

Nutrition and Adventure Sport Training

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The Balanced Plate Blueprint



A visual guide to decoding your daily nutrition, building healthier meals, and eating well for long-term health.

The Golden Rule: These proportions represent your food consumption over a day or a week —not necessarily every single meal.



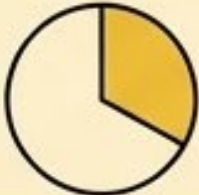
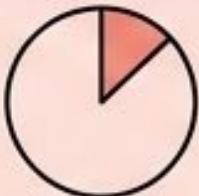
2500 kcal
(Men)



(Note: ALL food + ALL drinks are included in this limit).



The Five Core Components

Group	Target Proportion	Core Benefit	The Smart Swap
 Fruit & Veg	 > 33%	 Nutrients	  Fresh over juiced
 Starchy Carbs	 > 33%	 Energy	  Wholegrain over white
 Dairy & Alt	 ~15%	 Calcium & Bones	  1% fat over full-fat
 Proteins	 ~12%	 Muscle & Repair	  Pulses over red meat
 Oils & Spreads	 < 5%	 Essential Fats	  Unsaturated oil over butter

Fruit & Vegetables: The 33%+ Baseline



The Target:

At least 5 portions of a variety of fruit and veg daily.

What is a portion?

Exactly 80g.

Visualizing 80g



✓ Medium apple, banana, and pear



✓ Three heaped tablespoons (over green vegetables)



✓ Dessert bowl (een salad)



✓ Small handful of dried fruit (keep strictly to mealtimes)



✓ Glass of juice (max 1 portion per day)



Starchy Carbohydrates: The Energy Base

Gram for gram, starchy food contains less than half the calories of fat. (It's the added cooking fats that increase the calories).

The Directive: Base your meals around potatoes, bread, rice, or pasta.

