



NEXT LEVEL NUTRITION WEEK 6: FATS & CARBS



NEXT LEVEL
NUTRITION

BY *Angela Clucas*

WHAT'S HAPPENING IN TODAY'S VIDEO

1. Recap on last week: **PROTEIN**
2. Introduction
3. The 12 week series
4. How to give feedback
5. Lesson 6: Fats & Carbs
6. Homework!
7. Q&A

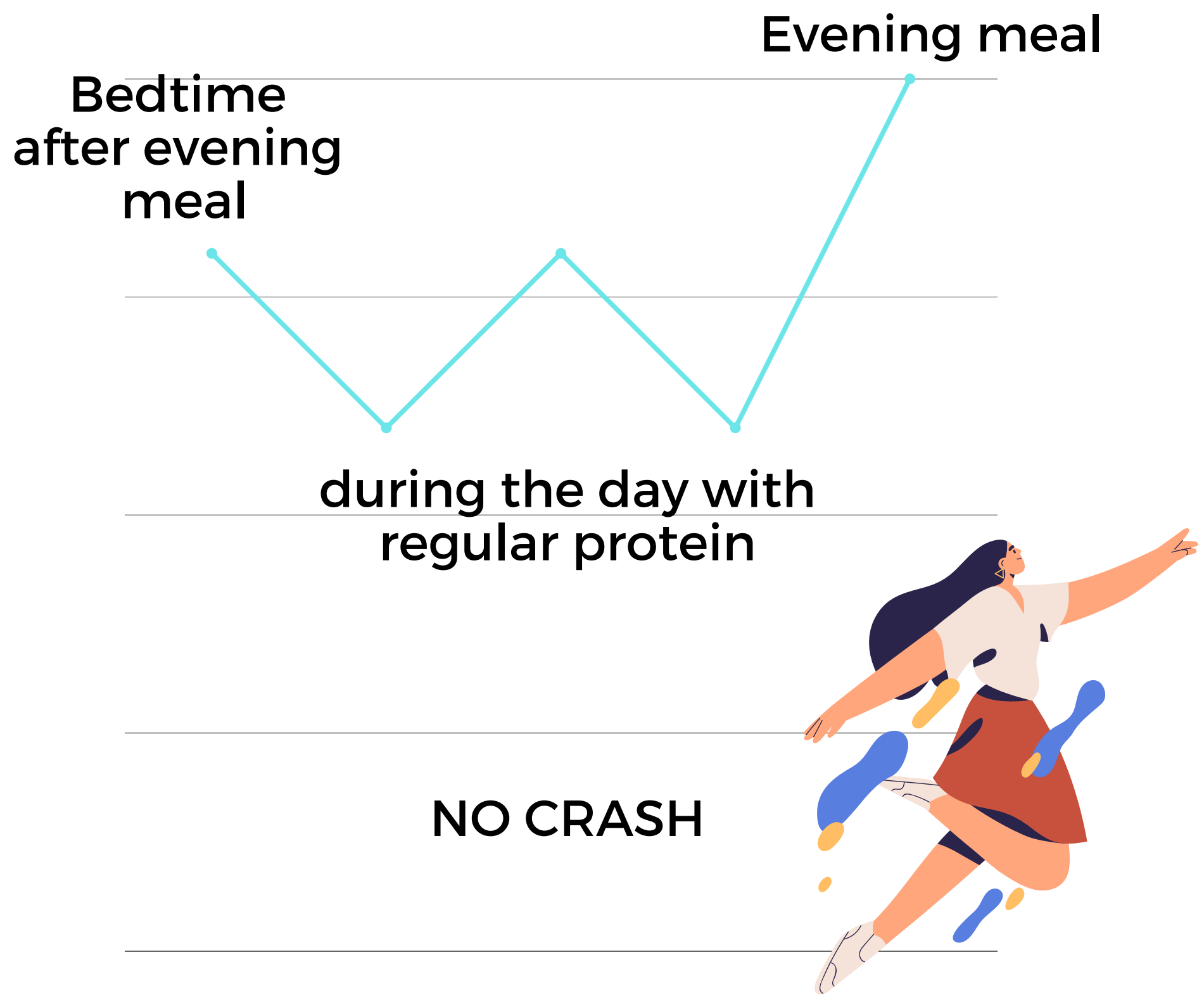
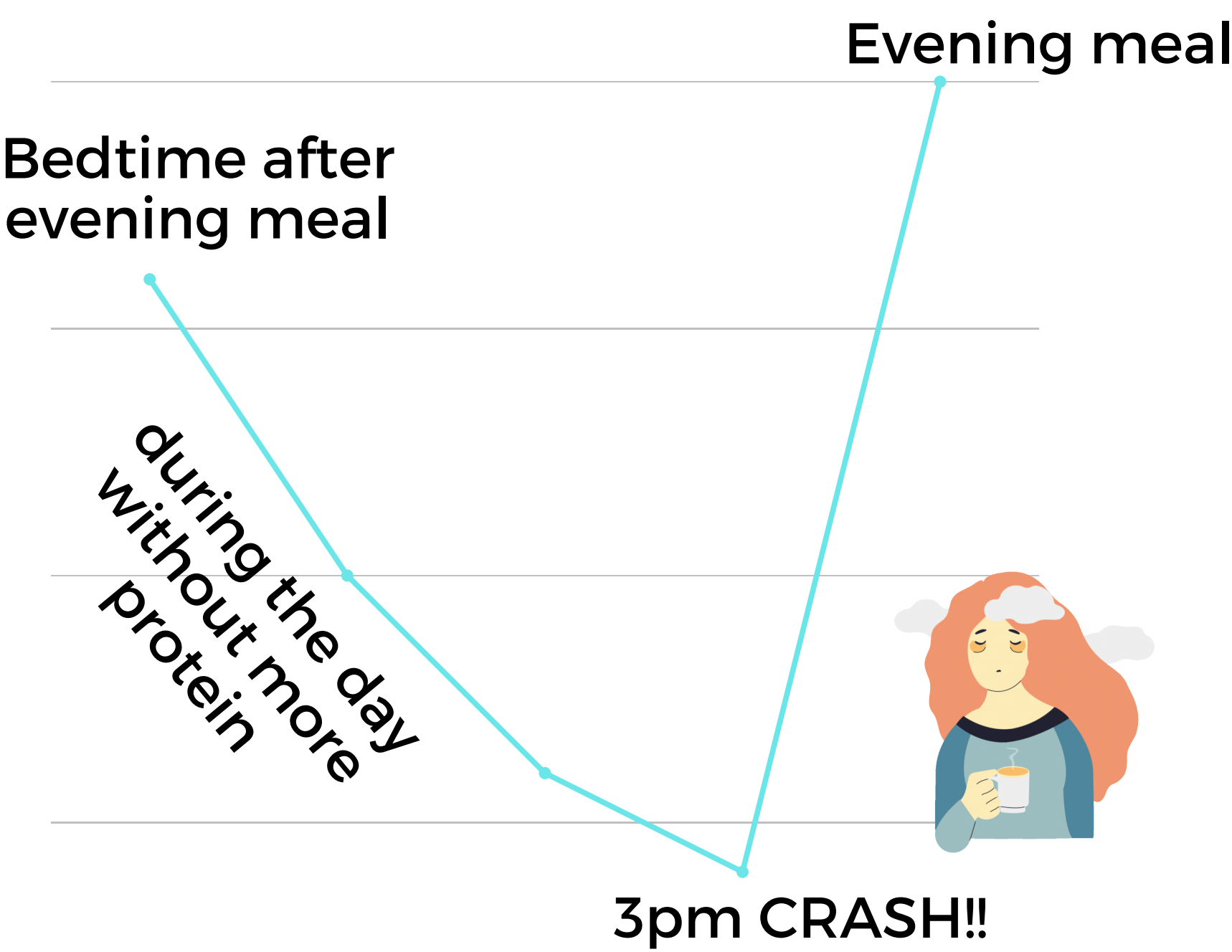
TODAY



