



NUTRITION INTRO

BEAUTILAB

AESTHETICS + WELLNESS

IMPACT OF SHIFTING HORMONES ON FOOD CONSUMPTION

Shifting hormones have dramatic impacts on the human body, especially women's bodies, as they reach midlife. But these hormone changes can also impact your nutrition and the food you choose to eat, specifically carbohydrates, protein, and calories.



Carbohydrates

Shifts in hormones during menopause impact body's ability to use carbohydrates. Consume carbs within 30 minutes of exercise to improve utilization.



Protein

Need protein at every meal and snack to ensure muscle maintenance.

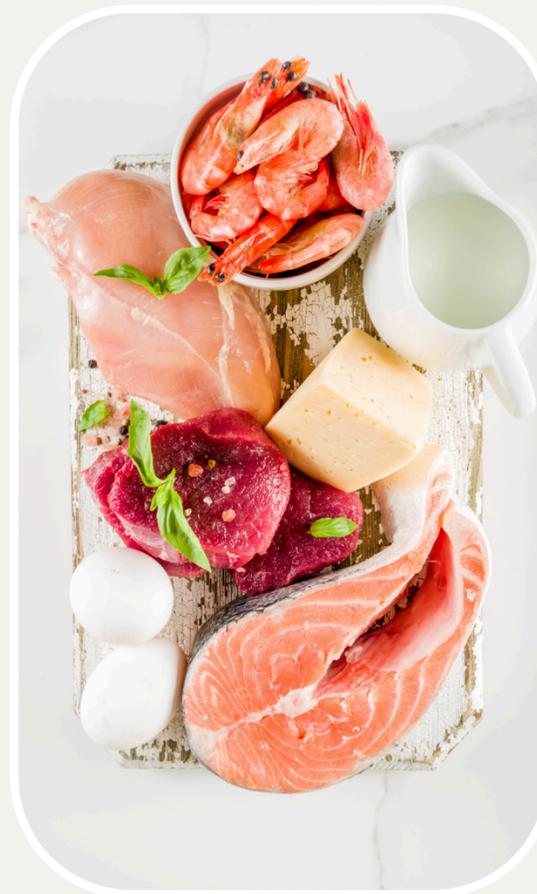


Calories

Shift calorie intake to earlier in the day to improve utilization.

FOOD IS COMPRISED OF MACRONUTRIENTS

Quality counts as much as quantity.



Carbs

Grains, pasta,
beans, legumes,
fruit,
vegetables.

4 calories per
gram



Protien

Meat, poultry,
seafood, nuts,
tofu, legumes,
dairy.

4 calories per
gram



Fats

Oils, butter,
avocados, nuts,
seeds, salmon.

9 calories per
gram

CURRENT VS. IDEAL MACRONUTRIENT INTAKE



Current Intake by Women Aged 45-64

Carbs: 48%

Protein: 16%

Fat: 35%

Recommended Levels

Carbs: 40%

Protein: 30%

Fat: 30%

Shifts Required

**Reduce carbs to moderate level.
Increase protein at every meal.
Choose healthy fats.**

3 EATING HABIT CHANGES

1 40/30/30

- Moderate carbohydrate intake to no more than 40% of calories.
- Increase protein intake to 30% of calories. Enjoy protein at every meal and snack of the day.

2 35/35/10/20

- Shift higher calorie consumption to earlier in the day.
- 35% of calories at breakfast, 35% at lunch, 10% at snack, 20% at dinner.

3 CALORIES CONSUMED WITHIN 30 MINUTES OF EXERCISE.

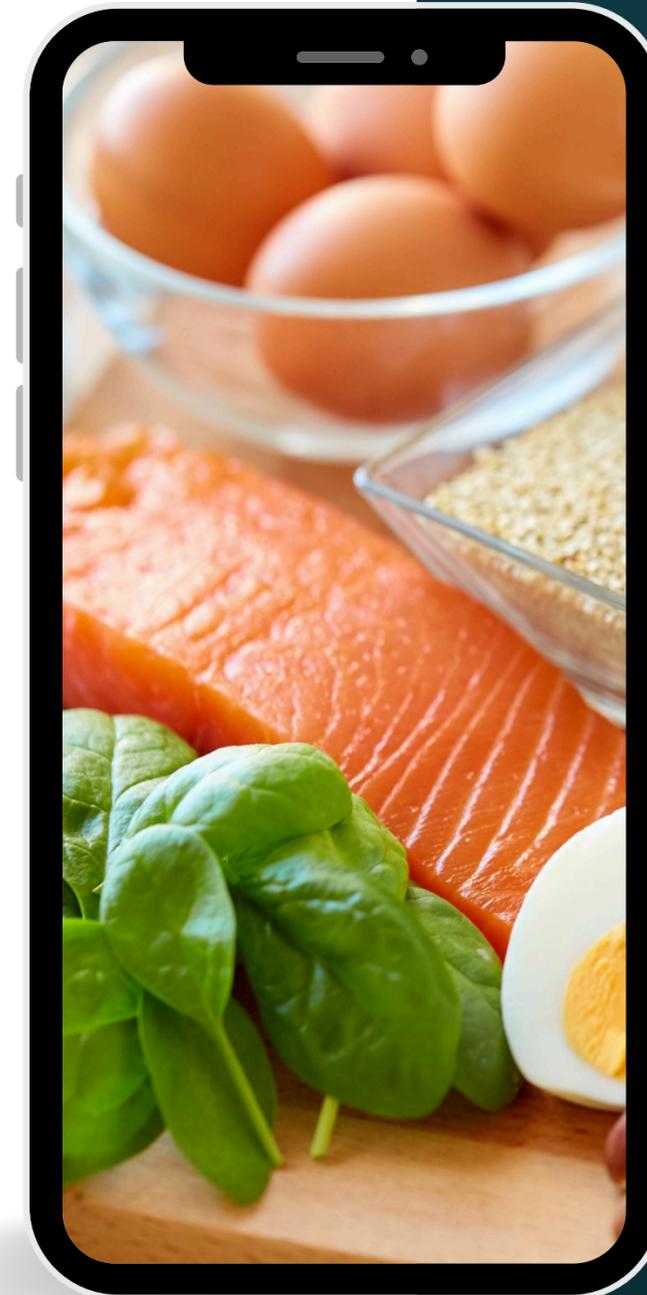


TRACKING YOUR MACRONUTRIENTS

Tracking your food intake for 1 week can gain you invaluable data about yourself and help you understand your strengths and weaknesses.

Things that will be important to see:

- 1 Are you getting 40% of calories from carbs, 30% from protein and 30% from fat?
- 2 Are you eating 70% of total calories from the day before dinner?
- 3 Are you evenly dosing protein so that you are eating it at every meal?
- 4 If you are exercising, are you eating carbs either right before or right after your exercise?





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+
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BIRMINGHAM, MI

