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## Daily Recommended Nutrients

It's challenging, at times, shopping for healthy food. Even with my last twelve years of experience working in the health and fitness industry, attending conferences, hanging out with people a lot smarter than me, reading food labels, research papers and "O" Magazine I still get baffled. What I find hard is trying to remember how much I should be eating for a healthy diet. Take fat for instance. There are saturated fats, trans-fats, polyunsaturated fats, monounsaturated fats, omega-3 fats and omega-6 fats. Some of them I should be aiming to consume everyday, others at least three times a week, and a few I should be trying to eliminate altogether.

I know that I have read the recommended daily amounts for each fat a number of times. I also know that every time I do read those numbers I say to myself, "I should try to memorize these", only to have them drift away, moments later, to some lost forgotten island deep within my cortex.

What comforts me is knowing that I am not the only one confused, or unable to remember. There are plenty of you reading this right now that are unable to recite, for verbatim, the daily dietary recommendations of our macro and micro-nutrients (and if you can, then may I perhaps kindly suggest that you get out more).

On the following pages I have compiled a simplified version of how much of the big seven nutrients our body's need, and a list of the good foods and the not-so-good foods that we can consume to get these nutrients from. It's short and sweet and will hopefully help guide you to better food choices at the grocery store.

(The following information has been referenced using the Canada Food Guide, Health Canada website, The Heart & Stroke Foundation website and Nutrition Action Health Letter.)

**Recommended Daily Nutrients:** *Based on a 2,000 calorie diet.*

Nutrient	Daily Values
Total Fat	65 grams (16 tsp)
- Saturated Fats & Trans-fats (Bad Fat!)	Less than 20 grams (5 tsp)
- Polyunsaturated & Monounsaturated fats (this includes Omega-3s) (Good Fat!)	28-42 grams (7-10 tsp)
Cholesterol	300 mg
Sodium	2300 mg for younger adults 1500mg for middle-aged & older and those with high blood pressure
Potassium	3500 mg
Total Carbohydrate	300 grams (1-3/8 cup)
- Refined sugar	No more than 40 grams (10 tsp)
Fibre	25-35 grams (6-8 tsp)
Protein	50 grams (12 tsp)

Recommended Nutrient	Good Food Sources	Not-So-Good Food Sources
Saturated Fats & Trans-fats (Bad Fat!) <i>Less than 20 grams</i>	Sorry, this is the fat responsible for clogging our arteries and so therefore there are no “good” sources to get it from. Instead, please try to limit, or eliminate, our intake of this type of fat.	- “Atkins” Advantage bar = 7 g - 1 apple fritter at Tim Horton’s = 15 g - Java Chip Frappuccino = 15g - 4 Chocolate Crème Oreos = 20g - 4 slices of Kirkland Signature bacon = 42g
Polyunsaturated & Monounsaturated fats (Good fat!) <i>28-42 grams</i>	- 4 oz wild salmon = 7.2g - 15 almonds (unsalted) = 8.4g - 1 tbsp Canola & soybean oil = 12.5g - 1/3 c walnuts = 22g - med. avocado = 30g	- 3 pieces of pepperoni pizza = 12g - 250g “Our Compliments” Salmon Wellington with Dill and White Wine = 20g - Stouffer’s Pot Pie = 26g - Subway 6” tuna sandwich = 24g
Cholesterol <i>300 mg</i>	It may surprise you to know that cholesterol itself isn’t bad. In fact, cholesterol is just one of the many substances created and used by our bodies to keep us healthy. Some of the cholesterol we need is produced naturally (and can be affected by your family health history); while some of it comes from the food we eat.	It is recommended to eat a diet low in saturated fat, higher in polyunsaturated & monounsaturated fats, perform regular aerobic exercise and stop smoking to raise your HDL (good) cholesterol and lower your LDL (bad) cholesterol.
Sodium <i>1500-2300 mg</i>	Read your food labels and aim for products with less than 600 mg of sodium per serving.	- Big Mac (no cheese) = 737mg - Primo soup = 850mg - Uncle Ben’s Bistro Express Rice = 1080mg - 4 slices turkey bacon = 1360mg - “Extreme Pita” Chicken Caesar with light dressing Pita creation = 1580mg

Potassium 3500mg	<ul style="list-style-type: none"> <li>- 1 potato with skin = 1081mg</li> <li>- 10 dried apricots = 814mg</li> <li>- 1 cup baked beans = 752mg</li> <li>- 1 avocado = 540mg</li> <li>- 1 cup orange juice = 496mg</li> <li>- 1 cup cantaloupe = 494mg</li> </ul>	<p>People who suffer from some diseases, including diabetes and renal (kidney) failure, can no longer metabolize minerals properly and need to guard against getting too much of this mineral in their diet. Discuss with your doctor.</p>
Total Carbohydrate 300 grams	<ul style="list-style-type: none"> <li>- 3 slices of "Ryvita" crisp bread = 24g</li> <li>- 1 Bartlett pear = 25g</li> <li>- 1 cup "Kashi Go Lean" cereal = 37g</li> <li>- 1/4 cup brown rice = 38g</li> <li>- 1/2 cup whole wheat spaghetti = 62g</li> </ul>	<ul style="list-style-type: none"> <li>- White flour hot dog bun = 21g</li> <li>- 1 blueberry muffin = 29g</li> <li>- Blueberry Pop Tart = 35g</li> <li>- 1 slice of cheese pizza = 39g</li> <li>- 1 Cinnamon raisin bagel = 76g</li> </ul>
Refined sugar Less than 40 grams	<p><b>TIP:</b> To determine how much sugar is in a serving, check the nutrition label for Sugars (listed in grams). Divide the number of grams by four. For example, if a product lists sugar 12 g, divide that by four and you now know that you are getting three teaspoons of sugar per serving.</p>	<ul style="list-style-type: none"> <li>- 3 tbsp Kraft Raspberry Vinaigrette Fat Free Dressing = 10.5g</li> <li>- Quaker Oatmeal to Go Oatmeal Bars = 20g</li> <li>- 14oz Double, Double at Tim Horton's = 27g</li> <li>- 1 can of Coca-Cola = 39g</li> <li>- Starbuck's low fat cranberry loaf = 45g</li> <li>- 16oz. Whole milk Chai latte = 46g</li> </ul>
Fibre 25-35 grams	<ul style="list-style-type: none"> <li>- 7 Triscuits = 3g</li> <li>- 1 slice Squirrely Bread = 5g</li> <li>- Apple with skin = 5g</li> <li>- 3/4 cup mixed berries = 6g</li> <li>- "Wolfgang Puck" lentil &amp; veggie soup = 7g</li> <li>- 1/2 cup Fibre 1 cereal = 14g</li> </ul>	<p>Foods containing at least 2 grams of fibre can be called a moderate source of fibre; at least 4 grams of fibre renders the food a high source and 6 grams or more fibre per serving is a very high source of dietary fibre.</p>
Protein 50 grams	<ul style="list-style-type: none"> <li>- 1 hard boiled egg = 6g</li> <li>- 1 cup baked beans = 12g</li> <li>- "Elevate Me" protein bar = 18g</li> <li>- Protein shake = 15-30g</li> <li>- 3 oz halibut = 22g</li> </ul>	<p>Protein is an essential nutrient needed by the body to produce hair, skin and muscles. Protein is also crucial in the manufacturing of cellular messages, hormone production and healthy immune system functioning.</p>

***Find out more nutrition information, as well as the best exercises you should be doing for your body, under your own trainer. Join today and not only reach your fitness goals, but crush them out of the park!***