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BY *Angela Lucas*

Why do you need protein in all meals?



100G PROTEIN

Total Calories: 1429kcal



12g protein 307kcal
(170g 5% Fage & 50g frozen blueberries)



46g protein 354kcal
(150g chicken breast, side salad & 1 tbsp olive oil)

12g protein 307kcal
(Costa medium latte & banana)



34g protein 587kcal
(Tesco finest spag bol)

 NEXT LEVEL NUTRITION
BY Angela Cuevas



jamiesdietguide



Balance.

High Protein Snacks

On the go choices to pick up and help
increase your daily protein intake



Babybel light
***5g protein**
(42kcal)



Edamame Beans
12g protein
(134kcal)



Lindahl's Pudding
14g protein
(100kcal)



Protein Pouch
20g protein
(146kcal)



Beef Jerky
18g protein
(161kcal)



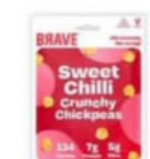
Light Mini Cheddar
8g protein
(100kcal)



Egg Protein Pot
11g protein
(103kcal)



Protein Yoghurt
20g protein
(144kcal)



Roast Chickpeas
7g protein
(134kcal)

* nutritional information
per serving

www.balanceie.com





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BY *Angela Lucas*

RECAP OF WEEK 5: PROTEIN

Work out where you are now.

Pick 1-2 changes to make to increase protein.

Start there, let it become your habit.

Review, pick more changes.

Keep going until you feel good!

