



THE SPORTY
DIETITIAN

FUEL FOR LIFE: SIMPLE NUTRITION FOR MEN'S HEALTH

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About me



THE SESSION WILL COVER

- Healthy food choices that cost less
- Advice on eating late at night
- Healthy food choices as you age
- Healthy food and prevention of disease

TIP 1

Focus on what you can **ADD** to your diet, not just focusing on what you need to remove.



INCLUDE

EXCLUDE

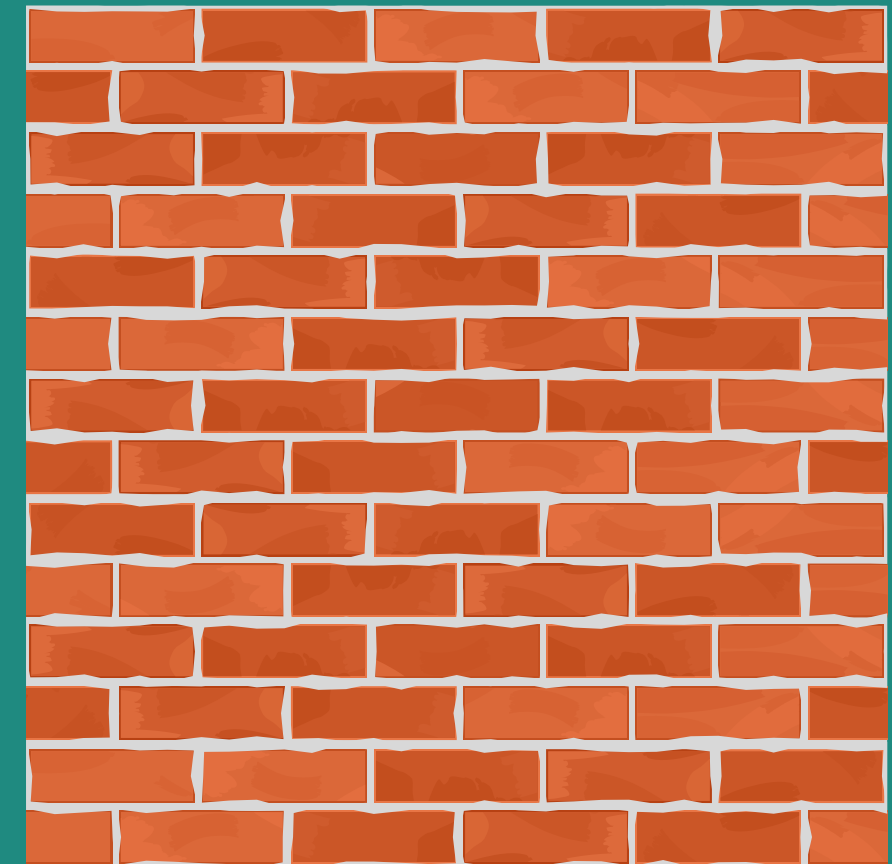
Tip: Focus on what you can ADD to your diet

- Colour
- Vitamin D= spray/ vitamin
- Lean proteins
- Wholegrain carbs
- Healthy fats
- Water



