

HC:FIT

NUTRITIONAL BOWL

QUICK & SIMPLE NUTRITION GUIDE



Energy Foods (Fuel for Your Body)

These foods give you the energy to keep up with life.

Carbohydrates



Note: The nutritional values are averages per 100g.

Food	Calories(kcal)	Carbs(g)	Fiber(g)	Protein(g)	Fat(g)
Oats	389	66	10.6	17	7
Brown rice	111	23	1.8	2.6	0.9
Whole wheat bread	247	41	6.6	13	4.2
Sweet potatoes	86	20	3	1.6	0.1
Quinoa	120	21	2.8	4.1	1.9
Beans (average)	347	63	15	21	1.4
Lentils	116	20	7.9	9	0.4
Bananas	89	23	2.6	1.1	0.3
Apple	52	14	2.4	0.3	0.2
Worst Choices – Quick Energy, Keep as a Last Choice					
Food	Calories(kcal)	Carbs(g)	Sugar(g)	Protein(g)	Fat(g)
White bread	265	49	5	9	3.2
Sugary cereals (avg)	380	80	30	7	2
Sweets & chocolates	535	60	52	8	30
Fizzy drinks (cola)	42	10.6	10.6	0	0
Cakes & biscuits (avg)	450	65	40	5	20

Supportive Food (Regulate and optimize bodily functions)

Fuel digestion, balance hormones, strengthen immunity, sharpen brain function, and speed up recovery.

Healthy Fats



Note: The nutritional values are averages per 100g.

Healthy Fats

Healthy fats are essential for your body—they provide long-lasting energy, support brain function, and keep your hormones balanced.

And **unlike processed fats**, natural sources like avocados, nuts, olive oil, and fatty fish are packed with Omega-3s, which help reduce inflammation and support heart health.

Adding the right fats to your diet keeps you full longer, improves nutrient absorption, and even boosts metabolism.

So, don't fear fat—**just choose the right kind!**

Food	Calories(kcal)	Fat(g)	Carbs(g)	Protein(g)	Fiber(g)
Avocados	160	15	8.5	2	6.7
Almonds	579	49	22	21	12.5
Walnuts	654	65	14	15	6.7
Chia seeds	486	31	42	16	34
Olive oil	884	100	0	0	0
Salmon	208	13	0	20	0
Sardines	208	11	0	25	0
Dark chocolate (85%)	598	43	30	7.9	10.9

Building Foods (For Muscle Growth & Repair)

These foods help your body repair, grow, and stay strong.

Protein:



Note: The nutritional values are averages per 100g.

Protein (Main Building Blocks)

Protein is the building block of muscle, repair, and overall health. It keeps you strong, supports recovery, and helps you stay full longer.

Prioritizing lean meats, fish, eggs, and plant-based sources **fuels your body efficiently.**

Food	Calories(kcal)	Protein(g)	Fat(g)	Carbs(g)	Fiber(g)
Chicken breast	165	31	3.6	0	0
Turkey	135	29	1.5	0	0
Salmon	208	20	13	0	0
Tuna	144	30	1.3	0	0
Lean beef	250	26	17	0	0
Eggs	143	13	10	1.1	0
Greek yogurt (plain, full-fat)	97	9	5	4	0
Cottage cheese	98	11	4.3	3.4	0
Tofu	76	8	4.8	1.9	0.3
Lentils	116	9	0.4	20	7.9
Chickpeas	164	9	2.6	27	7.6

Foods That Help Protein Work Better (Supporting Nutrients)

These nutrients enhance protein absorption and muscle repair.

Leafy greens provide iron for oxygen transport, nuts and seeds supply essential minerals, and whole grains **improve protein utilization.**

Food	Calories(kcal)	Protein(g)	Iron(g)	Fiber(g)
Spinach	23	2.9	2.7	2.2
Kale	49	4.3	1.5	4.1
Nuts & seeds (avg)	550	15	4	10
Brown rice	111	2.6	1	1.8
Quinoa	120	4.1	1.5	2.8



Protective Foods (For Immunity & Overall Health)

These keep you feeling strong and fighting fit.

Vitamins & Minerals And Hydration



Note: The nutritional values are averages per 100g.

Vitamins & Minerals (from Fruits & Veggies).

Food	Calories(kcal)	Vitamin C (mg)	Vitamin A (mcg)	Fiber(g)
Oranges	47	53	11	2.4
Lemons	29	53	1	2.8
Carrots	41	5.9	835	2.8
Sweet potatoes	86	2.4	709	3
Bell peppers (red)	31	128	157	2.1
Nuts & Seeds	550	0	0	10
Garlic	149	31	0	2.1
Ginger	80	5	0	2

Hydration (Water & Electrolytes).

Food	Calories(kcal)	Water (%)	Electrolytes (Sodium/Postassium) (in mg)
Water	0	100	0/0
Coconut Water	19	95	105/250
Herbal teas	0	99	0/0
Cucumbers	15	96	2/147
Watermelon	30	92	1/112

Foods That Slow You Down & Store Fat ✗

These cause weight gain, fatigue, and cravings if eaten too much.

✗ Ultra-Processed Junk Food & Refined Carbs & Hidden Sugars ✗



Note: The nutritional values are averages per 100g.

Ultra-Processed Junk Food & Refined Carbs & Hidden Sugars

Ultra-processed foods and refined sugars may taste good, but they drain your energy, spike cravings, and lead to fat storage.

Fast food, sugary snacks, and processed carbs **disrupt metabolism and make it harder to lose weight.**

Swapping these for whole, nutrient-dense foods keeps you fueled and feeling your best.

Food	Calories(kcal)	Carbs (g)	Sugar (g)	Fiber(g)
Crisps & chips	536	52	0.3	34
Fast food burger	295	30	5	14
Fried chicken	320	10	0	21
Pizza	266	33	3.5	10
Sweets & chocolates	535	60	52	30
Fizzy drinks	42	10.6	10.6	0
White bread	265	49	5	3.2
Pastries & cakes	450	65	40	20
Sugary yogurt	120	20	18	3
Ketchup	112	26	22	0.2