

NUTRITION CHEAT SHEET

Nutrient	Daily Recommended Amount	Good Sources	Benefits	Tips
Fibre	W (19-50yrs): 21-25g /d W (50+ yrs): 21g/day M (19-50yrs): 30-38g/day M (19-50yrs): 30g/ day	<ul style="list-style-type: none"> Fruits, vegetables, whole grains, nuts and seeds 	<ul style="list-style-type: none"> Helps keep us full Reduces blood sugar & cholesterol Improves bowel regularity Reduces risk of colon cancer 	<ul style="list-style-type: none"> Add gradually Add fibre to other foods Drink plenty of water when increasing your fibre intake
Fluid	Women : 2.0- 2.7L per day (8-10 cups) Men : 3.0- 3.7L per day (12-14 cups)	<ul style="list-style-type: none"> Water, low-fat milk, tea, coffee, club soda High fluid foods such as fruit, vegetables, soups, yogurt etc. 	<ul style="list-style-type: none"> Needed for body processes Prevents dehydration Good for skin & immune system May aid in weight control: increases fullness substitute for snacking if not hungry 	<ul style="list-style-type: none"> 1 small coffee can count towards fluid intake. Tea – mild diuretic; herbal tea is a good choice, hot or iced
Protein	15-30g grams per meal (Depends on body size and health function)	<ul style="list-style-type: none"> Animal protein (meat, poultry, fish, eggs, plain Greek yogurt, cottage cheese) Plant protein (soy, nuts, seeds, beans & legumes) 	<ul style="list-style-type: none"> Makes us feel fuller longer Growth &/or maintenance of muscles and tissues, hormones, enzymes, blood, antibodies Source of energy Maintenance of fluid balance 	<ul style="list-style-type: none"> Don't forget protein at breakfast – it's a must for energy and satiety during the day!
Fat	30-70g per day (Depends on body size)	<ul style="list-style-type: none"> Easy to see: butter, margarine, oil On outside of foods: chicken skin, trim on meat Hidden/Naturally in food: marbled meat, avocados, nuts/seeds, oils As ingredient: snack foods, desserts Added in cooking: fried foods, cream soups, sauces 	<ul style="list-style-type: none"> Essential nutrient Source of energy Source of omega 3 essential fatty acids Helps us absorb fat soluble vitamins Adds taste and texture to foods 	<ul style="list-style-type: none"> Choose plant fats more than animal fats to reduce intake of saturated fat and increase intake of healthy unsaturated fats 1 TBSP of oil, butter, or margarine = 14g fat
Sodium	1500-2000mg daily	Limit	<ul style="list-style-type: none"> Maintains fluid balance Helps preserve foods 	<ul style="list-style-type: none"> Look for 'low sodium' or 'no salt added' items.