

## Understanding Macronutrients

During the Live well LIVE! webinars and 10 week weight loss programmes we often refer to Proteins, Fats and Carbohydrates. We wanted to share a short guide on what these macronutrients are, how they can benefit your health and where they can be found.

### Protein

Protein plays an important role in your health supporting cellular growth and repair. Proteins can act as enzymes, hormones and contribute to our immune system. It's important you eat enough protein and that your diet includes a variety of different protein rich foods.

### Protein rich foods:

Vegan	Legumes including lentils, chickpeas, beans, tofu, tempeh, quinoa, nuts and seeds, plant-based milks and yoghurts
Vegetarian	All vegan sources plus eggs and dairy sources
Pescetarian	Plant based diet including sources of fish and seafood
Carnivorous diet	All vegan and vegetarian sources, plus red meat, poultry, fish, seafood and organ meats

**Fats**

Fats have many important roles in our bodies, including providing structure to our cell walls including our brain cells. Fats are also needed to build hormones such as oestrogen and testosterone, and help us to absorb the fat soluble vitamins A,D,E and K. Fats can make you feel fuller after a meal, helping you to avoid snacking.

There are several different types of dietary fats and each has a different effect on your health. It's important to ensure you eat a variety - Healthy fats tend to be liquid at room temperature and less healthy fats tend to be solid. For more information see our simple guide below.

**Types of fats and how often we'd recommend you enjoy them:**

<b>Type of Dietary Fat</b>	<b>How often should you eat them</b>	<b>Food sources</b>
Monounsaturated fats (MUFA's) A type of dietary fat typically found in the Mediterranean diet.	Aim to enjoy in moderate amounts, (approximately 13% of daily dietary intake)	<ul style="list-style-type: none"> <li>● Olive oil</li> <li>● Olives</li> <li>● Almond</li> <li>● cashew nuts</li> <li>● pistachio nuts</li> <li>● Avocado</li> <li>● Sesame seeds</li> <li>● pumpkin seeds</li> <li>● sunflower seeds</li> </ul>

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<p>Polyunsaturated fats (PUFA's)- These are a type of unsaturated fatty acid but have different effects in our bodies. PUFAs must be consumed as the body is unable to make them from other food sources. There are two types of PUFA – ~Omega 3 Fatty Acids - ~Omega 6 Fatty Acids</p>	<p>Aim to enjoy PUFA as a regular part of your daily diet. Aim to eat a balance of both Omega 3 and Omega 6 PUFA.</p>	<ul style="list-style-type: none"> <li>● Oily fish</li> <li>● Flaxseeds</li> <li>● Chia seeds</li> <li>● Walnuts.</li> <li>● Tofu, edamame beans and tempeh also contain some omega 3.</li> <li>● Aim to eat a minimum of one portion of oily fish a week.</li> </ul> <p>Omega 6 PUFAs</p> <ul style="list-style-type: none"> <li>● Many fried and processed foods contain omega 6 fatty acids.</li> <li>● Sunflower seeds</li> <li>● Pumpkin seeds</li> <li>● Pine nuts</li> </ul>
<p>Shop bought processed foods are naturally higher in omega 6 fats. If you regularly eat these then focus your attention on including omega 3 food sources several times a week.</p>		
<p>Saturated fats (SAFA)</p>	<p>Aim to eat no more than 11% of saturated fats in your diet each day.</p>	<p>Sources of saturated fat include:</p> <ul style="list-style-type: none"> <li>● animal based fats from meat.</li> <li>● Dairy products including whole milk, cheese, butter and cream</li> <li>● Coconut oil</li> <li>● Many processed and baked goods also contain less healthy versions of saturated fat.</li> </ul>

Cooking with Fats	<p>Generally, it's advised to cook fats with lower temperatures to prevent changes to the chemical structure of the fat which can be harmful to your health. When cooking, try lightly frying, steaming and simmering. Aim to avoid deep fat frying.</p> <p>Consider drizzling fats high in PUFAs onto already cooked foods or as a salad dressing.</p>
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## Carbohydrates

Carbohydrates provide a source of dietary energy. It's important to understand the different types of carbohydrates as they affect our health and blood sugar regulation differently. As well as providing an energy source, carbohydrates also provide dietary fibre and can contain some B vitamins.

### Types of carbohydrate and recommended consumption:

<b>Type of Carbohydrate</b>	<b>How often should you eat them</b>	<b>Food sources</b>
<p>Whole unprocessed or complex carbohydrates</p> <p>These carbohydrates take longer to digest, providing a steady energy supply.</p>	<p>We recommend including regular moderate amounts of whole foods (unprocessed carbohydrates)</p>	<p>They're found in whole grain products like barley, oat, bulgar, quinoa, black or brown rice, millet as well as in vegetables and legumes.</p>

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<p>Processed carbohydrates</p> <p>These carbohydrates are quickly digested and absorbed into the bloodstream, providing a rapid source of energy which can lead to unstable energy and blood sugar levels.</p>	<p>We recommend limiting the amount of processed foods and added sugars.</p>	<p>Examples include white bread, white pasta, cakes, biscuits, sugar, fizzy drinks and many alcoholic drinks.</p>
<p>Fibre is found in complex carbohydrates but can't be digested. It can support gut and digestive health as well as regulate blood sugar and satiety.</p>	<p>Aim to include fibre rich foods at each meal.</p>	<p>Fibre rich foods include oats, beans, vegetables, fruit, wholemeal bread and brown pasta, brown rice.</p>

## **Are you drinking your calories?**

We often get asked about what to drink to be healthy and to support weight loss. Here's our simple guide to making what you drink work for you.

We recommend you focus on drinking water, water with added fruit/ herbs for flavour, fruit and herbal teas, black tea and coffee.

It might be helpful to think of a hot drink with added sugar or syrup as a snack rather than simply as a drink as it's likely to have more impact on your blood sugars.

<b>Beverage</b>	<b>Sugar content in Teaspoons</b>	<b>Our recommendation</b>
Water	0	Drink 1.5-2L of water a day **unless you have been given a water limit to follow
Black tea, coffee or herbal or fruit tea No added sugar	0	Aim to have no more than 4-6 cups a day.
Syrup shot in coffee	2-3 tsp	Aim to make this an occasional treat.
Fruit Juice	4-5 tsp in a 200ml glass	Fruit juice is rapidly absorbed into your bloodstream - we recommend having this only as an occasional treat.
Added sugar	Remember to count each teaspoon of sugar you add to hot drinks.	Aim to limit or reduce the number of times you add sugar to drinks or food in a day ~ your body has to work hard to process this. In a healthy body there is only 1 tsp of sugar in all of your blood .

As you can see, there are a lot of different healthy foods that you can enjoy to support your weight loss journey!