Course Schedule

- 1) Effective goal setting ✓
- 2) Why understanding your 'why' is key to achieving your goals ✓
- 3) How to set yourself up for success ✓
- 4) How to build rock solid habits ✓
- 5) All about protein - what, why and how much 🤩
- 6) Fats, Carbs and the brain - why modern life is setting us up to fail (and what to do about it!)
- 7) How to keep and analyse your own food diary
- 2 x Break week - 14th & 21st September ✈️**
- 8) How to track and monitor progress
- 9) Making changes
- 10) Breaking the all or nothing mindset
- 11) Overcoming setbacks and getting back on track
- 12) Tips and techniques for the future



WHO AM I?



BACHELOR'S DEGREE IN
HUMAN NUTRITION
(1ST CLASS)



MASTERS DEGREE IN
SPORTS NUTRITION
(DISTINCTION)

SENr
The Sport and Exercise Nutrition Register

BDA The Association
of UK Dietitians



@nextlevelnutritioniom


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HOUSEKEEPING:

Slides and recording will be available by tomorrow.

Sign up to each class, each week.

You can access them via <https://edu.perksatwork.com/> and searching for Next Level Nutrition in the CoA section.



We really value your feedback



HELP US IMPROVE OUR CLASSES



DOWNLOAD THE

**FEEDBACK
LABS**

MOBILE APPLICATION



iOS App Store:
tinyurl.com/ios-fblabs



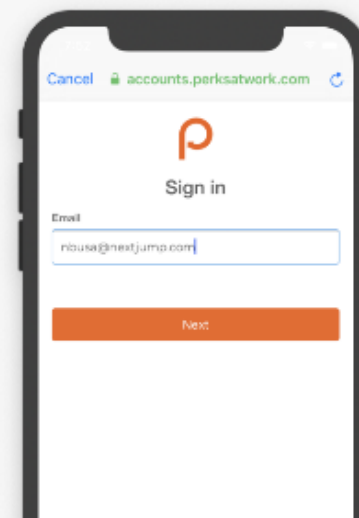
Android Google Play Store:
tinyurl.com/android-fblabs

Need Help Logging In?

1 Enter your work email.

This is the same email you use to log in to Perks at Work!

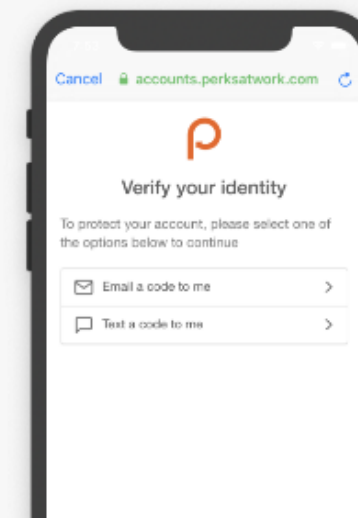
If you are asked to select an organization, please select "WORLD."



2 Verify your account.

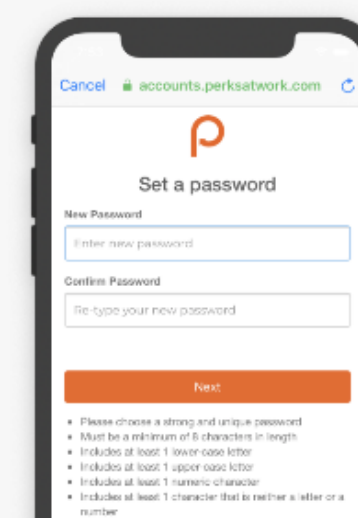
Option 1: Via email.

Option 2: Via invite code nxjacademy.



3 Create a password.

This password is used to access all Perks at Work apps.



STILL NEED HELP? PLEASE CONTACT coahelpdesk@nextjump.com



FAT AND CARBS IN THE MODERN DIET

What foods are FAT?

What foods are CARBS?

What does it even matter?



Let's talk about CARBS!!

Who has done a low carb diet?

How did you feel?

Could you sustain it long term?



