and see:

Per 100 grams	Option 1	Option 2	Option 3
Carbohydrates	13	22	13
Fat	4	7	8
Protein	15	12	18

Thus we can see that the first one with 15 grams of protein is probably best as the one with 18 grams has a bit too high of a fat content. So if we are watching our calories then we don't want too many extra calories from fat in this case.

Just to give you an idea, sources of protein, such as lean meats or fish, the average amounts of protein per 100 grams of say chicken or beef is +-25 grams. So if you want to get +-25 grams of protein in one meal you will need to consume +-100 grams of some form of meat. This varies but gives you a general idea. A good place to start is having anywhere between 20 to 35 grams of protein per meal. Obviously if you are a 100 Kg body-builder you may require a lot more to maintain your size.

How much to eat and structuring your meal plan

Now comes the question, so what and how much do I eat?

What first needs to be understood is that every single person is different. There is no specific meal plan that you can just download and follow and suddenly you will be chiselled and lean, NO.

This is why you should be so careful these days since many people or fitness models put their own diets and training programmes together and sells them just like that, and the average person thinks that by buying their idols plan they will suddenly be just like them. You cannot just buy a diet and think it will work for you. It has to be suited to **YOUR** needs and **YOUR** body type. Each person needs their own unique diet with the appropriate amount of calories for that person.

After all, we all have differing weights, body fat percentages, body proportions, so therefore we need a diet suited to our profile and activity level.

To get you started we will use a general guideline which has proved to be the most effective and the best place to start. The basic idea is to begin with eating 6 small meals per day.

Remember this approach is just to get you started, you don't necessarily have to have 6, you can also do 4 or 5 but 6 seems to be a good amount because it allows you to eat every 3 – 4 hours considering if you start your day around 7 am and end it around 10 or 11 pm. Most times people seem to get hungry after about 3 or 4 hours after their last meal, thus the reason to eat every 3 or so hours.

We will assume you train in the evening. If you train in the morning just adapt the meals around where you train.

What you need to keep in mind is that when eating a meal, ideally you should reach that point just before you are full, and stop there. You should try and avoid feeling overfull or 'stuffed' where you think you have eaten too much as this can cause bloating and weight gain.

So with that in mind typical portion sizes at a meal could be:

- **Protein:**
100 grams of chicken (cooked)
- **Carbohydrates:**
100 to 200 grams of rice (cooked)
- **Vegetables:**
Half a cup to a cup of broccoli/green beans
- **Fat:**
Half an avocado or a spoon of peanut butter or a spoon of olive oil

This may be a lot of food for one meal to some, so it is going to take a bit of trial and error to figure out just how much you require. For the average sized guys I'm sure this will be an adequate meal though. For the ladies this may be good for a few meals but not for all of them, so feel free to decrease the quantities to fit with your needs.

Lets breakdown each meal during the day now.

Include a portion of protein, at every meal.

At your first meal or breakfast you can include all 3, carbs, protein and fat. Eggs are great to start your day with as they contain protein and fat. Try for 2 whole eggs with 2 or 3 egg whites.

Your next 3 meals should include protein, carbs and some roughage or veggies.

Your 4th meal or second last meal should include protein and some fats and some veggies. You can still include a bit of carbs here if you really feel that you need them or if you have just worked out before this meal.

The last meal should include protein and some fats.

So that's your basic outline, as you go along you can modify this. Try to keep your meals with the most carbs around your workout, so before and then after your workout, as long as you keep your workout intense. If not then just keep a steady level of carbs throughout your meals during the day.

Don't worry too much about post-workout shakes and you have to eat this and that after training. Just stick to your meal plan for now and as you become more knowledgeable you can then start to investigate more into those different aspects.

Don't overcomplicate your life when it doesn't need to be complex. Keep it simple.

Remember that a lot of this will be trial and error and you will be seeing what your body responds best to and what it doesn't respond well to/

For the meals after breakfast you can basically start with a portion of carbs and protein and vegetables at each meal. You can reduce the carbohydrates depending if its too much or too little for you.

