



WEBGAINS NUTRITION

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'Eat an Apple or Pear before a main meal to reduce the amount of calories you eat by around 15%' (Fibre & Antioxidant: Pectin)



PERSONAL ENERGY NEEDS DAILY:

STEP 1.

Men: $22 \times (\text{Bodyweight in KG}) =$
Woman: $24 \times (\text{Bodyweight in KG}) =$

STEP 2. (Multiply STEP 1 by Activity):

Low = 1.2
Moderate (2/3 Sessions a Week) = 1.4/5
High (Intense Sessions Daily) = 1.7

Result = Calories you need per day!

GLYCEMIC INDEX (CARBOHYDRATE RANKING)

LOW GI = Slow Blood Sugar Rise.
LOW GI = Better Health, Mood, Focus.
LOW GI: Lentils, Beans, Oats, Brown Rice.
HIGH GI: White Bread, White Rice, Biscuits.

Use the GI Index Online & Find Favourites!

FIBRE: ZERO CALORIE CARB

- Natural fullness without overeating.
- Better Digestion & Lower Cholesterol.
- Curb Cravings - Level Blood Sugar.
- Lentils, Black Beans, Broccoli, Pear, Avocado.

Strive to create new habits from today onwards for new #gains!

#WEGIVEYOU THEEDGE

- **50 Essential Nutrients**= Maximum Energy from Food.
- **Lemon & Green Tea/Hot Water**= Detox & Digestive Health.
- **Cabbage 3 x /Week**= Serious Disease Prevention
- **Garlic**= Blocks harmful nitrates found in preserved food.
- **Broccoli & Berries**= Antioxidants + Boosts Vitamin C effect.
- **Carrots & Sweet Potato**= Anti-Ageing.
- **Strawberries**= Neutralise Carcinogenics - Protect DNA!
- **Black Pepper**= Absorb more nutrients from Food!
- **Steam it!**