Water weight

- For every gram of carbs, we store 3g of water

We can hold enough carbs for 90 mins of intense exercise

Carb Swap

More Rice



More calories

More Veg



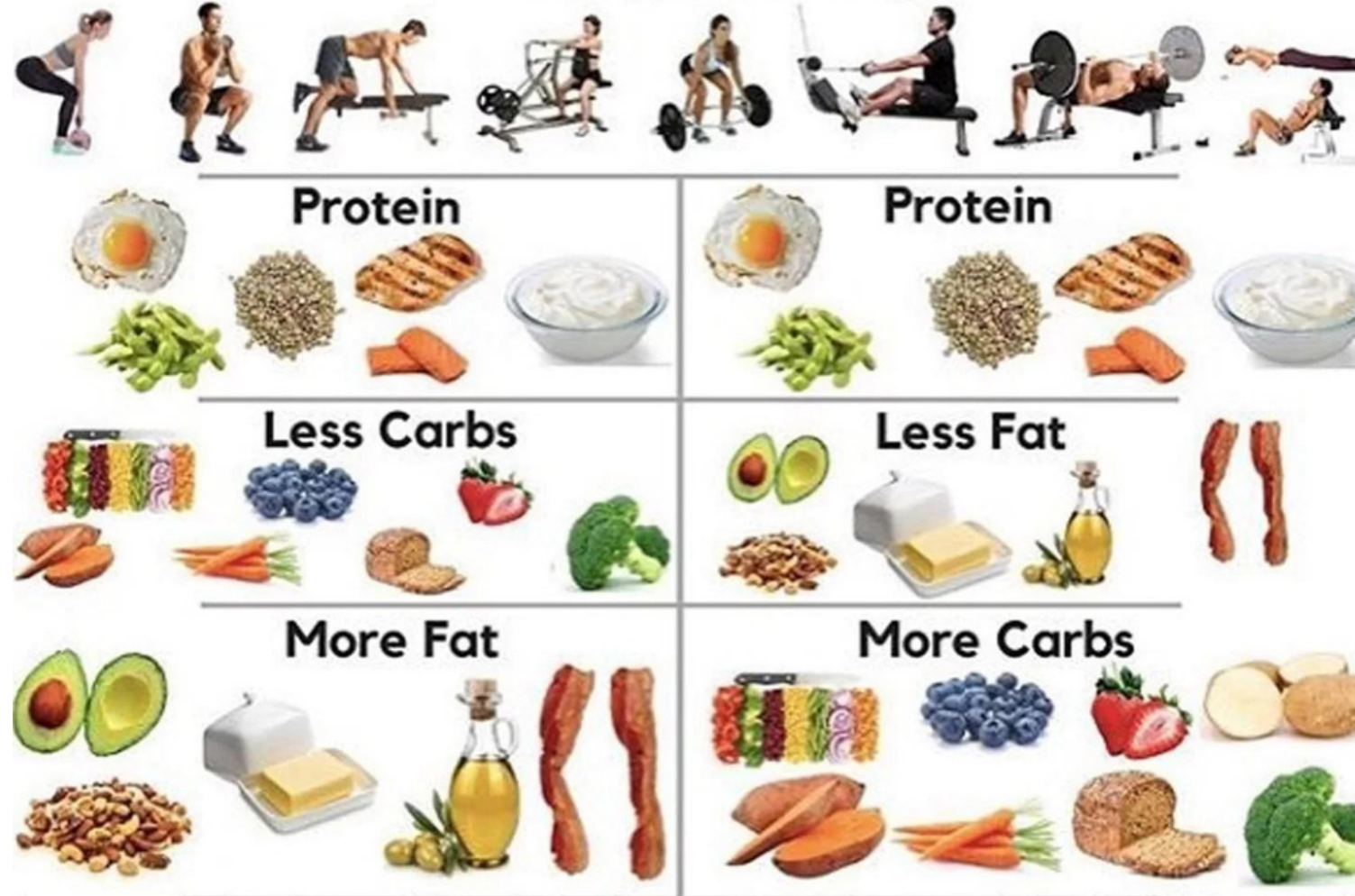
Fewer calories

Same meal, no separate cooking, EASY

What's 'better' low carb or low fat?

WHAT IS BETTER? LOW CARB OR LOW FAT

@chadhargrove1
Strength Training



Let's start with FATS.

We've got the 'good', the 'bad' and the UGLY!

The fat we eat (as well as the cholesterol it creates in our body) can contribute to:

- cardiovascular disease
- diabetes
- cancer
- obesity



But not ALL fats...

