IMPORTANCE OF MICRONUTRIENTS

Author: Holly Louise #thefitpharmacist
@thefitpharmacist_
@bodyscience Expert
IMPORTANCE OF MICRONUTRIENTS

What are micronutrients?
Micronutrients are different to macronutrients and include vitamins and minerals. Both of these play crucial roles in human nutrition, including the prevention and treatment of various diseases and conditions, as well as the optimization of physical and mental functioning. Our body doesn’t make all of these micronutrients, so it’s crucial we supply them through our diet. Vitamins A, B, C, D, E and K are found in a variety of foods, namely meat, fruit, vegetables, whole grains and dairy products. Minerals such as iron, zinc, magnesium and calcium are essential for keeping our hair, teeth and bones strong, assisting with blood, skin and nerve function as well as metabolic processes and maintaining normal levels of health. These are found abundantly in meat, fish, dairy products, leafy vegetables, nuts, seeds and legumes.

How do I make sure I am getting enough?
Consuming a variety of different food groups is the easiest way to ensure that all of these needs are met – that is why eliminating food groups from your diet can have harmful effects on your body. Use the 80/20 approach throughout the week. This means 80% of your calorie intake should come from whole, nutritious foods and the remaining 20% can be used for treats or more calorie dense foods. While getting your micronutrients from whole foods is far superior, taking a multivitamin can assist in bridging some nutritional gaps.

How do I track micronutrients?
Tracking your micronutrients is a good idea if you are just starting out, or if you have been vitamin deficient in the past. MyFitnessPal tracks 4 micronutrients: vitamin A, vitamin C, iron and calcium. It is important to keep in mind, however that some entries aren’t always accurate and may and can overstate or overlook them. Therefore, the best way to ‘track’ your micronutrients is by eating a variety of whole foods and taking the time to educate yourself on which foods contain which micronutrients. Here is a few examples:

- Vitamin A – sweet potato, spinach, fish, milk, eggs and carrots
- Vitamin B6 – fish, beef, chickpeas and poultry
- Vitamin B9 (folic acid) – dark leafy green vegetables, fruit, nuts and dairy products
- Vitamin B12 – animal products such as beef, fish, cheese and eggs
- Vitamin C – oranges, capsicum/peppers, blueberries, Brussel sprouts, broccoli and bananas
- Vitamin D – fatty fishes including swordfish, salmon, and mackerel, fortified milk, yoghurt and cereals
- Vitamin K – dark green leafy vegetables
- Zinc – beef, cashews, chickpeas and turkey
- Calcium - milk, yoghurt, dark leafy greens such as spinach and sardines
BODYSCIENCE
LEAN & KEEN
GETTING STARTED STACK

PERFECT RATIO FOR WEIGHT LOSS PROGRAMS

- Support a healthy metabolic rate
- Target unnecessary fat stores
- Enhance fat cell breakdown
- Help increase energy levels and calorie burning
- Help boost metabolism
- Low carbohydrate

Get Lean & Keen with the HydroxyBurn LEAN5 Protein and HydroxyBurn Shred starter combination. If you think ordering flavours is boring, with this lean & keen stack there is over 11 flavours to choose from.

A RECOMMENDED STACK
TRANSFORMATION

HYDROXYBURN LEAN5
Fast acting 3 x Whey proteins | Extended action 2 x Casein proteins | DigeZyme® 5 x digestive enzyme | Oraflit® prebiotic.

<table>
<thead>
<tr>
<th>FLAVOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

*Chocolate Flavour*

HYDROXYBURN SHRED
Weight Loss | Focus, Intense Energy Drink | Vegan Friendly | Neuro-Thermogenic weight loss powder | 300mg Caffeine | 4g Acetyl L-Carnitine | + Amino Acids, Herbs & Caffeine.

<table>
<thead>
<tr>
<th>FLAVOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

ADD TO RECOMMENDED STACK
WELLNESS & FAST RESULTS

GREENTEA TX100
Wellness | Gut Health | Weight Loss | Energy | Vegan Friendly | All natural GreenTea TX100 is a delicious tasting, 7 calorie, convenient and easy to use sachet | Hydration.

<table>
<thead>
<tr>
<th>FLAVOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

VEGAN STACK
REPLACE LEAN5 PROTEIN WITH:

ORGANIC PLANT DAILY PROTEIN

<table>
<thead>
<tr>
<th>FLAVOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>