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Nutrients vs Calories

It goes without saying really, 100 calories of broccoli is not the same as 100 calories of mars bar. This is one of the big reasons I'm not a huge fan of counting calories, although admittedly calories do have a place. If you're eating too many calories you will at best not lose weight and at worst actually gain.

We can take this over simplified calorie example further though. What's better - 100 calories of broccoli, or 100 calories of grass fed beef? Of course, both are good, but does one have more nutrients than the other?



When you're trying to lose weight, I find it best to think about nutrients. How many calories do you need to eat in order to get everything your body needs, vs how many calories *could* you eat to end up with the same nutrient intake.

Let's use almonds and spinach - both are a good source of magnesium. You get 270mg magnesium in 100g of almonds, 600 calories. For only 90 calories, you can eat 300g of spinach for the same amount of magnesium. Which is going to be better on a weight loss quest? This is known as nutrient density - a more nutrient dense food has more nutrients per calorie.

If you're full to the brim with everything you need, you'll get less cravings, which of course will only speed up your weight loss - and make life so much easier. Remembering my last email about intrinsic motivation; if you're satisfied by your food, you have to rely much less on will power to help you avoid that piece of cake!

Always, always, always remember you need protein though. Actually, people who eat more high quality protein tend to have less nutrient deficiencies and tend to be leaner. Remember your body needs protein, and if you exercise (particularly weight

lifting type exercise) you need more. Also know that protein is the most satiating thing you can eat.

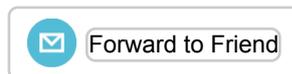
This doesn't mean eat as much protein as humanly possible, it means eat a decent sized portion of protein at every meal. Veg based meals are a false economy.

Filling your tummy is not the aim. Give your body everything it needs but without unnecessary extra calories and you're setting yourself up to succeed.

It is possible to take this to an extreme, one cannot live on veggies and lean protein alone. You will not be able to out willpower your body forever - if your body is being forced too low, it will take back what it needs. Just think about how out of control you've felt on a Friday night raiding the kitchen for chocolate!

Until next time, enjoy staying healthy!

Best wishes,

A handwritten signature in red ink that reads "Heather". The signature is written in a cursive style and is positioned above a red flourish that extends to the left and then curves back towards the right.

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