And fat isn't all bad. We need fat to dissolve Vitamins: A, D, E & K

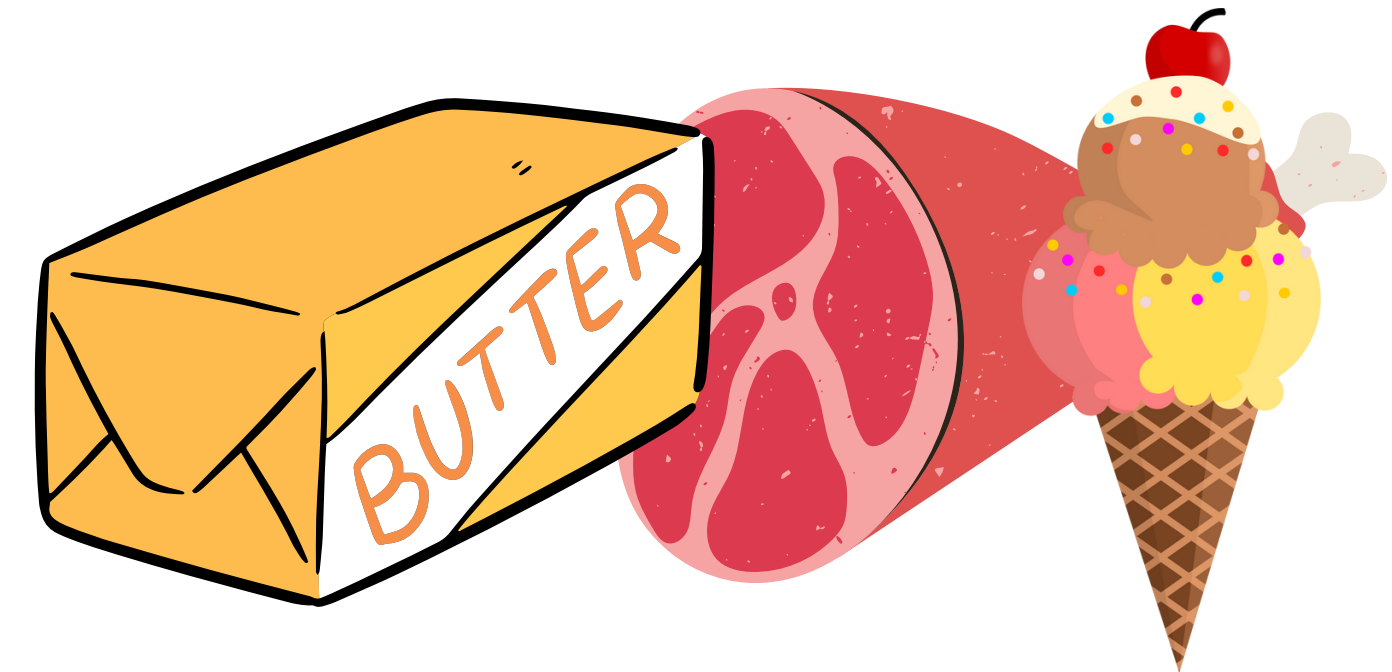
Saturated Fats:

Saturated fat: Use sparingly

Most saturated fats are animal fats. They're found in high fat meats and dairy products.

Saturated fat sources include:

- fatty cuts of beef, pork, and lamb
- dark chicken meat and poultry skin
- high fat dairy foods (whole milk, butter, cheese, sour cream, ice cream)
- tropical oils (coconut oil, palm oil, cocoa butter)
- lard



Eating too much saturated fat can increase blood cholesterol levels and LDL (bad) cholesterol levels.

But what does the research say?

Harvard University: Saturated fat may not be as bad as once thought — but it still isn't the best choice for fats.

A [2015 review](#): Replacing saturated fat with polyunsaturated fats can reduce your heart disease risk but reduction risk was low.

A [2017 journal article](#): Risks of LDL (bad) cholesterol had previously been overstated, re: negative effect on heart health.

Compare your total cholesterol level to your HDL (good) cholesterol level instead.

Doctors associate a higher ratio with increased insulin resistance and heart problems.

Where can you find the 'Good' Fats?

Polyunsaturated = Omega-3s appear to not only decrease the risk of coronary artery disease, but they also help lower blood pressure levels and guard against irregular heart rates

- salmon
- herring
- sardines
- trout
- walnuts
- flaxseed & chia seeds

Monounsaturated = improve your blood cholesterol level and decrease your risk for cardiovascular disease

- nuts (almonds, cashews, peanuts, pecans)
- vegetable oils (olive oil, peanut oil)
- peanut butter and almond butter
- avocado

The Bottom Line:

The research is conflicting on how damaging saturated fats are BUT...

It's much more conclusive on how positive unsaturated fats are.

What does that mean for you?

Until we know more, it's good to make sure lots of your fat comes from the sources we know are beneficial.