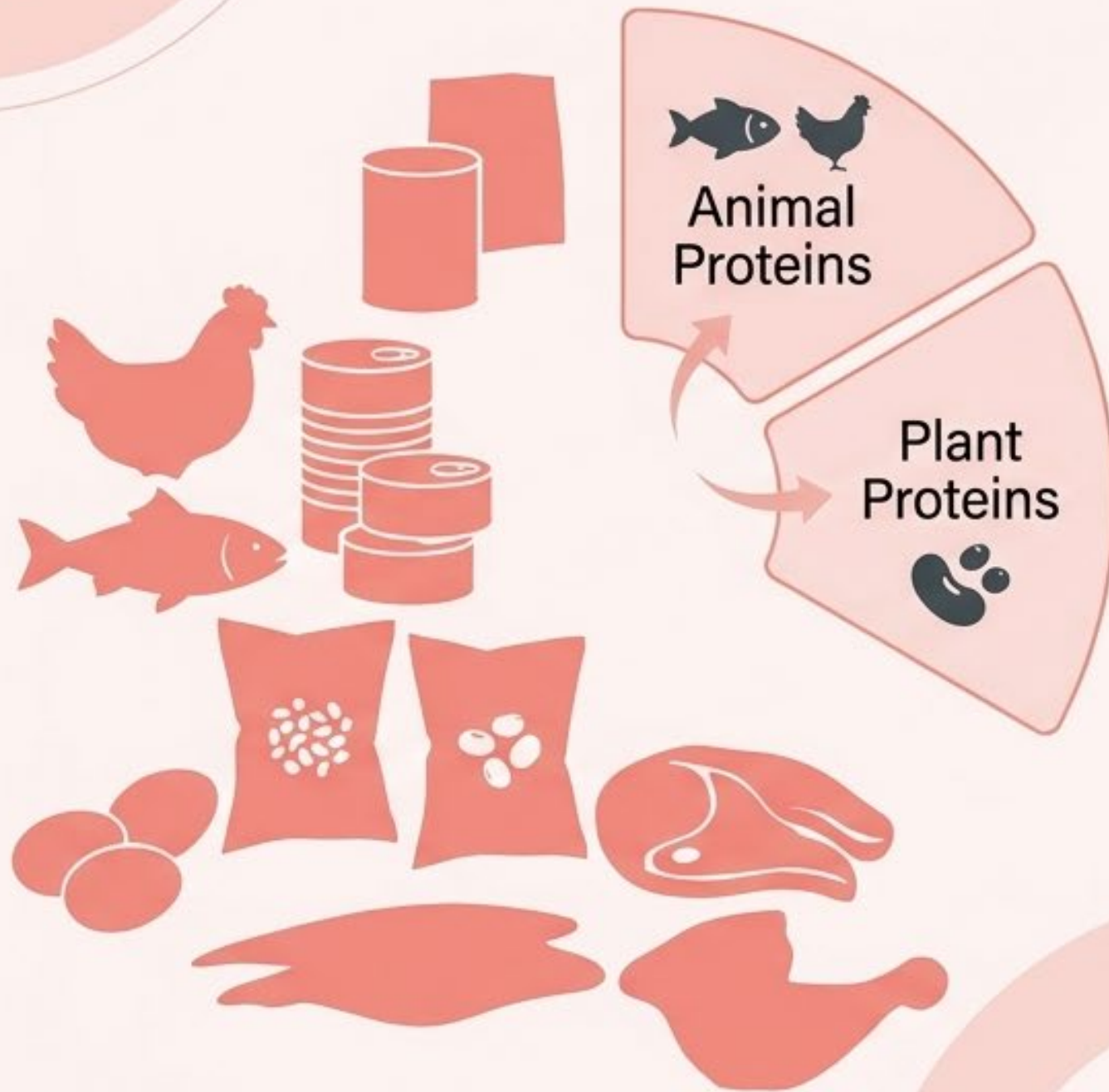
The Wholegrain Upgrade

White/Refined	Wholegrain/Skin-on
- Fast digestion - Lower fiber	- Slower digestion (feel full longer) - Higher fiber, more nutrients



Action: Choose wholewheat pasta, brown rice, or leave potato skins on. High-fiber white versions are acceptable substitutes.

Proteins: Beans, Pulses, Fish & Meat



The Fish Target



At least 2 portions (2 x 140g) a week.

Rule: At least one must be an oily fish.

The Meat Limit



If consuming >90g of red/processed meat per day, cut down to 70g or less per day. (Processed = sausages, bacon, cured meats).

The Pulse Pivot



Beans, peas, and lentils are naturally very low in fat, high in fiber, and packed with minerals. Tofu and mycoprotein are excellent alternatives.

Dairy & Alternatives | Oils & Spreads



Role: Essential for calcium and bone strength.



The Swap: Try 1% fat milk (half the fat of semi-skimmed with unnoticeable taste difference) or reduced-fat cheese.



Alternatives: Always choose unsweetened, calcium-fortified soya/plant milks.



Role: Essential, but all fats are high in energy and must be limited.



The Swap: Replace saturated fats (butter) with unsaturated plant oils (olive, rapeseed, vegetable) to reduce blood cholesterol.

The Outliers: Fat, Salt, and Sugar



These foods sit outside the main guide because they are not essential to our diet.