TIP 2

Let's Build Better Meals



The Fantastic Five

Carbs



Protein



Fats



Colour



Fluid



The Fantastic Five Example

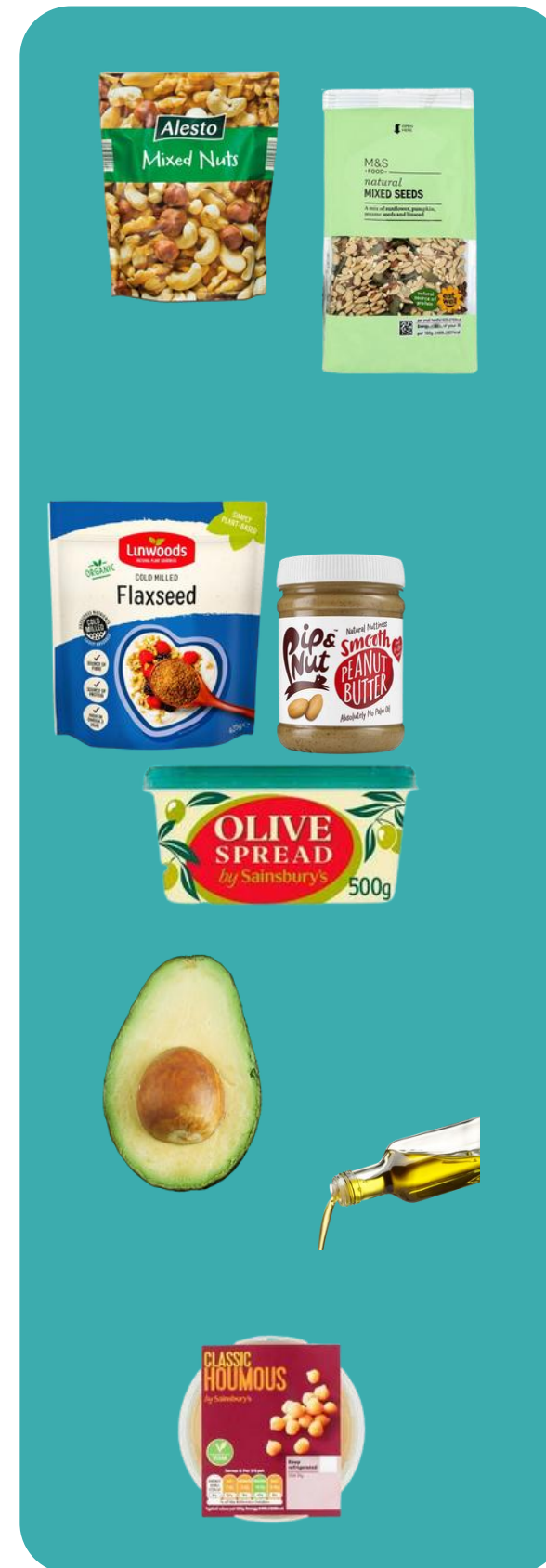
Carbs



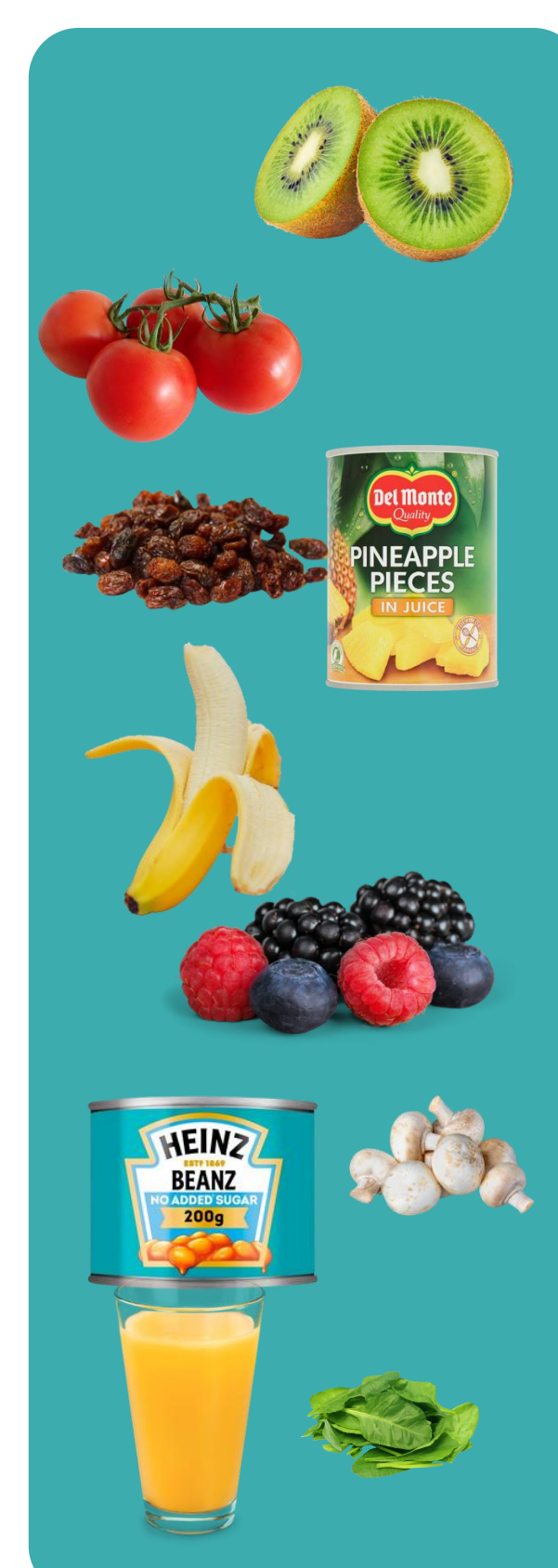
Protein



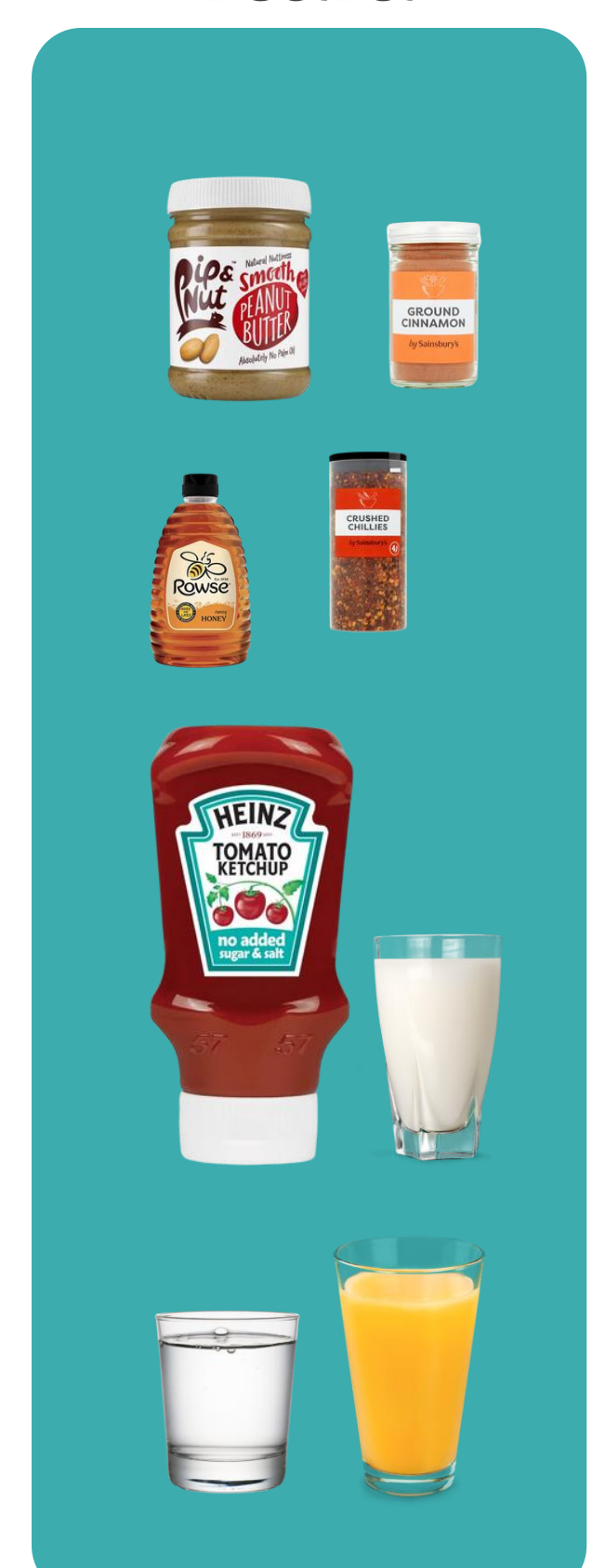
Fats



Colour



Flavour & fluid



Budget Carbs

Baby potatoes



£1.20 per
1kg

Supermarket Oats



90p per
1kg

Supermarket bread



Go for seeded or 50-50

£1.30

Weetabix



£5.50 for 48 pack

Supermarket rice



£1.85 per 1kg

Supermarket Pasta



75p per 500g pack

Budget Protein

Tinned fish



80p-£3.00

Lean mince



£3.4p per 500g

High protein / Greek yoghurt



Look for 6-10g protein per 100g

20p-60p per 100g

Milk & Eggs



£2.96 for 12

Chicken fillets



Look out for deals/ offers on meat and check the freezer section.
Choose non-breaded meats

£3.50 per 500g

Tinned pulses



67p per tin

Budget F&V

Frozen veg &
stir-fry mixes



£2.30 per
pack

Frozen berries or
smoothie mix



£2.25 per
500g

Any fruit or veg
on offer



varies with the season

Tinned legumes



Yes they count towards 1 of you 5 a
day!

60p-£90 per
tin

Mixed bags of salad



£1.35

Tinned or jarred veg to
add Flavour



60p per tin

Building your plate

Protein-boost Oats/ Weetabix



Tinned mackerel on toast



Lentil or mince bolognaise



Add some e.v olive oil or cheese for fats!