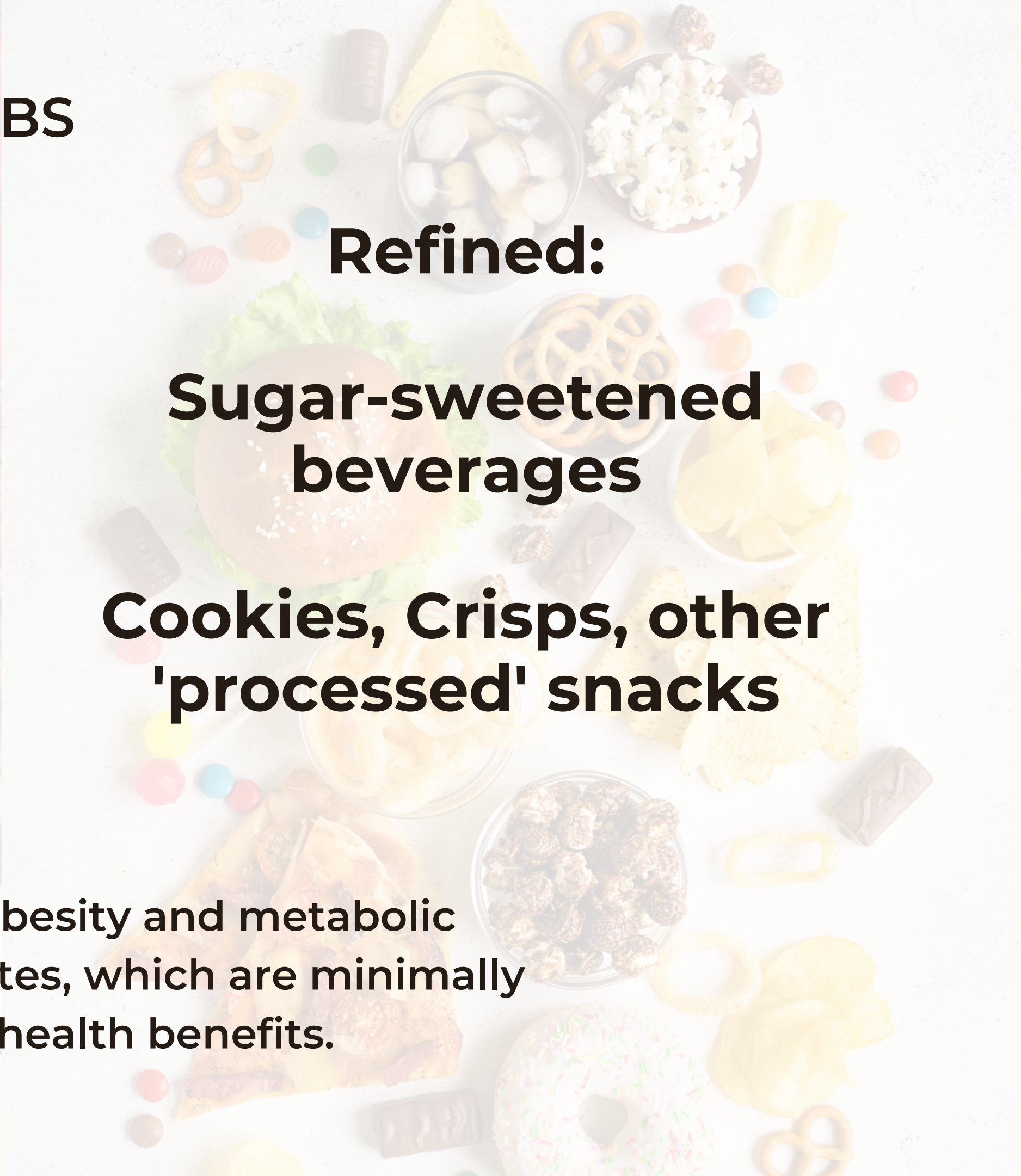
Keep it simple!

A top-down view of a variety of fresh fruits and vegetables, including raspberries, cherry tomatoes, broccoli, kiwi slices, blueberries, and avocado, arranged on a light surface.

CARBS

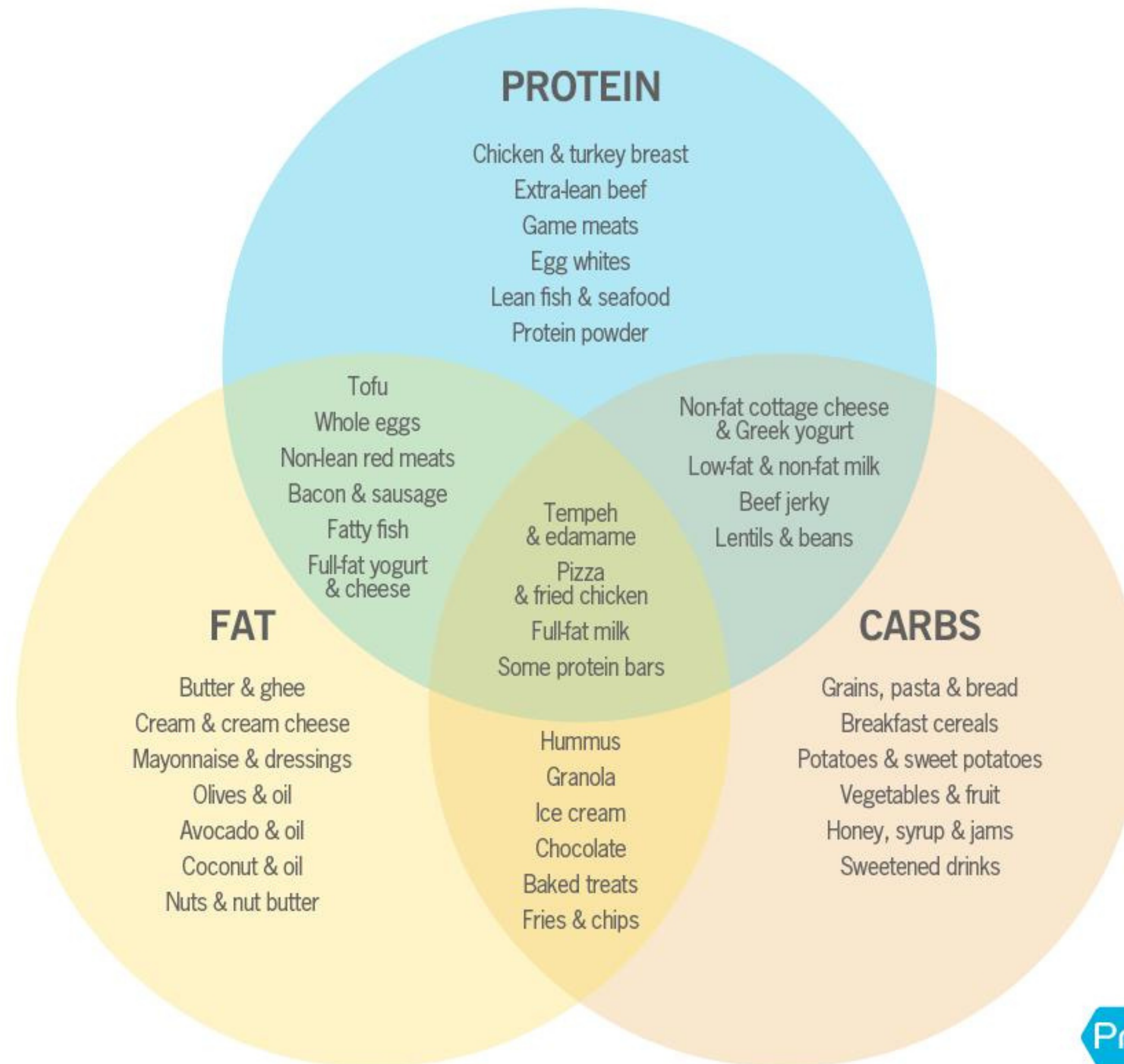
Wholefoods:
Fruit & Vegetables
Wholegrains
Pulses