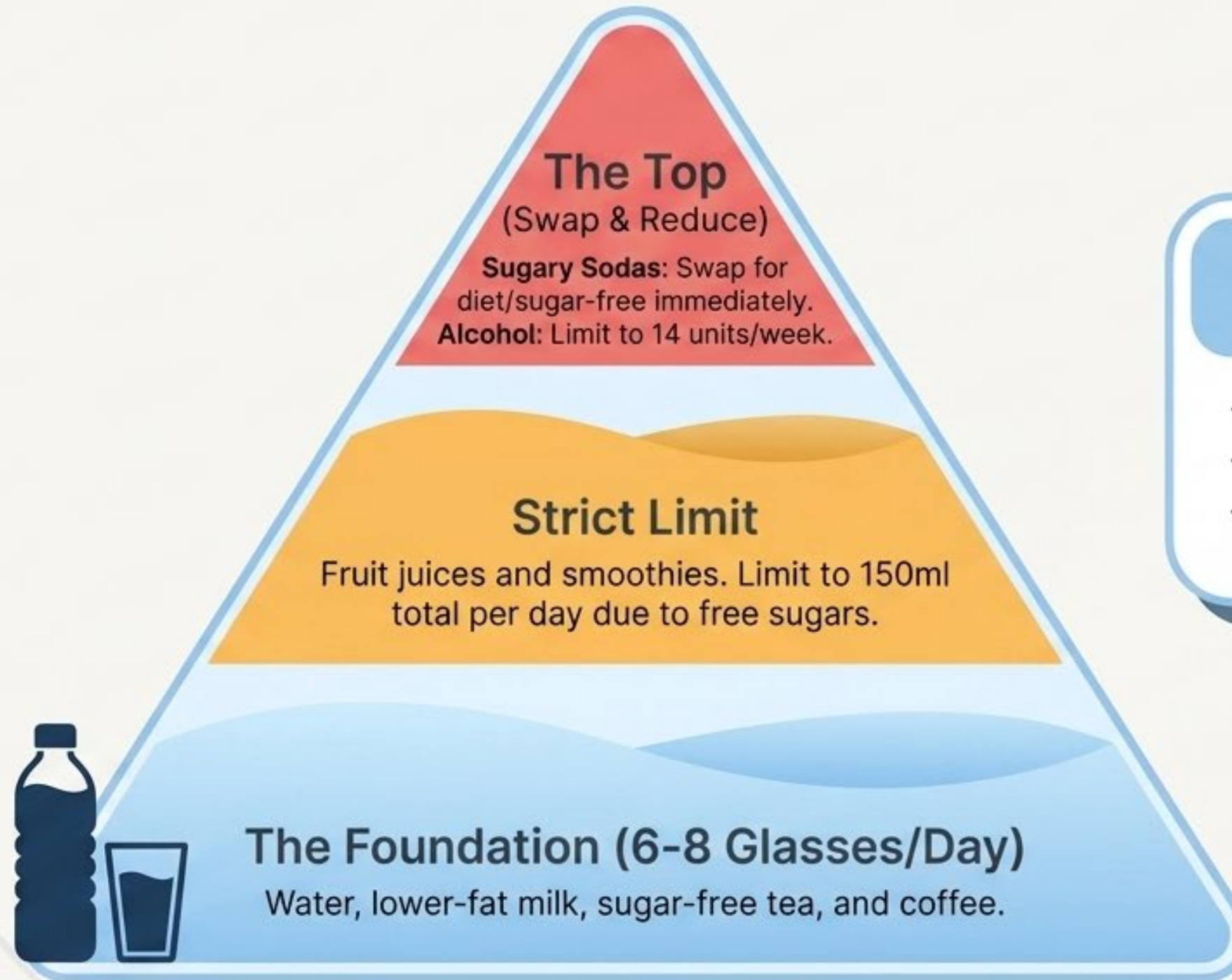


Most of us need to significantly cut down on these items to achieve a healthy balance.



Action Rule: If consumed, eat them less often and in strictly small amounts.

The Hydration Hierarchy



The Calorie Cost of Alcohol

- 1 pint lager = ~136 kcal
- 175ml wine = ~135 kcal
- 25ml spirit = ~56 kcal

The Sugar Gap



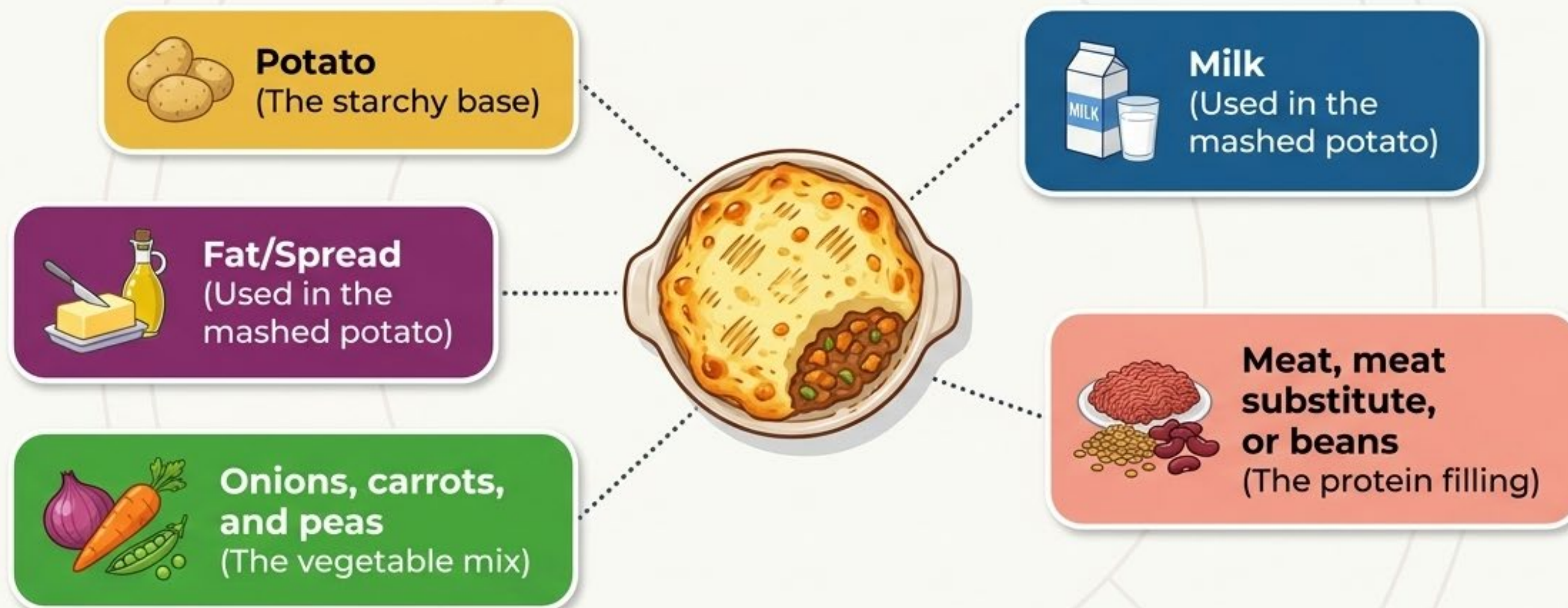
What are Free Sugars?

Any sugar added to food/drink by manufacturers, cooks, or consumers—including sugars naturally found in honey, syrups, and unsweetened fruit juice.

