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# Nutrition and Food Habits

A Modular Approach to bettering food habits.

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# During Covid-19

Activity Levels ↓

Hunger Levels ↑

Weight ↑

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# How do we prevent this?

Let's look at some of the basics of Nutrition to help us cope with this problem.

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# Components of Metabolism

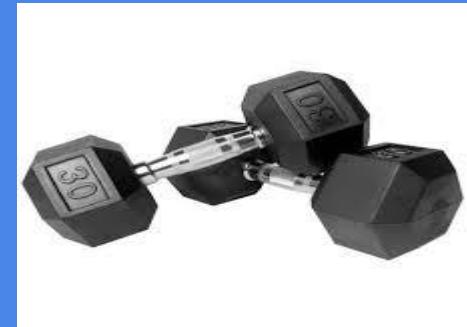
Water



Fiber



Exercise



(Psst..Cheat Sheet to Losing Weight.)



# What is an Ideal Diet?



*An ideal diet comprises of-*

- 1. 60% Vegetables*
- 2. 20% Carbohydrates*
- 3. 15% Protein*
- 4. 5% Fats*
- 5. 4-5 Litres of Water*



NO PREPARATION NEEDED  
**LOW CARB SNACKS MADE EASY**

**Fewer Carbs** ↑

- 2 oz Cheese = **1 g**
- 2 Eggs = **1 g**
- 3 oz Ham = **1.5 g**
- ½ Avocado = **2 g**
- 2 squares dark chocolate = **3.5 g**
- 10 Olives = **3.5 g**
- ½ cup raspberries = **3.5 g**
- ½ cup strawberries = **4 g**
- ½ cup blueberries = **8.7 g**
- 1/4 cup nuts = **5 g**

↓ **More carbs**

[www.LOWCARBSPARK.com](http://www.LOWCARBSPARK.com)

# PORTION GUIDE

Healthy fat



Fruit



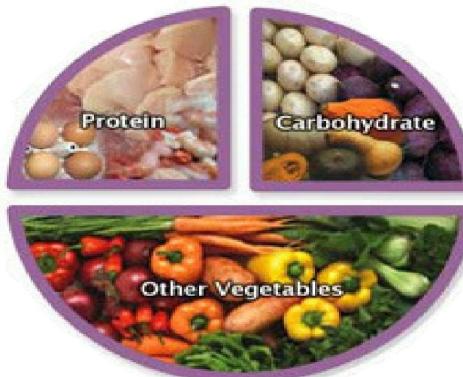
Protein



Starchy Carb



Vegetables



# Healthy Alternatives



## Few tips from experts



Try to reduce intake of processed dairy products such as butter, cheese, dairy milk and shift to plant based alternatives instead



Add homemade buttermilk(chaas), lemon water, curd to meals to reduce bloating, inflammation and to feel satiated with less.

# Behavioural Changes



Small Frequent Meals > Large Meals With Gaps



Small Plates > Large Plates, Portion Control



Using Mobile Applications to count calories post meals and track water intake



Have a proper sleep schedule 7-8 hours minimum on a daily basis

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# Conducting the module

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