

Let's talk NUTRITION

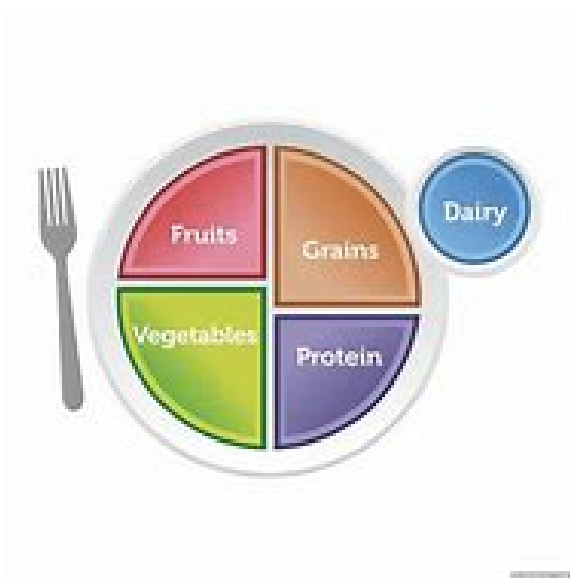
What should I be eating during the day?

Macronutrients: our bodies need these in large amounts

- protein
 - make up a large portion of our bodies
- carbohydrates
 - bodies fuel source
- fats
 - fuels the body, helps absorb nutrients, and supports cell function

Micronutrients: support the systems and organs in our bodies to ensure they are working properly

MyPlate diagram:



How many calories do I need?

- depends on your basal metabolic rate (BMR) and activity levels during the day, which gives you your total daily energy expenditure (TDEE)
 - Harris Benedict Formula can help you figure this out

Here are some tips to help you out!

- begin by making small changes
 - having one veggie with every meal
 - swap out high-caloric sauces for a more nutrient-dense option
- try meal prepping and planning
- shop for fruits and veggies that are in season
- become familiar with nutrition labels
- check to see if your plate is colorful
- consider buying frozen fruits and vegetables due to their longer shelf life
- understand why your body needs certain nutrients



Listen to the KC Health and Wellness podcast for more information!