mindfully you

HEALTH • NUTRITION • YOU

Better Choices. Healthier Habits. A Stronger You.

REAL FOOD / BALANCED NUTRITION / LASTING RESULTS

Nutrition 101

SMALL DETAILS. BIG IMPACT.

The information on food labels can be confusing, but it doesn't have to be. Here are 4 key steps to help you make smarter, more informed choices.

1 CHECK THE SERVING SIZE

INGREDIENTS:



Every nutrient value is based on the listed serving. Many packages contain multiple servings — for example, a protein bar might list "20g protein" per serving, but the whole bar could be 2.5 servings. Being unaware of the serving size causes overindulging and can quickly take you over your caloric needs. This simple mistake could be the reason you're not seeing the changes you want!

2 UNDERSTAND CALORIES

People often assume the higher the calories the worse the food. It's not that simple. Whether something is high or low in calories depends on your body's needs, what you've eaten that day, and whether the food will actually keep you full, satisfied, and satiated.

Fat loss: Aim for lower-calorie options per serving (100–300 kcal per meal/ snack) to create a calorie deficit.

Maintenance: Match calories to your Total Daily Energy Expenditure (TDEE) to keep weight stable.

Muscle gain: Choose higher-calorie options (400–700 kcal per meal) to meet a surplus.

3 REVIEW MACRONUTRIENTS

Protein - Build and repair body tissues (muscle synthesizer)

Carbs - bodies main energy source

Fat - long-term energy storage, production of hormones

All important - keeping in mind there are good AND bad sources of them all. And being mindful, fat has 2x more calories than carbs and protein.

A GUIDE FOR:

Fat loss:
~40% protein, 35% carbs, 25% fat to preserve muscle and manage hunger.

Maintenance:
Protein 1.6–1.8 g/kg bodyweight; carbs and fats adjusted to meet calorie needs.

Muscle gain:
Protein 2.0–2.4 g/kg bodyweight; higher total calories to support surplus.

4 READ THE INGREDIENTS

Food ingredients are listed on labels from what is most in the food it's on to what's the least. So if sugar is the second ingredient in your granola bar, maybe it's not the best choice when being used as a snack.

Rule of them: if you don't know what it is. Put it back.



Nutrition Facts

Serving size 1 bar (50g)
Servings per container 2.5

Amount per serving
Calories 200

	% Daily Value*
Total Fat 6g	10%
Saturated Fat 2g	11%
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 12g	
Protein 10g	20%

* % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet.

4 WATCH ADDED SUGARS

Limit added sugars to <10g per serving to avoid excess calories and blood sugar spikes.

Know more. Choose better. Feel your best. ♡

mindfully you

NOURISH / BALANCE / THRIVE