

# HEALTHY NUTRITION

## RESOURCE GUIDE

### MASTERING MEAL STRUCTURE AND MACRONUTRIENTS

Macronutrients are most often defined to be the chemical compounds that humans consume in large quantities that provide bulk energy. Specifically, they refer to carbohydrates, proteins, and fats. By learning how to strategically plan your meals throughout the day you can harness the power of macronutrients to fuel your body efficiently.

Use this [Macro Calculator](#) to determine the suggested amounts of macronutrients and food energy (Calories) you need to consume daily to maintain your weight.

### THE IMPACT OF MOVEMENT ON GLUCOSE & INFLAMMATION

Discover how incorporating intentional movement throughout your day can regulate blood sugar levels, reduce inflammation, and support long-term metabolic health.

[Read / Watch What to Eat When Working Out](#)




### SIMPLE STRATEGIES FOR GUT & GLUCOSE HEALTH

Explore practical, science-backed hacks to improve gut function, stabilize glucose levels, and activate the body's natural healing systems—without overcomplicating your routine.

[Read / Watch 10 Glucose Hacks](#)

## Macronutrients

Energy yielding nutrients that your body needs in LARGE quantities

Protein	Carbohydrates	Fat
4 calories per gram	4 calories per gram	9 calories per gram
<b>Why do we need it?</b> <ul style="list-style-type: none"><li>• Build and repair tissues</li><li>• Immune function</li><li>• Preserve muscle</li><li>• Hormone production</li><li>• Enzymes</li></ul>	<b>Why do we need them?</b> <ul style="list-style-type: none"><li>• Main source of fuel</li><li>• Brain function</li><li>• Stored energy: glycogen</li></ul>	<b>Why do we need it?</b> <ul style="list-style-type: none"><li>• Cell membrane support</li><li>• Nerve function</li><li>• Hormone production</li><li>• Absorbing fat-soluble vitamins</li><li>• Energy</li></ul>
<b>Where is it found?</b> 	<b>Where are they found?</b> 	<b>Where is it found?</b> 

<https://groups.oist.jp/recreation/macronutrients-and-micronutrients>

## GlucoseGoddess®

### THE GLUCOSE HACKS

**Hack 1: Eat foods in the right order**

The right order to eat our food in to minimize a meal's glucose spike is: 1) Fiber, 2) Protein and fats, 3) Starches and sugars.

**Hack 2: Veggie starters**

Veggie starters reduce the glucose spike of the meal that follows them. The objective is for the veggie starter to make up about 30% of the meal.

**Hack 3: Stop counting calories**

Counting calories doesn't necessarily improve health outcomes. And not all calories are equal: calories derived from fructose are more detrimental than those from glucose.

**Hack 4: Savoury breakfast**

A savoury breakfast is composed of protein (the centerpiece), fat, fiber (if possible), optional starches, and nothing sweet except optional whole fruit (just for taste).

**Hack 5: Have any type of sugar, they're all the same**

All sugar is made of glucose and fructose. They all have an impact on our body, so have the one you prefer.

**Hack 6: Pick dessert over a sweet snack**

If we want to eat something sweet, it's better for our glucose to have it as dessert after a meal than as a snack between meals.

**Hack 7: Vinegar**

Vinegar can be taken as 1 tablespoon in a tall glass of water (with a straw), or as a salad dressing. Ideally up to 20 minutes before a meal. This reduces the spike of your meal by up to 30%.

**Hack 8: After you eat, move**

After your meals, when you can, use your muscles for 10 minutes to reduce the glucose spike of the meal. Examples: walking, tidying your house, doing calf raises, etc.

**Hack 9: If you have to snack, go savoury**

Sweet snacks give us pleasure, savoury snacks give us energy. Savoury snacks include proteins, healthy fats, and fiber.

**Hack 10: Put "clothes" on your carbs**

Putting "clothes" on our carbs means adding protein, fat, or fiber to starches and sugars. This reduces the speed of glucose absorption in our body.

**Hack 11: Take Anti-Spike**

Take 2 Anti-Spike capsules before your meal of the day highest in starches or sugars. This will reduce the spike of your meal by up to 40%.