⚠ The Risk

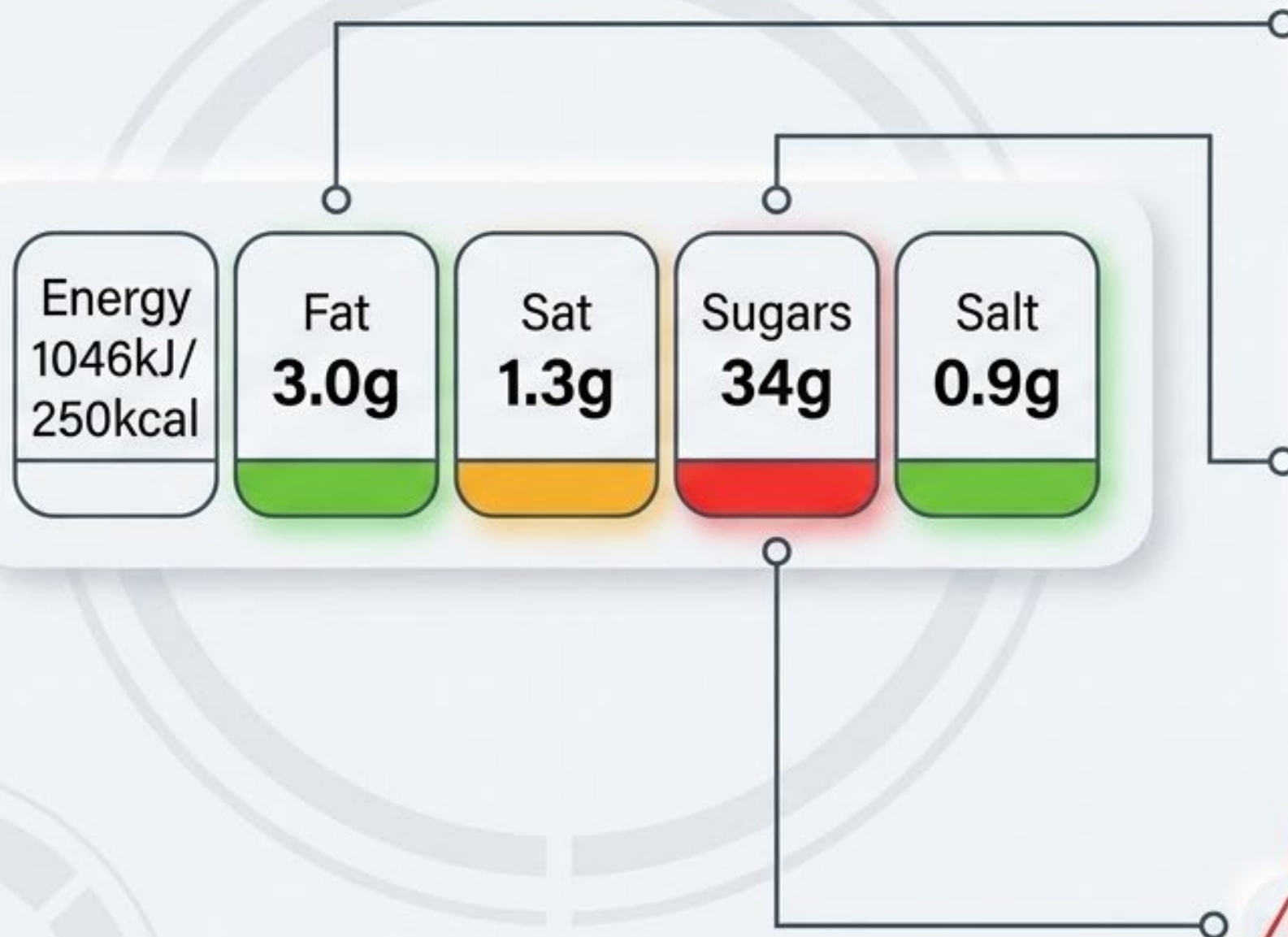
Excess consumption directly increases the risk of obesity and tooth decay.

Decoding Combination Meals: The Cottage Pie



You don't have to eat foods in isolation. Just calculate the main ingredients of pizzas, casseroles, or sandwiches and map them back to the blueprint.

Deciphering the Dashboard: Food Labels



Reference Intake:

Shows how much of your daily allowance one serving consumes.

The Traffic Light System:

- **Green:** Low. Load up on these.
- **Amber:** Medium. Fine in moderation.
- **Red:** High. Limit these choices.

★ **The Golden Rule for Shopping:** Look for more Greens and Ambers, and fewer Reds.



Warning (Portion Trap): Beware—labels often show nutrition for half a pack or a small suggested serving, not the whole item you might actually eat.

Activating the Blueprint



Planning

Deciding what to eat for the week.



Shopping

Filling your grocery trolley with a healthy visual balance.



Cooking

Formulating combination meals and managing cooking oils.