Fridge-raid Omelette or eggs on toast with stir-fry veg



TIP 3

Ditch & switch for healthy aging



Choose leaner protein

Choose more often:



Choose less often:



Choose healthier fats

Choose more
often:



Choose less
often:



Choose wholegrain carbs

Main Meals:



Choose healthier snacks

Choose more
often:



Choose healthier snacks

Choose less
often



TIP 4

Add 2 bright colours in every meal



Aim for 2 in most meals

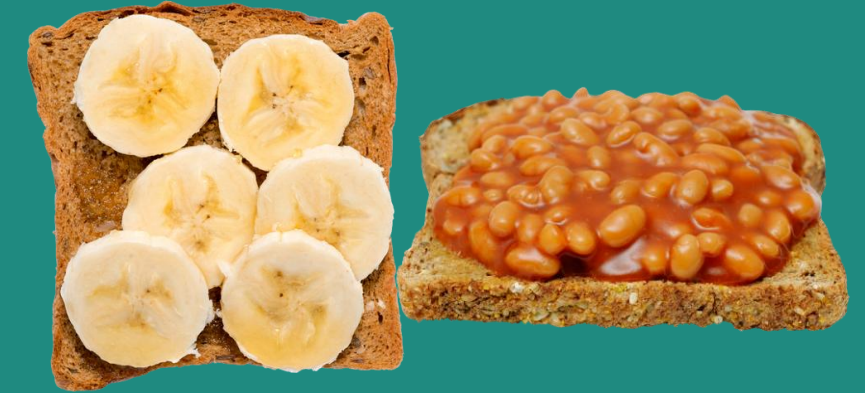
Fruits and Vegetables					
Apple	Banana	Green Apple	Orange	Blueberry	White Peach
Strawberry	Pineapple	Kiwi	Tangerine	Blackberry	Coconut
Cherry	Lemon	Lime	Apricot	Plum	Cauliflower
Raspberry	Yellow Apple	Avocado	Mango	Grape	Garlic
Watermelon	Yellow Pear	Grapes	Papaya	Fig	Onion
Pomegranate	Starfruit	Honeydew	Peach	Eggplant	Mushroom
Red Grapes	Yellow Bell	Melon	Cantaloupe	Purple	Potato
Cranberry	Pepper	Spinach	Persimmon	Cabbage	Parsnip
Blood Orange	Corn	Broccoli	Carrot	Purple Carrot	Ginger
Pear	Yellow Squash	Green Bell	Pumpkin	Purple	Fennel
Tomato	Yellow Tomato	Pepper	Sweet Potato	Cauliflower	Jerusalem
Red Chili		Asparagus	Orange Bell	Purple Potato	Artichoke
Pepper		Zucchini	Pepper		Turnip
Radish		Green Beans	Butternut		
Red Cabbage		Cucumber	Squash		
Beetroot		Lettuce			
		Brussels			
		Sprouts			
		Kale			
		Peas			
		Artichoke			

