

NUTRITION E-BOOK

WRITTEN BY:
NICOLE MARCHAND AUCOIN, MS, RD
REGISTERED DIETITIAN & OWNER HEALTHY STEPS
NUTRITION & CROSSFIT HSN



A SOLID FOUNDATION

Where does your nutrition fit in?



DETERMINE YOUR BASELINE & TRACK YOUR PROGRESS

- We recommend tracking more than just your body weight by looking at measurements, body fat and muscle mass
- Re-check biometrics every 2-4 weeks
- At Healthy Steps Nutrition, we use an InBody scan to determine your baseline and track your progress

InBody

[InBody370USA]

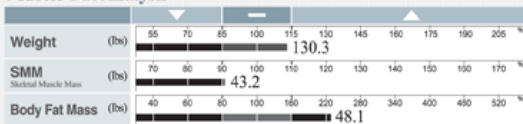
ID: Jane Doe | Height: 5ft.01.8in. | Age: 51 | Gender: Female | Test Date / Time: 05.04.2012 09:46

SEE WHAT YOU'RE MADE OF

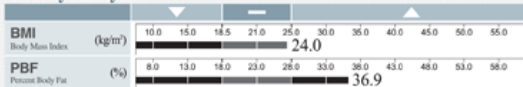
Body Composition Analysis

	Values	Lean Body Mass	Weight
Total Body Water (lbs)	60.6	82.2	130.3
Dry Lean Mass (lbs)	21.6		
Body Fat Mass (lbs)	48.1		

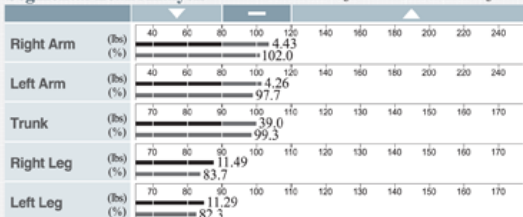
Muscle-Fat Analysis



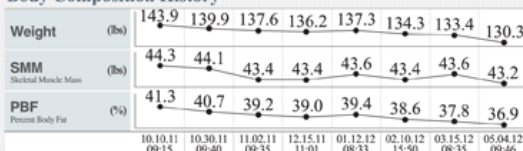
Obesity Analysis



Segmental Lean Analysis



Body Composition History



Body Fat - Lean Body Mass Control

Body Fat Mass - 21.8 lbs
Lean Body Mass + 5.5 lbs
(+) means to gain fat/lean (-) means to lose fat/lean

Basal Metabolic Rate

1175 kcal

Results Interpretation

Body Composition Analysis

Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the muscles are adequately developed in the body. The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

Body Composition History

Track the history of the body compositional change. Take the InBody Test periodically to monitor your progress.

Body Fat-Lean Body Mass Control

Based on current body composition, the recommended change in Lean Body Mass and Body Fat Mass for a good balanced ratio. The '+' means to gain and the '-' means to lose.

Basal Metabolic Rate

Basal Metabolic Rate is the minimum number of calories needed to sustain life at a resting state. BMR is directly correlated to Lean Body Mass.

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

	RA	LA	TR	RL	LL
Z(Ω) 5 ulr	373.1	385.4	257	303.0	314.1
50 ulr	337.2	352.5	23.0	282.3	289.8
250 ulr	297.4	311.5	19.1	258.1	267.8

HAVE A PLAN



- Create a menu for the week
- Set aside time each weekend to prepare your staples for the week ahead
- Check out the website for some awesome recipes: **HERE!**
- Try using a muffin tin, crockpot or instant pot when prepping food to save time
- Pre-wash + cut fruits & veggies to enjoy conveniently throughout the week

DRINK UP!



Aim to drink at least 80oz per day

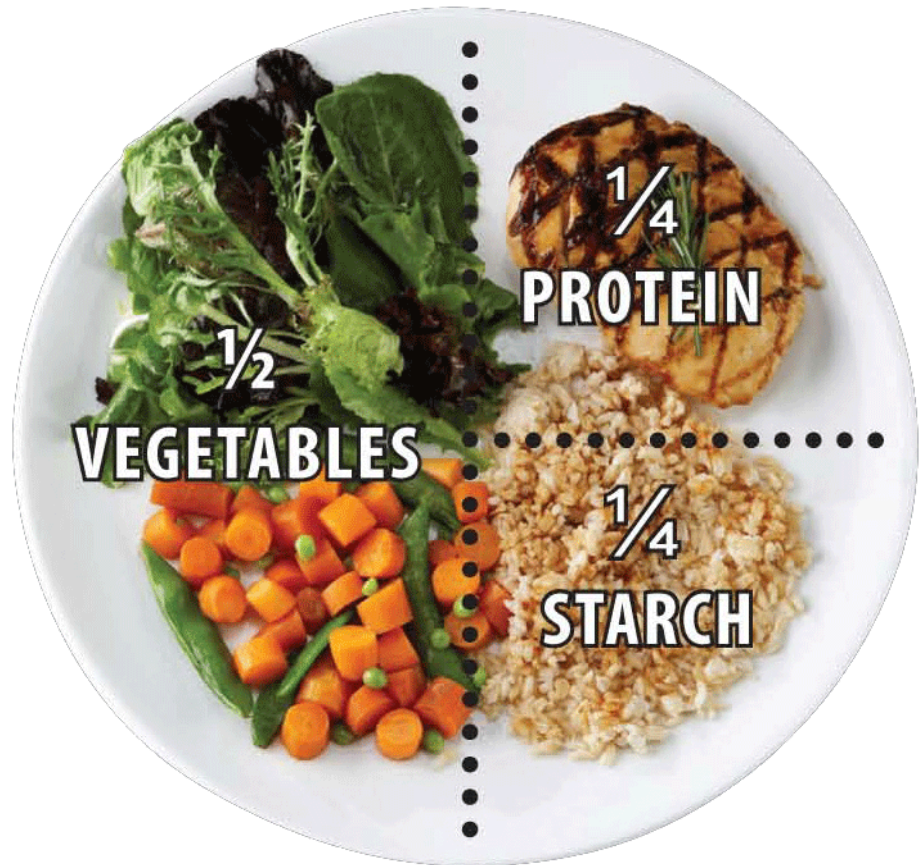
Water plays a vital role in all metabolic purposes

Dehydration can decrease performance by up to 20% - yikes!

