

# THE FOUR FACTORS

## OF EASY, NUTRIENT-DENSE MEALS



Building your meals around these four factors will allow you to reach your nutrient needs without counting, measuring or weighing. It will improve your relationship with food & allow you to create delicious, nutrient-dense meals with ease.

### 1 FIBER

#### WHY YOU WANT IT:

- Helps us to feel fuller longer
- Aids in stabilization of blood sugar
- Reduces cholesterol absorption
- Keeps our digestive system healthy

#### WHERE TO GET IT:

- Fruits & Vegetables
- Grains
- Legumes
- Nuts & seeds

*Aim to include a mix of all of these*

### 2 PROTEIN

#### WHY YOU WANT IT:

- Aids in muscle and tissue building & repair
- Fuels metabolic reactions
- Coordinates bodily functions
- Maintains fluid balance
- We are made up of and maintained by 10,000 proteins, so replenishment is important

#### WHERE TO GET IT:

- Meat & poultry
- Seafood
- Beans & legumes
- Eggs
- Nuts & seeds
- Dairy products
- Popular plant-based options include: tofu, seitan, quinoa and tempeh.

### 3 FAT

#### WHY YOU WANT IT:

- Provides your body with critical energy that aids in cell growth
- Protects your organs
- Keeps your body warm
- Aids in absorption of nutrients
- Produces important hormones
- Adds flavor, increases satisfaction and delays gastric emptying, helping you feel more satisfied & fuller for longer

#### WHERE TO GET IT:

- Nuts & seeds and their butters (unsaturated)
- Avocados (unsaturated)
- Olive, peanut & canola oils (unsaturated)
- Butter & dairy products (saturated)

*Aim to include mostly unsaturated sources*

### 4 FUN

#### WHY YOU WANT IT:

- Crucial to establishing a positive relationship with food
- Allows you to remove guilt from food
- Decreases likelihood of overeating these foods

#### WHERE TO GET IT:

- Anywhere! Your 'fun' element might be a warm chocolate chip cookie, chewy dried apricots, potato chips or trail mix. Go with what you're feeling & allow yourself to fully enjoy it.

*You don't need to include a fun element every day or at every meal, but when you want to, go for it!*