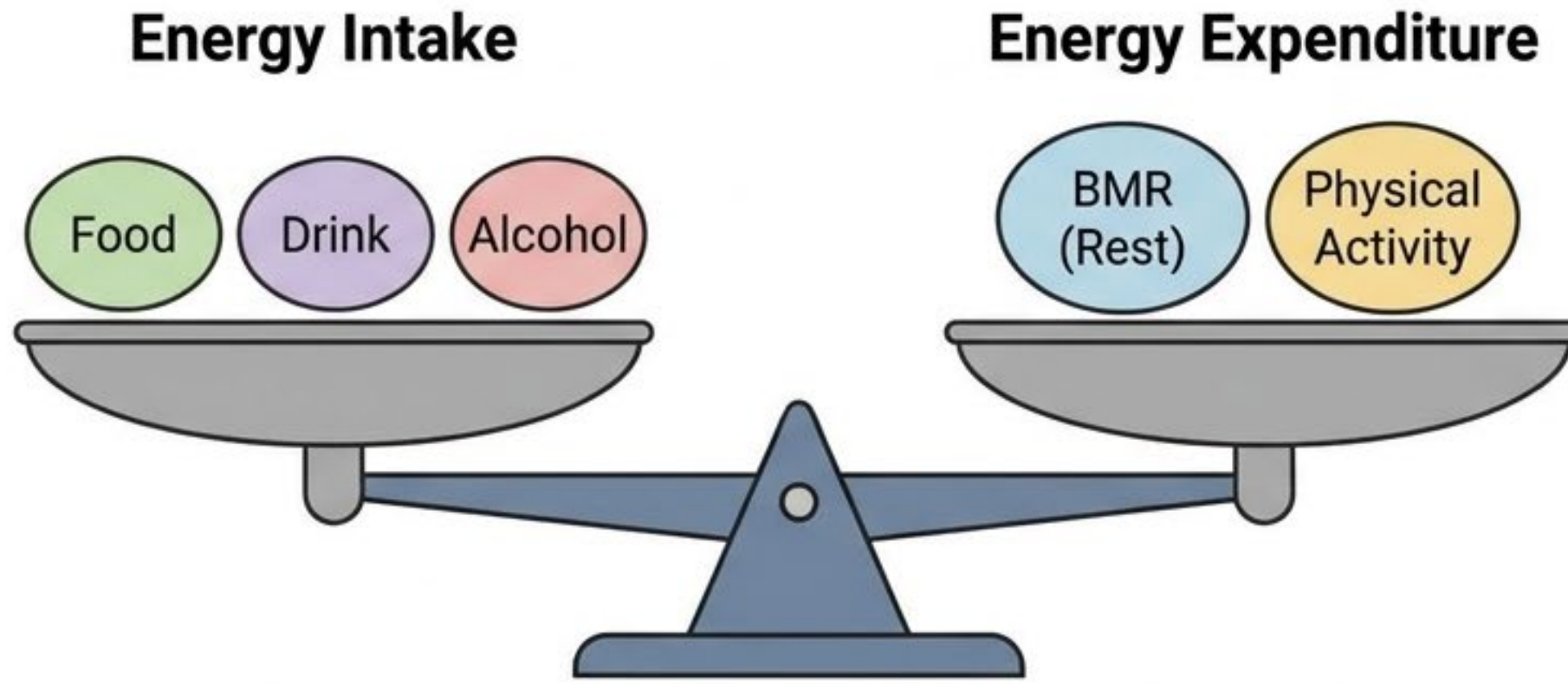


Eating Out

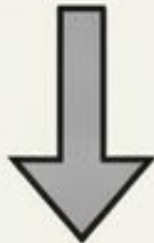
Scanning cafe, restaurant, or "on-the-go" menus for better choices.

Eating well and having a healthy lifestyle can help us feel our best – and make a big difference to our long-term health. Make the change today.

Metabolic Balance Scale



Intake > Expenditure =
Weight increases.



Expenditure > Intake =
Weight decreases.



Balanced =
Weight maintained.

The Instructor's Lens: Focus on Habits, Not Maths

- Encourage regular movement.
- Promoting sustainable exercise habits.
- Support clients' understanding of activity and nutrition synergy (no exact calorie numbers).

Carbohydrates: The High-Intensity Fuel

System Fuel Dashboard

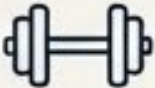
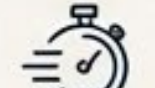
Core Function: The body's preferred source of fuel. Supports performance and recovery.



Food first: aim for real food sources of complex carbohydrates where possible

Activity Mapping Matrix

Gym Floor Activities Supported:

-  Resistance training
-  Circuit training
-  Group exercise classes
-  Interval training

Approved Fuel Sources:

-  Bread, rice, pasta, potatoes
-  Fruit
-  Vegetables
-  Breakfast cereals

⚠ Compliance Tag: General understanding only. Do not prescribe quantities or specific timing strategies.