Don't like the taste of water? Try adding fresh fruit (watermelon, strawberries, pineapple, cucumber, mint)

Tips to drink more water: carry a bottle with you, log your water throughout the day, drink with a straw. download a hydration app

BALANCE YOUR PLATE



Incorporating all macronutrients (protein, carbs & fats) into your meals and snacks will help you remain full and satisfied

Try to load up on the non-starchy veggies (1/2 of your plate) and eat those first!

Next, choose a lean meat (3-6 ounces)

Lastly, pick a low glycemic starch that is high in fiber and low in sugar to help keep you full and satisfied until your next meal/snack

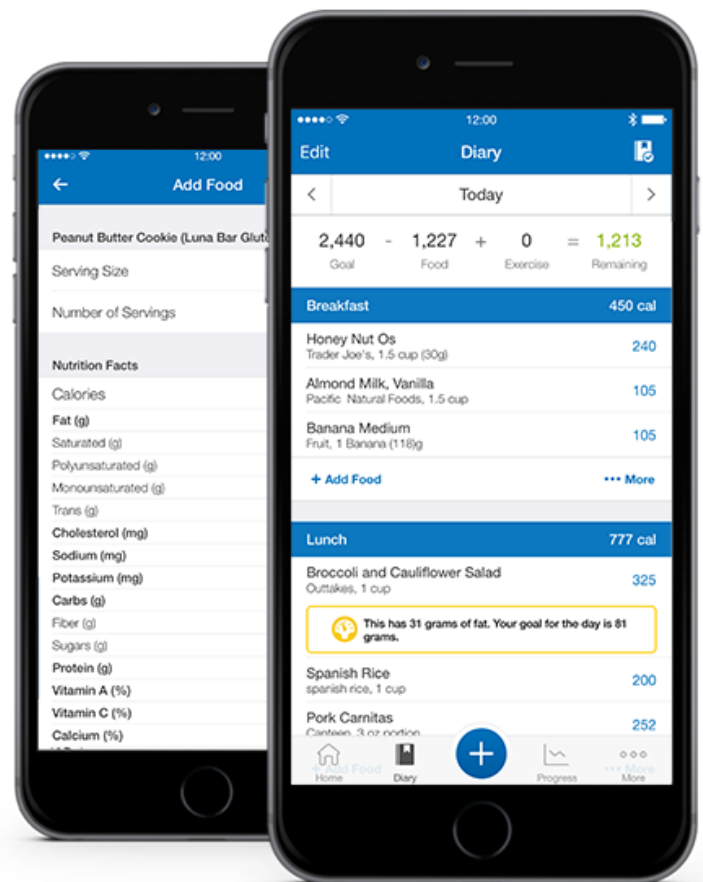
TRACK YOUR FOOD

Keeping track of your intake is an extra step of accountability that will help make you more aware of what you are actually eating

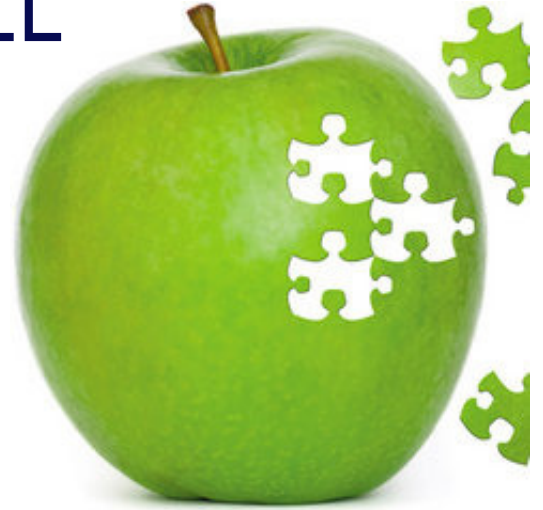
We **love** the

MyFitnessPal app because it is user friendly and has a large database of food, which makes it easy to find the food brands you are consuming

Short on time? Try a food photo journal and just take pictures of everything you eat to review at the end of each day



LET'S LOOK AT ALL THE PIECES OF THE PUZZLE



- Drink at least 80 ounces of water per day
- Eat every 3-4 hours
- Balance your macronutrients: 40% carbs, 30% protein, 30% fat
- Slow down: your brain is 15 minutes behind your belly!
- Focus on lean sources of meat, plant based sources of fat and low sugar/high fiber carbohydrates
- Eat around your workouts (don't workout on an empty stomach)
- Try to get at least 6 hours of sleep per night
- Exercise regularly!

WHY USE HEALTHY STEPS NUTRITION



GUIDED



TESTED



PROVEN

Program Written By
Registered Dietitian & CrossFit Affiliate Owner,
Nicole Marchand Aucoin

HUNGRY FOR HELP?



**THE SECRET OF
GETTING AHEAD IS
GETTING STARTED.**

Mark Twain

Our Programs

Group & Corporate Challenges

Individual Nutrition Counseling

Sports Nutrition

Pediatric Nutrition

Click **HERE** to Schedule Your Free Nutrition
Consultation with Us Today!