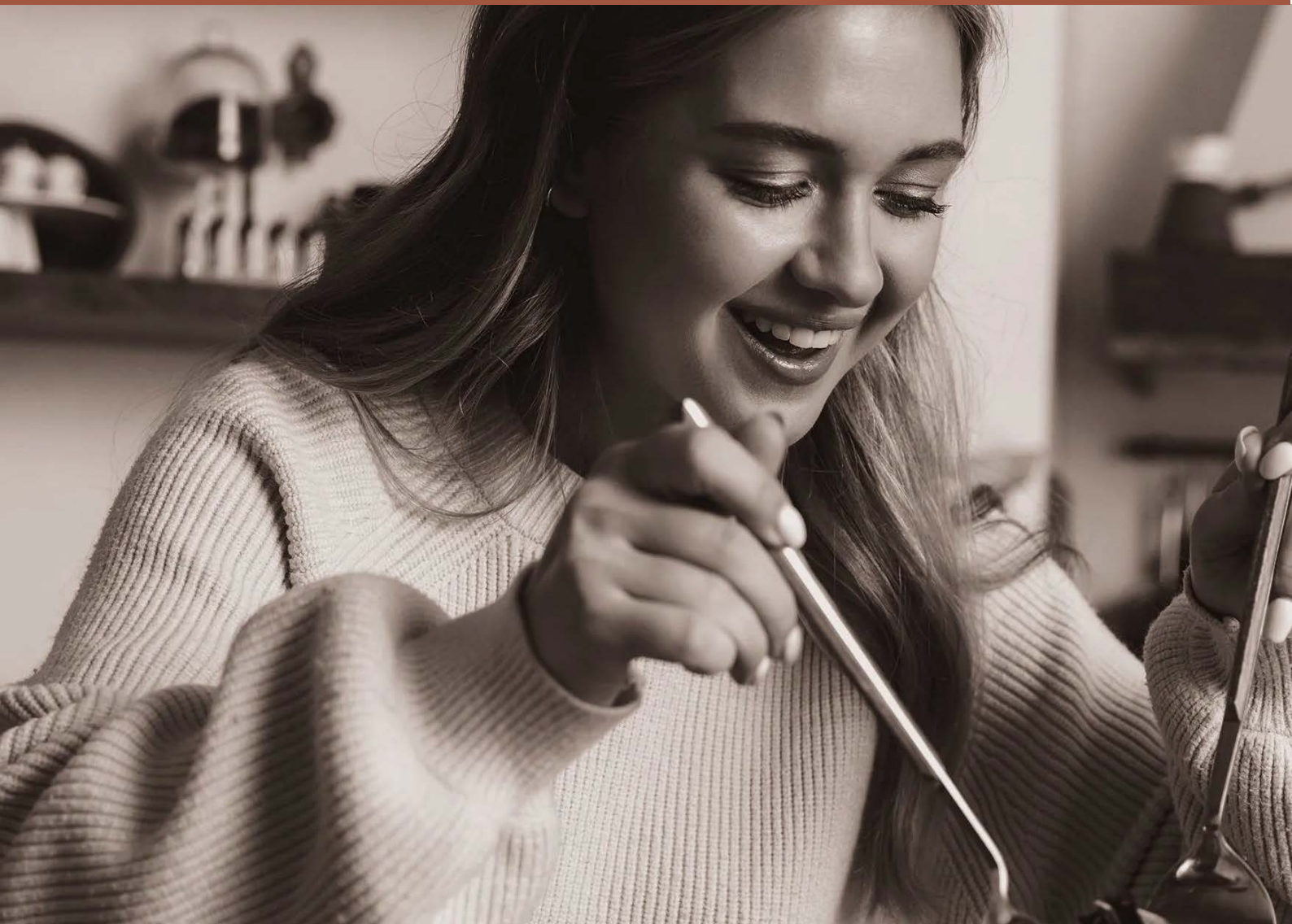




DR.  
Ravi Assomull

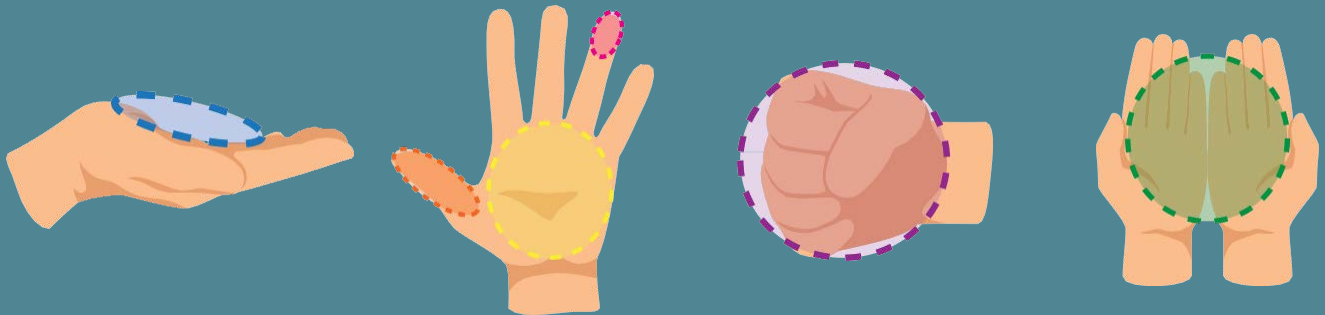
Nutritional Guide for Managing and  
Maintaining good metabolic health.





