

FOOD 101 SHOPPING

Aim for a whole-foods balance of...

Quick tip

Start shopping in fresh food aisles and aim to create a rainbow of whole-foods in your basket.

These ingredients are naturally packed with nutrients and minerals which will fill you up and leave you feeling great!



FATS

Help the body absorb nutrients, produce hormones and give energy. Go full fat. Low fat products are often full of sugar or additives.
✓ Eggs, avocados, meat, nuts, seeds, olive oil, butter.



CARBS

Provide energy, fibre and keep your digestive system moving. Brown carbs will fuel your body for longer than white carbs and contain less sugar.
✓ Fruit, vegetables, grains, seeds, rice, bread.



PROTEIN

Encourages the body to build muscle, produce hormones and enzymes.
✓ Meat, seafood, eggs, nuts, seeds, tofu.

HOW THIS LOOKS OVER A DAY ON A PLATE

Based on a 60kg, reasonably active women

VEGETABLES

6 cups daily

1 zucchini
1 small capsicum
2 handfuls of cabbage
2 handfuls of leafy greens



FRUIT

2-3 pieces daily

1 apple/pear
1 banana
1 handful of berries
1½ kiwi fruits

GOOD FATS

55 g daily

½ avocado
1 egg
12 almonds
½ cup of coconut milk

PROTEIN

70 g daily

1 chicken breast
2 poached eggs
1 cup of chickpeas

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