

# GOOD NUTRITION

## CHEAT SHEET

### 1. BALANCED ENERGY

#### QUANTITY (Calories IN versus calories OUT)

- **POSITIVE BALANCE**  
weight gain
- **NEGATIVE BALANCE**  
weight loss
- **NEUTRAL BALANCE**  
weight stable

#### RATE OF GAIN/LOSS

- **FAST WEIGHT GAIN** increased risks with blood pressure, blood cholesterol, diabetes, and cancer
- **FAST WEIGHT LOSS** decreased brain, reproductive, and metabolic functions
- **BALANCED** healthy adjustments throughout your body

### 2. NUTRIENT DENSITY



#### HIGH NUTRIENT

many nutrients per  
100 calories



#### LOW NUTRIENT

fewer nutrients per  
100 calories



#### HIGH CALORIE

many calories per  
100 grams



#### LOW CALORIE

fewer calories per  
100 grams

### 3. BALANCED GOALS



Health



Performance



Body  
Performance

### 4. OUTCOME-BASED



Effective  
nutrition plans



Honest  
reporting



Results  
meet goals