NUTRITIONAL PRINCIPLES

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LCHF
Low carb healthy fat
LOW CARB HEALTHY FAT

• An alternative to low fat and calorie controlled diets
• Much research shows LCHF to be superior to a low fat diet for improving:
  • Inflammatory markers
  • Blood lipids (HDL and triglycerides)
  • Insulin
  • Blood glucose control
  • HbA1c
  • Body composition (namely preserving LBM)
• Research also shows LCHF to
  • Have high satiety
  • Have high adherence rates
LCHF IS NOT...

• Eating as much as you like or eating as much fat as you like (healthy fat rather than high fat)
• No carb
• Low protein
• Quantity focused rather than quality focused
• The same for everyone (i.e. no single strict definition)
• A silver bullet
MACRONUTRIENT RATIOS

**LCHF**
- **Carbohydrate**
  - 5-20%
- **Fat**
  - 50-65%
- **Protein**
  - 15-35%

**Australian Dietary Guidelines**
- **Carbohydrate**
  - 45-55%
- **Fat**
  - < 30% (with less than 10% being saturated)
- **Protein**
  - 15-25%
EXAMPLE

• Jane 70kg
  • Low fat 1500 cals
    = 105g protein (420 cals)
    = 263g carbs (1055 cals)
    = 15g fat (135 cals)

• LCHF 1500 cals
  = 105g protein (420 cals)
  = 50g carbs (200 cals)
  = 90g fat (970 cals)

• Dropping the carbohydrate allows you to include more foods that are high in both fat and protein
• The best fat comes with protein
LCHF

• Meat
• Poultry
• Seafood
• Eggs
• Dairy
• Nuts and seeds
• Vegetables
• Some fruit
• Water
• Olive oil, butter, ghee, coconut oil, lard, macadamia nut oil, avocado oil etc.
CONCEPT 1
Protein = proteos
• Protein is the master nutrient

• Adequate dietary protein ensures muscle mass is not lost during weight loss

• 1.6 - 2.2g/kg/day either at current weight, if classified in the healthy weight range, or at desired weight if classified as overweight or obese

• If you are not weight training, start at 1.2 – 1.4g/kg/day

• On weight training days, spread your protein out over 4 meals of 0.5g/kg
CONCEPT 2

Low carb
LOW CARBOHYDRATE

- low carb is another dietary pathway
- very low carb = <50g per day
- low carb = 50-100g per day
- moderately low carb = 100-150g per day
- our carbohydrate comes from veggies and some seasonal fruit
CONCEPT 3

Fat is not a free food
• there is an upper limit to fat intake
• when trying to lose weight, it is wise to alternate lean and fattier sources of protein
• fat is absolutely essential to good health and not to be feared
• the best sources of fat come with protein
• If you’re tracking, start with 1.0-1.5g/kg per day
CONCEPT 4
Dinner for breakfast
DINNER FOR BREAKFAST

• traditional breakfasts are too low in protein
• meal 1 needs to be the largest and high in protein (at whatever time you have it)
• meal 1 = king, meal 2 = prince and optional meal 3 = pauper (size wise)
• eat what you would normally have for dinner, at breakfast
CONCEPT 5

Dietary flexibility is earned
Dietary Flexibility

- the fitter you are and the more muscle you have, the greater the dietary flexibility you can have
- flexibility needs to be controlled and it's always better to eat your own goodies than crappy, processed junk from the shops
CONCEPT 6
Rigidity = low adherence
Dietary Flexibility

• be a rule breaker
• you should be relaxed about food and never feel guilt about what you've eaten
• a healthy relationship with food is the start to long-term healthy eating
• eat food because you love it, not because you feel you have to
CONCEPT 7
Meal frequency and fasting
Meal Frequency

- Breakfast is not the most important meal of the day (the first meal is)
- Eating within an 8-hour window has many benefits
- Women need to be more careful with fasting
- Fasting and low calorie restriction are not the same thing
- Snacks are unnecessary and can lead to weight gain
- 2-4 meals depending on training