Refined carbs are linked to obesity and metabolic diseases, but whole carbohydrates, which are minimally processed, have many health benefits.

A top-down view of various processed snacks, including a burger, fries, popcorn, pretzels, candy, and donuts, arranged on a light surface.

Refined:
**Sugar-sweetened
beverages**
**Cookies, Crisps, other
'processed' snacks**

Okay, but why do I get so tempted?!

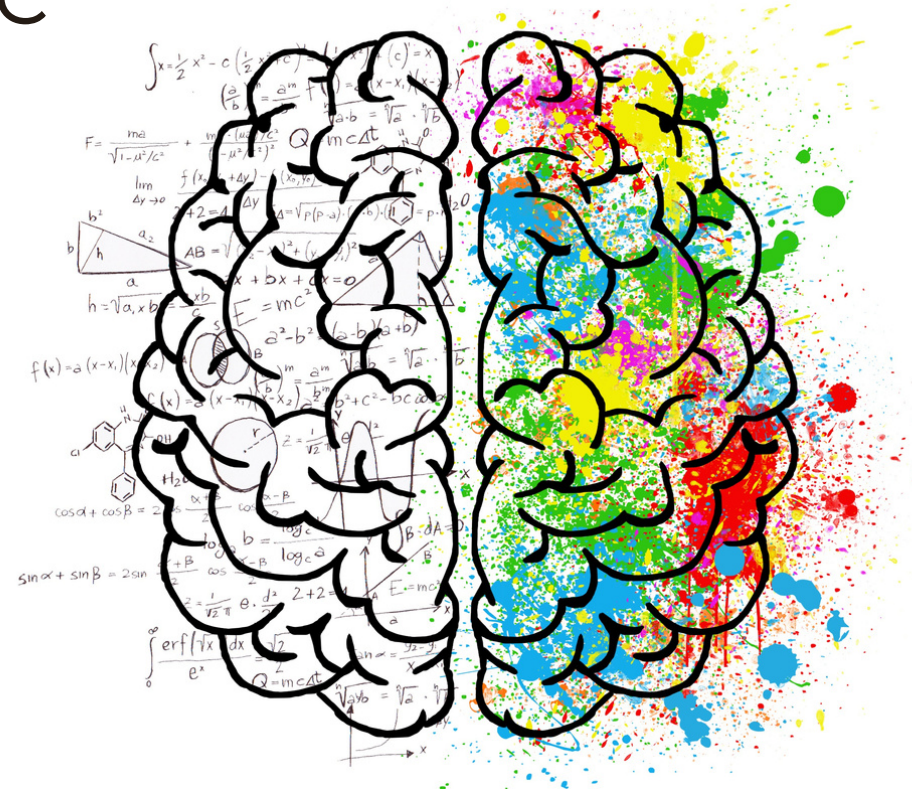


What does hyper palatable mean?

Dopamine release is proportional to the concentration of those nutrients in the food.