Protein: Repair & Adaptation

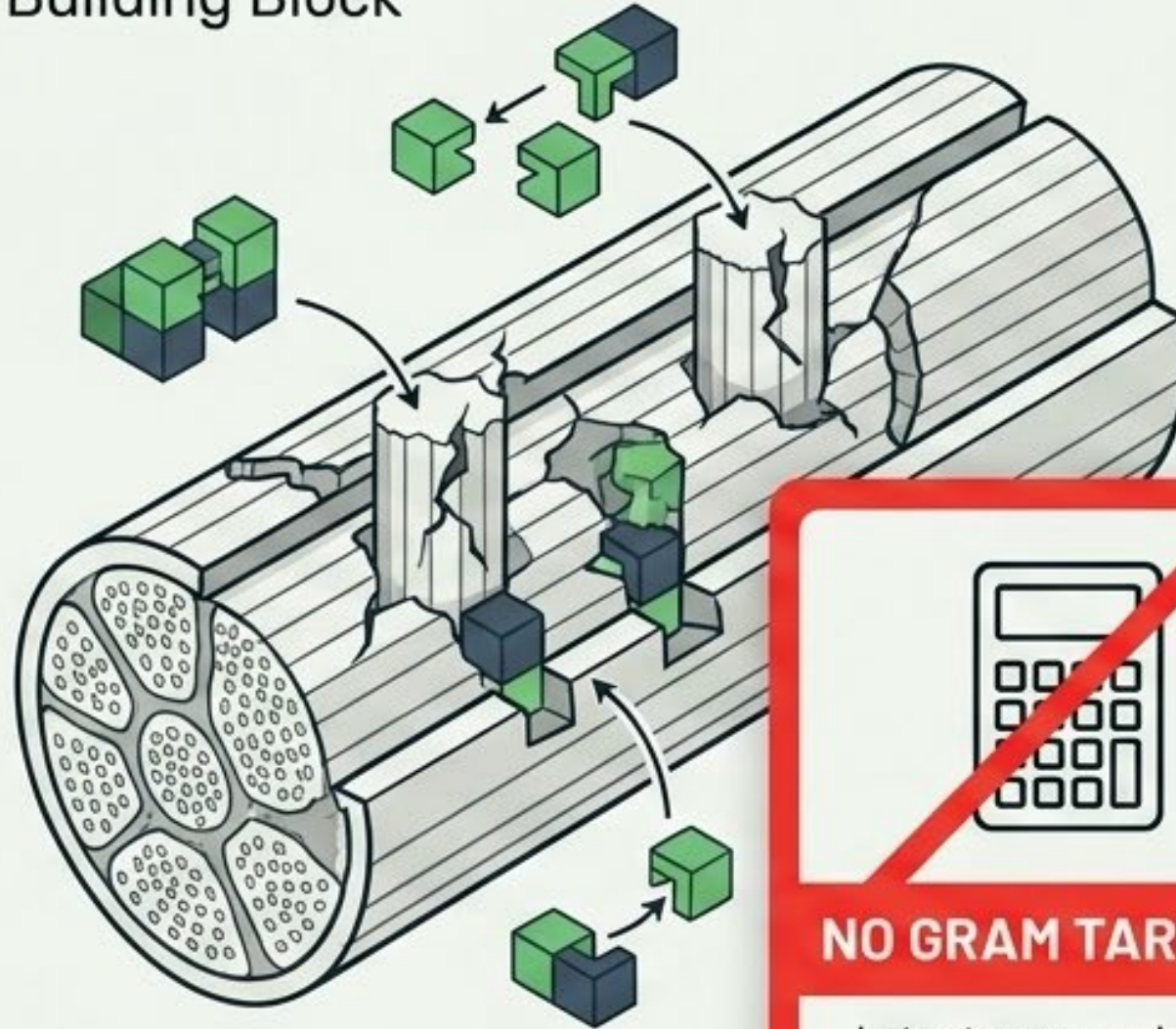
Core Functions:

Muscle repair

Muscle maintenance

Supporting adaptations
to exercise

Building Block



Approved Fuel Sources:



Meat and poultry



Fish



Eggs



Dairy products



Beans/lentils/
pulses



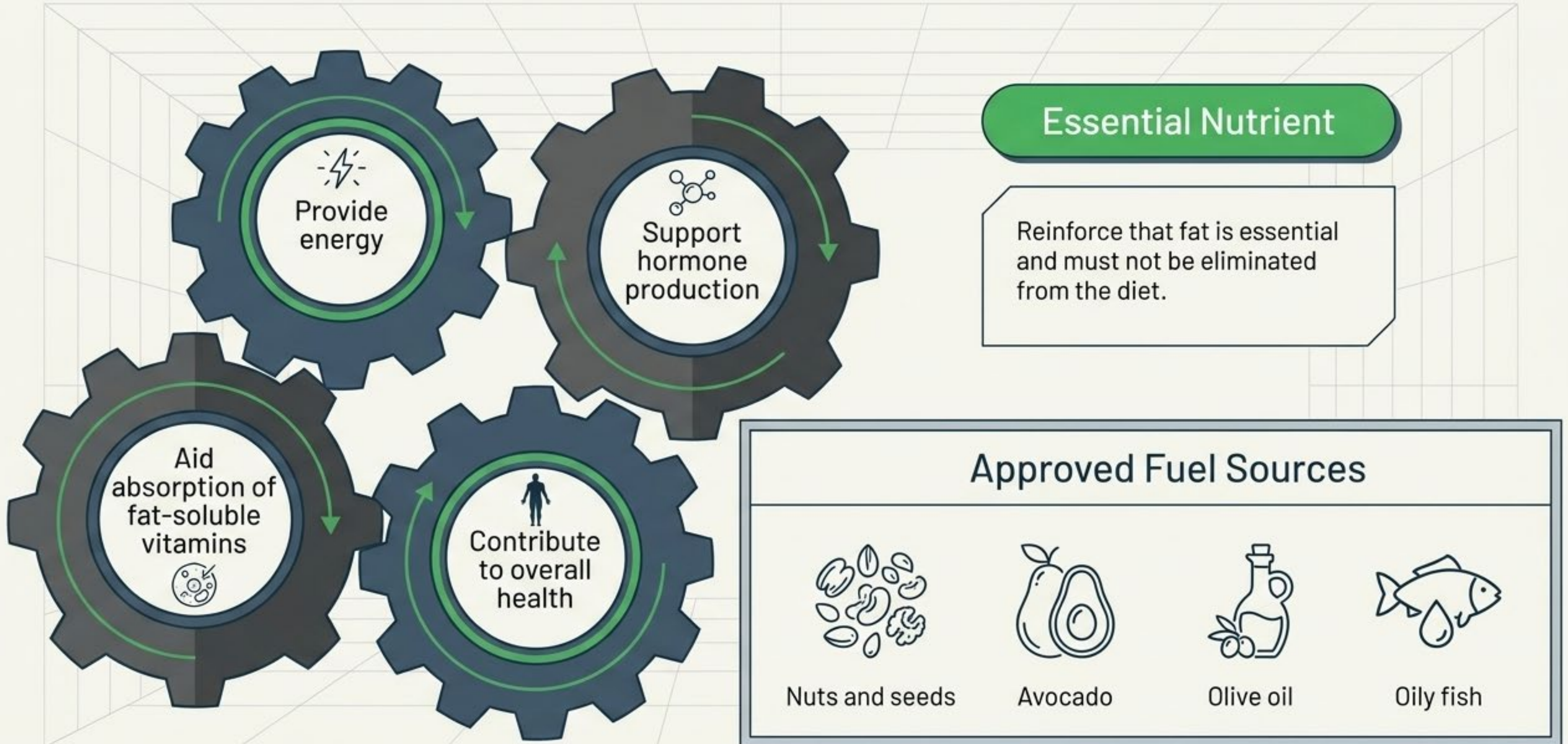
Plant-based
alternatives



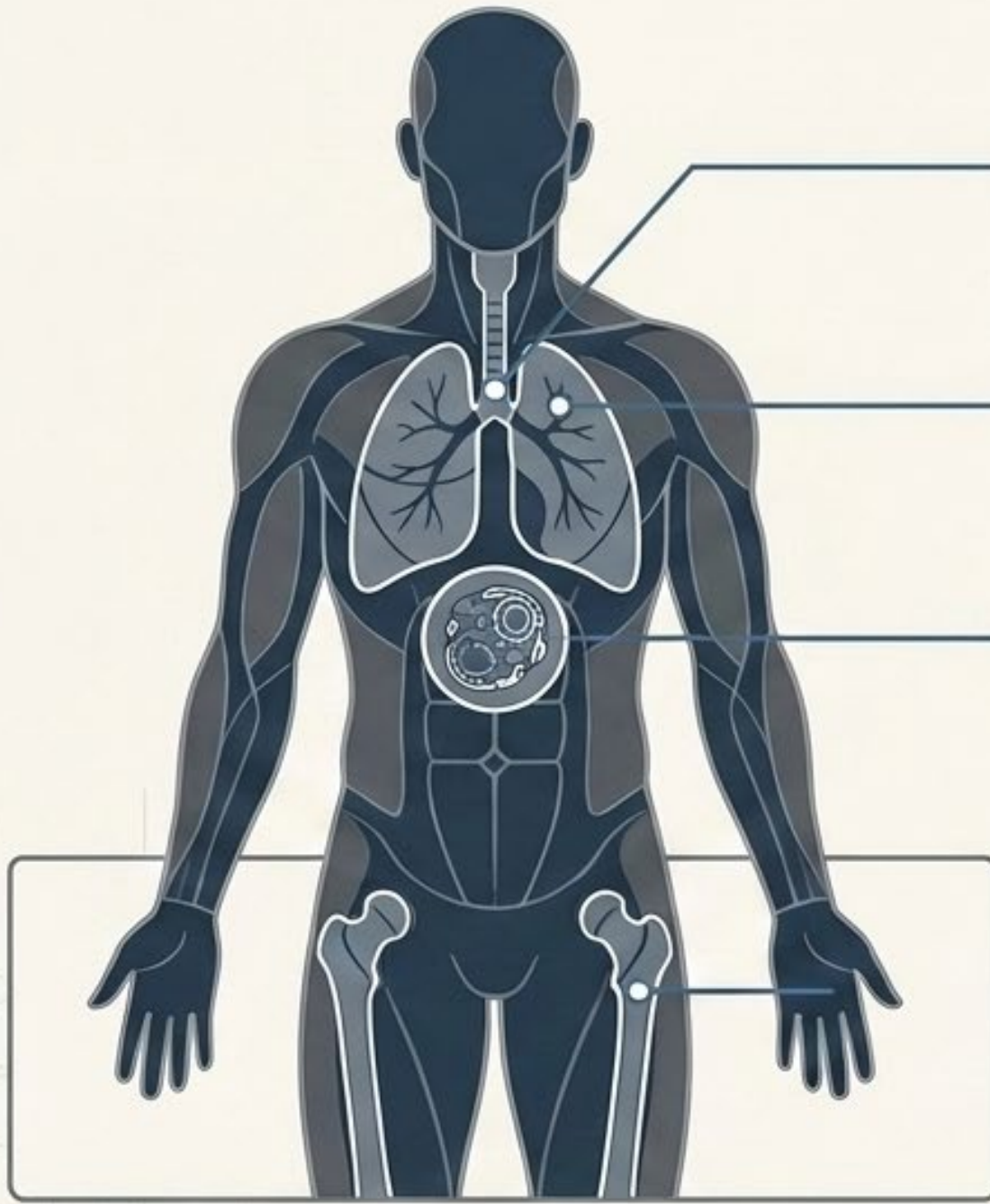
NO GRAM TARGETS

Instructors may explain that regular protein intake supports training, but must avoid giving specific targets or supplement prescriptions.

Fats: Essential System Functions



Micronutrients: The Micro-Managers



Calcium → Essential for bone health.



Iron → Essential for oxygen transport.



B Vitamins → Essential for energy metabolism.

The Balanced Diet Rule:

A varied and balanced diet generally provides adequate micronutrients.



Compliance Tag: Deficiencies require assessment by qualified medical professionals, not gym instructors.

Hydration Status & Safety

Hydration Status Gauge



Optimal

Risk

Systemic Importance

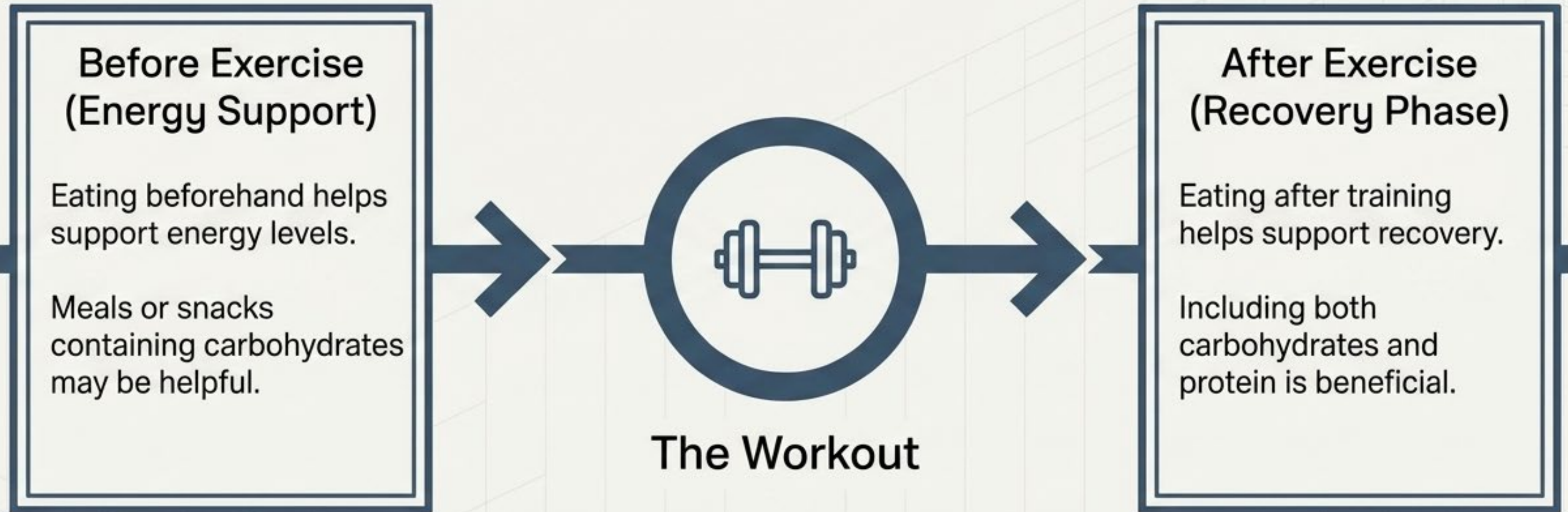
Adequate hydration drives:

- 🏃 Exercise performance
- 🌡️ Temperature regulation
- 📄 Concentration and safety during workouts

Instructor Guidance

- Encourage drinking regularly throughout the day.
- Advise increasing fluid intake around exercise.
- Suggest using urine colour as a simple, personal indicator of hydration status.

Nutrition Around Exercise: The Timeline



Compliance Tag: Keep it general and educational. Exact timings, quantities, or carbohydrate-to-protein ratios are entirely outside the Gym Instructor scope.

Public Health Guidance: The Safe Harbor Tool

The Framework:

The UK Eatwell Guide is a simple, evidence-based framework for healthy eating to ensure safe, consistent, and credible messages.

Eat a variety of foods from all food groups.

Limit foods high in sugar, salt, and saturated fat.



Consume plenty of fruit and vegetables.

Choose wholegrain carbohydrate sources.

Include lean protein sources.

Using nationally recognised guidance is your safest and most effective tool for general client education.