One thing which is super critical is that you **MUST** be consistent every day with your eating and assess yourself after each week to see how you are responding.

You cannot eat close to nothing one day then eat a little bit the next and keep changing like a yo yo and expect it to work. You need to eat the same amounts every day to help get your body used to that baseline of calories each week so that you can then either add or remove some calories in order to lose weight.

Are you gaining or losing? Are you energetic or always tired? These are the questions you need to ask and answer each week.

From there you can then make small changes to the plan until you are maintaining and not losing or gaining much. This will be your baseline of calories, where energy out = energy in/food in. Once you have your rough baseline, you can start to manipulate your calories to either gain or lose weight.

For instance, if you want to start losing weight, you can then start to decrease some calories each week or every 2 weeks, in order to lose weight. So lets say in Meal 5 (your 2nd last meal for the day) you included a bit of carbs in your plan, you can remove those carbs and maybe take half your carbs away from meal 4 and keep everything else the same for the next two weeks. This slight decrease in total calories can translate into losing a pound or 2 in those 2 weeks.

SAMPLE FOOD SOURCES

Some simple good (less processed) carbohydrate sources:

- Basmati rice
- Sweet potatoes
- Potatoes
- Quinoa
- Yams

Some simple protein sources:

- Lean meats
- Chicken,
- Lamb
- Beef, mince
- Lentils
- Eggs
- Cottage cheese
- Peanuts (peanuts are high in fat but do contain substantial amounts of protein as well)
- Tuna
- Fish

Some simple good fat sources:

- Avocados
- Peanuts
- Coconut
- Fish oil
- Olive oil

POINTS TO REMEMBER

Everything takes time

So don't expect to read this booklet and all of a sudden be an expert nutritionist or suddenly drop pounds of fat in the next week. Fat loss is a gradual process over time. So be prepared to keep learning and be in it for the long haul.

Experiment

You need to keep trying new and different things to keep your body from adapting to the same thing everyday as well as to learn what your body likes and what works for you and what doesn't, so don't worry if you try something and it doesn't workout as you'd hoped for. You now know what does not work; it is something you can learn from.

Read a lot! Keep learning

Keep reading, the more you read, even if its the same thing over and over, the more you read it the better you will understand it and the more you will know. So never stop learning and expanding your knowledge base as you can never know everything.

At this point you may feel even more overwhelmed, but don't worry, don't stress over it.

Just know that if you keep at it and you put in the effort and work you will be rewarded.

So break it up into small steps and tackle each small step at a time. This will make it easier for you to do and easier for you to stick to.

MAKE SURE TO ALWAYS KEEP MOVING FORWARD!

Thank you!

We have come to the end of this E book and we would like to say a big thank you for taking the time to read and educate yourself on nutrition, a powerful tool which you can use to manipulate exactly how your body looks and feels. Its just amazing what the human body is capable of and the ways in which you can control it, as long as you have the know how!

We welcome any comments or criticism, even a simple message like,

“it was helpful” or “I already knew most of this”

whatever the case may be. Please get in touch with us and drop us an email at thefitnish@gmail.com so we can hear your views on the book and if it was helpful or not. We would also love to use your comments as reviews for the book, with your permission of course!

We plan to release a few more E books in the future such as:

- ✓ Novice Weight Training 101
- ✓ Novice Supplementation 101
- ✓ Novice Weight loss Mentality 101

So if you would be interested in any of these, please drop us an email showing your interest in any of them.

We believe knowledge should be shared by those who have it and should be made easily and freely accessible to everyone, which is why we do not charge anything for this book or for any articles.

SO IF YOU WOULD LIKE TO DONATE TO US PLEASE DROP US AN EMAIL OR YOU CAN DONATE VIA PAYPAL HERE: [DONATE](#).

All the best on your fitness journey, and remember to be motivated and be fit!