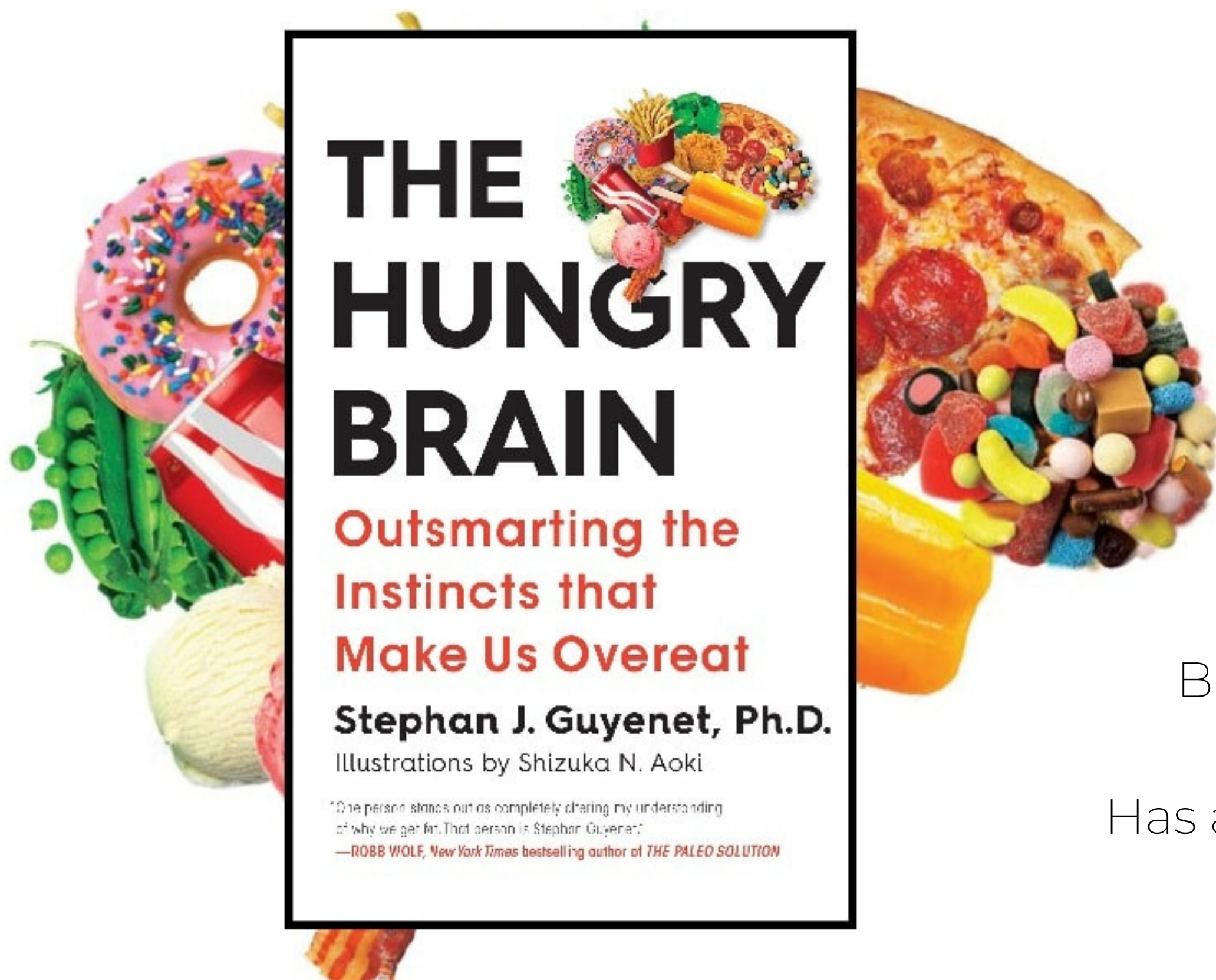
More concentrated nutrients = more dopamine = creates cravings

Be mindful of your own cues and triggers to make a change to your habits.



Dopamine also causes us to learn sensory cues - we get the good stuff there, go there!

Next time you're in the same place, you get another dopamine hit, it triggers you to get more!



Book recommendation!

Has anyone already read this?

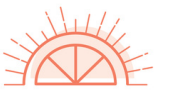
Homework for this week:

Identify your cues and triggers:

- Places
- People
- Feelings
- What else?

Write them down. The first step is becoming aware!





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BY *Angela Lucas*

RECAP OF THIS WEEK:

There are two types of carbs and fats and both have a role in our diet.

The research is ongoing about saturated fat but we are more certain of the benefits of unsaturated fat, so fill your diet with them.

Carbs can be very beneficial, a source of nutrition and fibre, but they can also be very easy to overeat when combined with fats.

The best way to make a change is to know your cues and change your environment or have a plan!

EVERYONE
READY FOR THIS
WEEKS
CHALLENGE?

Pop your questions/thoughts/ideas in the chat!



ANY QUESTIONS?



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We really value your feedback



HOW DID IT GO? LET YOUR INSTRUCTOR KNOW.



ANGELA CLUCAS

MEETING TAG

Next Level Nutrition Series



-) Your Favorite Part
-) Your Least Favorite Part
-) What Do You Wish You Could Of Learned More About

POWERED BY



**FEEDBACK
LABS**



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