

Nutrition Basics, Healthy Eating Made Simple!



with Andrea Sandhu, Certified Nutrition Wellness Specialist & Personal Trainer

Nutrition Basics & Healthy Eating

Canada's Food Guide

- Quick Facts on the 4 Food Groups
 - Vegetables & Fruits
 - Milk & Alternatives
 - Grain Products
 - Meat & Alternatives
- + Oils, Fats

Macro- & Micronutrients

- Carbohydrates, Fat, Protein, Vitamins & Minerals, Water

Reading Labels

- Whole Grain vs. Whole Wheat, Low Fat or No Fat or Light?

Let's Take a Closer Look

Exercise 1: Serving vs. Portion Size

- How Much per Serving? Meal Planning, Importance of Breakfast

Exercise 2: Balanced Plate

- Divide Your Plate: 1/4 Vegetables, 1/4 Protein, 1/4 Complex Carb, Fruit

Calorie Facts

Basics

- 1 pound = 3,500 calories. Never consume less than 1,200 daily

How Many Per Day?

- BMR, Activity Factor

The Little Things Make a Big Difference

5 Tips to Lose 5 Pounds Now!

- Try a smaller plate size! 8-10 inches
- Still hungry? Drink water, wait 20 minutes
- Stop eating 2-3 hours before bed & sleep at least 7-8 hours a night
- Limit grains & bread to breakfast and/or lunch
- Keep wine & treats to 1 serving, 1/week (Avoid empty calories)

Questions & Answers

Andrea Sandhu, Owner & Director of Trinity Training | Yoga.Nutrition.Fitness Inc.
Telfer BCom, NWS, PTS, FIS, PFS, RYT®200 & Rainbow Kids Yoga, PMI 1, Spinning® Instructor
Zumba® Basic 1, Basic 2, Gold, Toning, Sentao™, Zumbatomic®
Zumba® Education Specialist & International Fitness Presenter
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Andrea's experience teaching and training over the last 9 years at many different facilities in Ottawa and the Greater Toronto Area has enabled her to effectively work with people of all fitness and health levels as well as different age groups and abilities.

In 2009, she was selected as 1 of only 6 in Canada to represent Zumba Fitness and has since trained instructors in India, the Netherlands, Finland, UK, Australia and New Zealand, and Denmark. She continues to train across Canada, and is a featured presenter at multiple major fitness conferences in Orlando and Toronto.

Certified by the internationally renowned Canadian Association of Fitness Professionals and recognized by the Yoga Alliance as a 200hour Registered Yoga Teacher, Andrea has helped thousands of individuals discover the joy of exercise, adopt a healthier lifestyle, and achieve their goals through the philosophy of the "health trinity" that being healthy is not only about being physically active, but it is also about seeking nutritional balance and balance within your self. Andrea is devoted to keeping up with current trends and research in health and fitness. She is constantly seeking new ideas, participating in a variety of workshops and classes, and travelling the world to develop her skills.

