



ARE YOU BALANCING YOUR PLATE?

You may be missing something!

Client Success Stories
Review Case Studies
Answer Questions
Tips & FAQs



INTRO TO MACROS

- Carbohydrates
 - The body's main energy source
 - Important for glycogen, fiber, brain energy, serotonin, micronutrients
- Fat
 - Good vs. bad fats
 - Unsaturated: seafood, nuts, seeds, avocado, plant oils
 - Saturated: Dairy and Animal fats
 - Important for nutrient absorption, heart health, inflammation, hair, skin, and nails
- Protein
 - Amino acids (9 essential)
 - Complete vs. Incomplete proteins
 - Important for muscle, tissue, joints, bone health
- We need them all!





BALANCED PLATE

- 4 Primary Components
 - Fruit and/or vegetable
 - Protein and fat
 - Grain
 - Fluid
- Tips:
 - Start low and slow
 - Add in each component over time until you reach all 5
 - Get creative - it doesn't always have to look so structured!
 - Aim for all 5 during meals and 2-3 during snacks

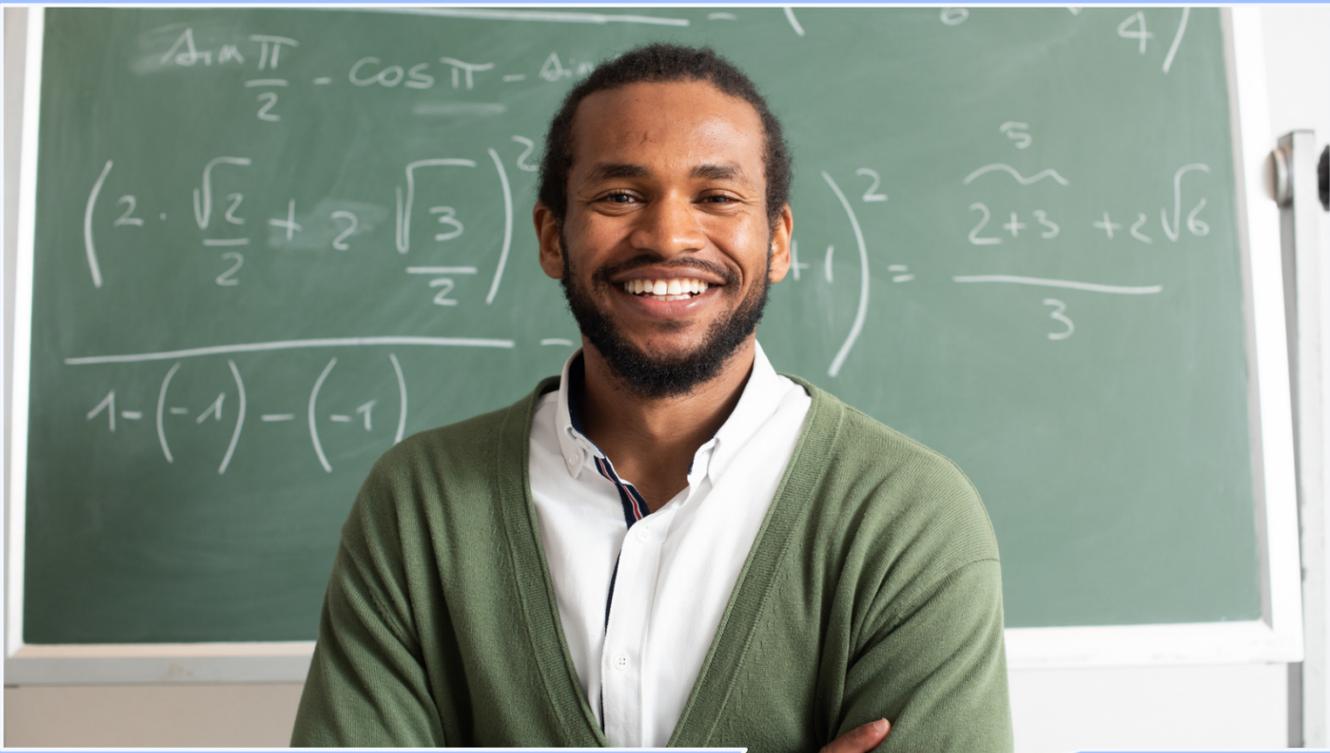




Cast Study 1: Chad

Guidance

1. Work on mindfulness to control plates
2. Eat balanced plates consistently throughout the day
3. Had been low carb & intermittent fasting
4. Build a plate and take a beat



Cast Study 2

Plant-based teacher. Having a hard time reaching protein goals, doesn't know how to balance plates without animal meat.

Guidance

1. Reach for plant-based proteins
 - a. Complete vs. incomplete
2. Balance plates with incomplete proteins
3. Try a plant-based protein powder
4. Try some high protein snack recipes



Cast Study 3

SAH Mom who focuses mostly on vegetables and is scared of grains and animal protein sources even though she loves to eat them.

Guidance

1. Walk through nutrition education and the effect of low carb intake on muscle growth and calorie utilization
2. Introduce protein
3. Introduce grains

7 THING

We need up to 7 servings of produce per day.

The USDA recommends 2-3 fruit servings and 3-4 veggie servings per day for men ages 30-60.

DID YOU KNOW

Protein takes 2–3 times longer to digest than carbs.

Carbs are the fastest digested macronutrient (within 30–60 minutes) followed by protein and then fat.

MYTH

OR

FACT

Grains like pasta, tortillas and bread are bad.

Myth! These foods provide a great source of fiber and whole grains. Help support muscle growth and provide the body with energy...among many other things!



THANK YOU!



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