## General Guidelines

Managing high blood pressure, high cholesterol and blood glucose levels involves dietary adjustments that focus on reducing sodium, unhealthy fats, and cholesterol while increasing the intake of fibre, healthy fats, and essential nutrients.



## Monitor Portion Sizes:

<https://aminoman.com/pages/palm-sized-plan-recipe-book>

**Cupped Hand** : Snacks, 1/2 cup (1 oz), Fruits & Nuts.

**Thumb** : Unsaturated oils & Spreads, 1-2 tablespoon, Cheese, peanut butter, dressing.

**Fingertip** : Fat servings, 1 teaspoon, oils, butter, sugar.

**Fist** : Carbohydrates, 1/2-1cup, rice, pasta, potato, legumes.

**Palm** : Protein serving, 100g (3-4oz), Meat, Poultry, Fish.

**Two Handfuls** : Salad servings, Non-Starchy vegetables.



## Eat real foods

For good health and great performance ‘real’ foods should be the main foods you eat. Basically, this means foods as they come from nature. ‘Real’ foods are not refined in any way, are minimally processed, and contain no artificial additives. They provide high-quality nutrition.

### Balance Your Meals:

Aim for a balance of vegetables, fruits, whole grains, lean proteins, and healthy fats in every meal.

### Cooking Methods:

Opt for baking, grilling, steaming, or sautéing with minimal oil instead of frying.

### ‘Real’ foods include:

- Beans and pulses
- Unroasted nuts and seeds
- Fish, Eggs & Dairy foods (unsweetened)
- Whole vegetables and fruits
- Whole grains e.g. Brown rice & oats
- Unprocessed meats





What about other foods?

## Most other foods are processed or refined foods. These include:

- White bread
- Pastries
- Pizza
- Pasta
- Biscuits, cakes etc.
- Sweets, chocolate etc.
- Most breakfast cereals
- Crisps and crackers
- Processed cheeses,
- Milk drinks
- Sweetened yogurts
- Processed meats
- Soft drinks e.g. coke
- Fruit juices (unless fresh)
- Alcohol

Anything that comes in a packet with a list of ingredients

## Macros

Macronutrients are the essential nutrients our bodies need in large quantities: proteins, carbohydrates, and fats. To ensure they effectively provide the energy and building blocks necessary for your physical activity, muscle maintenance, weight management and overall health, they should be customised to fit your individual needs and goals.





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### Heart Healthy Nutrients

Nutrient	Benefits	R.D.A
<b>Coenzyme Q10 (CoQ10)</b> <a href="https://shorturl.at/e3s7z">https://shorturl.at/e3s7z</a>	Improves energy production in cells, antioxidant properties	30 - 200 mg
<b>Magnesium</b> <a href="https://shorturl.at/U8IES">https://shorturl.at/U8IES</a>	Regulates heart rhythm, supports blood pressure	310 - 420 mg (adult RDA)
<b>D-Ribose</b> <a href="https://shorturl.at/JPNNo">https://shorturl.at/JPNNo</a>	Enhances energy production, improves exercise tolerance	5 grams (under medical supervision)
<b>L-Carnitine</b> <a href="https://shorturl.at/3f5gH">https://shorturl.at/3f5gH</a>	Improves energy production, supports heart function	1 - 3 grams
<b>Omega-3 Fatty Acids</b> <a href="https://shorturl.at/dEZSI">https://shorturl.at/dEZSI</a>	Reduces inflammation, lowers blood pressure	250 - 500 mg EPA+DHA
<b>Fiber</b> <a href="https://shorturl.at/M4iIN">https://shorturl.at/M4iIN</a>	Lowers cholesterol, improves heart health	25 - 30 grams
<b>Vitamin D</b> <a href="https://shorturl.at/0o9nP">https://shorturl.at/0o9nP</a>	Supports blood pressure regulation, heart function	600 - 800 IU
<b>Potassium</b> <a href="https://shorturl.at/mIRGF">https://shorturl.at/mIRGF</a>	Regulates blood pressure, supports heart function	2,500 - 3,000 mg (AI)
<b>Folate, B6, B12</b> <a href="https://shorturl.at/DHtGv">https://shorturl.at/DHtGv</a>	Reduce homocysteine levels, supports cardiovascular health	400 - 800 mcg
<b>Vitamin E</b> <a href="https://shorturl.at/KiCvE">https://shorturl.at/KiCvE</a>	Antioxidant properties, supports heart health	15 mg (22.4 IU)



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Matt Lovell

Explore a wealth of information on nutrition, covering topics like fat loss guides, gut health, hormones and testosterone, insulin, inflammation, macros, free recipes and so much more from expert nutritionists.

<https://theanthemplan.com/services/nutrition/>

**Matt Lovell is a nutrition and performance coach who works with elite athletes to get them to their best.**

He has over 20 years' experience combining nutrition, health and fitness, and has supported World Cup-winning, Premiership, European title and world title teams as well as Olympic medallist athletes.

Matt believes in a systems approach to health, which looks holistically across his clients' needs to maximise health and wellness. At Anthem Healthcare, he works closely with his colleagues to deliver the same level of elite care to everyone.

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