TIP 5

**Set a “Kitchen Closed” Time
e.g. 8pm & brush your teeth**

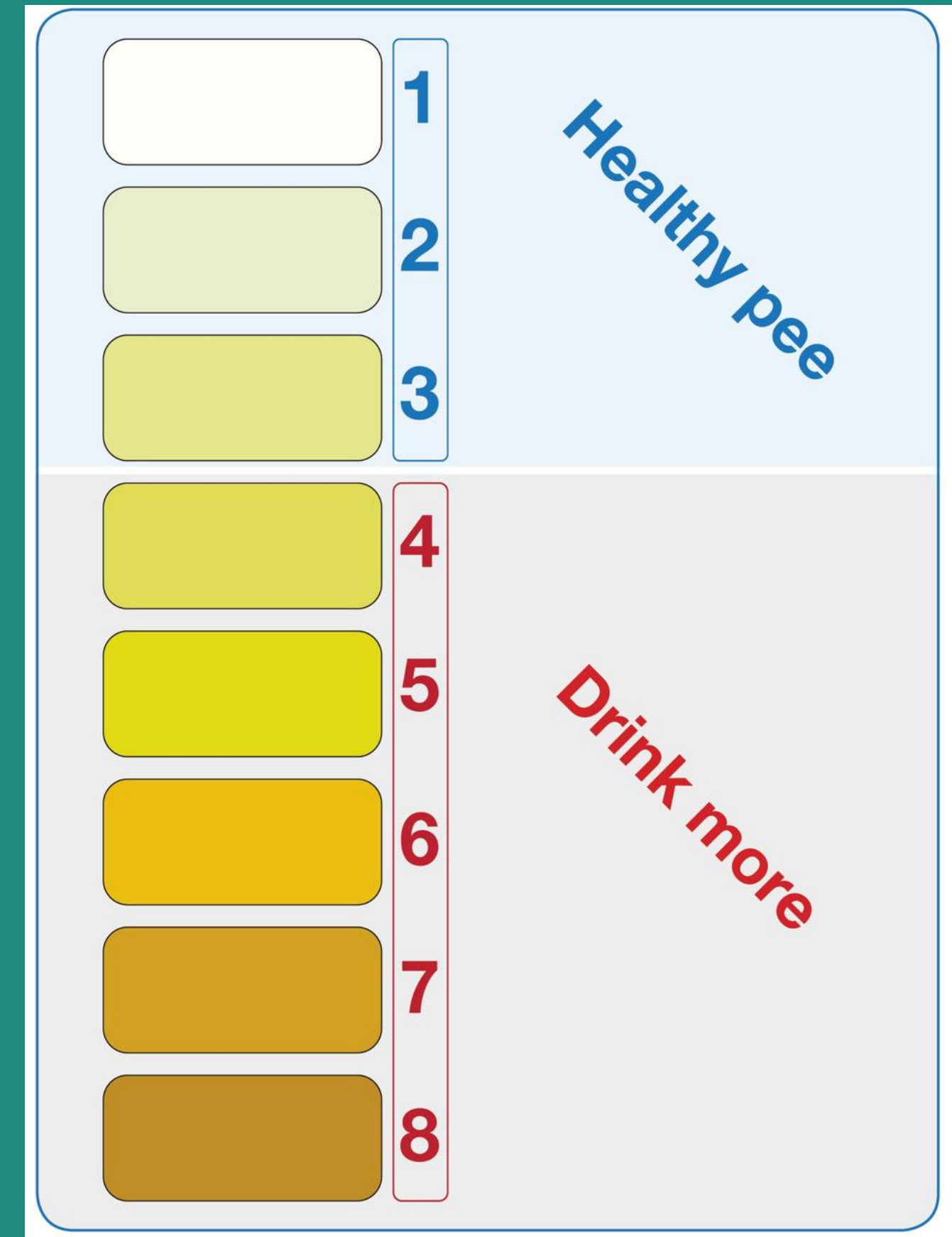


Bed time Snacks if hungry

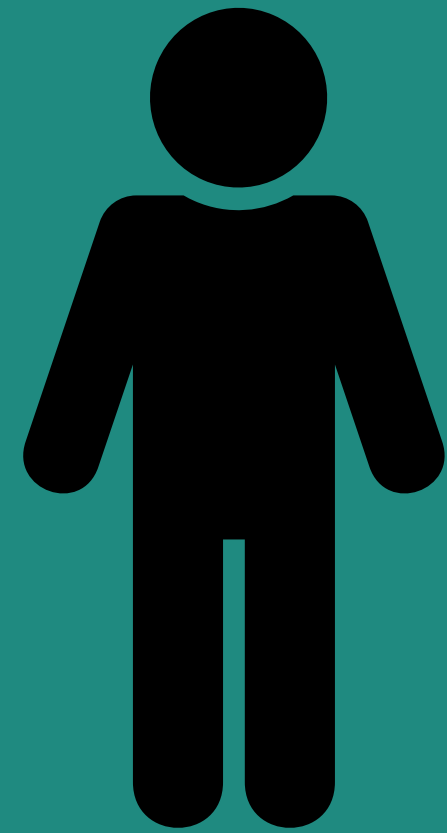


FOOD FOR HEALTHY AGING

- Prioritise protein
- Aim for 2 bright colours in meals
- Include healthy fats for brain
- Vitamin D supplement
- 2-3 portions of calcium a day
- Stay hydrated



CAUSES OF DEATH MEN 60+



1. DEMENTIA & ALZHEIMERS

2. HEART DISEASE

3. CANCER

4. RESPIRATORY DISEASES

PREVENTION OF DISEASE

- Aim for 2 bright colours in meals
- 1-2 portions of oily fish per week (mackerel, salmon)
- Vitamin D supplement
- Eat more leafy greens, berries, nuts & seeds, beans & legumes
- Limit Salt & Processed Foods
- Make meals at home/ from scratch where possible
- Moderate Alcohol Consumption

SUPPLEMENTS

- Everyone should take a Vitamin D supplement/ spray (10-25ug)
- If Vegan/ veggie a B12 and sometimes an iron supplement is required





THANK
YOU



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