

# FOOD SHOPPING 101

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

55g daily

- ½ avocado
- 1 egg
- 12 almonds
- ½ cup of coconut milk

## PROTEIN

70g daily

- 1 chicken breast
- 2 poached eggs
- 1 cup of chickpeas

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