

# Nutrition Basics: Eat Smarter — Workbook

This workbook turns the course into action. Each section maps to one course module and mixes hands-on exercises, fill-in worksheets, and checklists you can reuse every week. Work through it with real food labels, your actual grocery list, and your own schedule so the numbers and plans reflect your life, not a textbook example.

## Macronutrients: What Food Actually Does

Practice the 4-4-9 rule and calculate your own calorie and protein targets so nutrition stops being abstract.

### Exercise: Verify a Label With 4-4-9

Grab three packaged foods from your kitchen. For each, read the grams of carbohydrate, protein, and fat per serving, multiply by 4, 4, and 9, add them up, and compare your total to the stated calories on the label.

- Which of your three foods was the most fat-dense (most calories coming from the 9-per-gram fat)?  
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- Did any total land more than 15 calories off the label, and what might explain it (fiber, sugar alcohols, rounding)?  
\_\_\_\_\_
- Which food surprised you most once you saw where its calories came from?  
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### Worksheet: My Daily Targets

Fill in each field using the body-weight formulas from Module 1. Use your current weight and honest activity level, and remember these are starting estimates you will adjust after two to four weeks.

Body weight (lbs)  
\_\_\_\_\_

Body weight (kg) = lbs divided by 2.2  
\_\_\_\_\_

Activity multiplier chosen (13-14 / 15-16 / 17-18)  
\_\_\_\_\_

Estimated maintenance calories = weight in lbs x multiplier  
\_\_\_\_\_

Goal (maintain / slow loss / slow gain)  
\_\_\_\_\_

Adjusted daily calorie target  
\_\_\_\_\_

Protein target low end (kg x 1.2)  
\_\_\_\_\_

Protein target high end (kg x 1.6)  
\_\_\_\_\_  
\_\_\_\_\_

Chosen daily protein target (grams)

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### Checklist: Macronutrient Fundamentals Mastery

- I can state the calories per gram for carbs, protein, and fat from memory
- I named three whole-food sources for each macronutrient
- I calculated my own maintenance calorie estimate
- I set a specific daily protein target in grams
- I can explain why fiber and unsaturated fats matter

### Reading Labels Like a Pro

Drill the serving-size habit, the 5-and-20 rule, and ingredient-list detective work until label reading is automatic.

### Exercise: The 30-Second Label Showdown

Pick two competing products in the same category (for example two cereals or two pasta sauces). Read serving size first, then apply the 5-and-20 rule to sodium, added sugars, and fiber for each. Declare a winner and write down why in one sentence.

- Which product won on sodium, and was either above the 20 percent high threshold?

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- Did the serving sizes differ, and did that change which product really looked better?

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- Which front-of-package claim, if any, did the Nutrition Facts panel contradict?

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### Worksheet: Label Decode Sheet

Complete this for one product you buy regularly. Use it as a template you can rerun whenever you are deciding whether to keep buying something.

Product name

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Serving size

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Servings per container

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Servings I actually eat at once

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Calories for my real portion

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Added sugars %DV (low under 5 / high over 20)

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Sodium %DV (low under 5 / high over 20)

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Fiber %DV (favor high)

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First three ingredients

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Hidden sugar aliases spotted

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Verdict: keep, swap, or limit

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### Checklist: Grocery Aisle Label Checklist

- I read the serving size before any other number
- I multiplied values by the servings I will truly eat
- I applied the 5-and-20 rule to sodium and added sugars
- I checked the first three ingredients for sugar or refined flour aliases
- I verified at least one front-of-package claim against the panel

## Building a Balanced Plate

Translate plate models and hand portions into your real meals, plus build a swap list you will actually use.

### Exercise: Photograph and Score Three Plates

Take a photo of three of your typical meals. For each, estimate how it divides against the half-plate rule (half vegetables and fruit, a quarter protein, a quarter whole grains or starch) and note one specific upgrade.

- Which meal was furthest from filling half the plate with vegetables and fruit?

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- Where did protein land using the palm-size anchor: too little, about right, or too much?

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- What single swap or addition would most improve your weakest plate?

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### Worksheet: Hand-Portion Calibration Log

For one full day, record each meal and estimate portions using the hand method (palm of protein, fist of vegetables, cupped handful of carbs, thumb of fats). Fill in what you actually ate, not what you intended. Meal name and time

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Palms of protein

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Fists of vegetables and fruit

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Cupped handfuls of grains or starch

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Thumbs of fats

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Drink (water / other)

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Hunger 1-2 hours later (1 low to 5 high)

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### Exercise: Build Your Personal Swap List

List five foods you eat often that you would like to upgrade. For each, write a realistic swap that keeps the meal enjoyable, using the smart-swap principles of adding fiber, protein, or nutrients rather than banning the food.

- Which swap will be the easiest to start this week?

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- Which food are you not willing to swap, and how could you simply portion it better instead?

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- What restaurant default (water first, half-plate side, sauce on the side) will you adopt?
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### Checklist: Balanced Plate Habits

- I filled half my plate with vegetables and fruit at a meal today
- I included a palm-sized protein at each main meal
- I used the hand or object method to check a portion
- I made at least one smart swap from my list
- I made water my default drink with a meal

### Building Habits That Stick

Design a tiny habit, redesign your kitchen environment, and set up a lightweight tracking and review routine.

### Worksheet: My Tiny Habit Recipe

Design one tiny nutrition habit using the cue-routine-reward loop and the After I X, I will Y anchor. Keep the routine almost too small to fail.

Existing reliable anchor habit (the cue)

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After I (anchor), I will (tiny routine)

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Why this is small enough to do on my worst day

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Immediate celebration or reward

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How I will know it has become automatic

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### Exercise: Kitchen Environment Redesign

Walk through your kitchen and apply the friction principle. Make at least three changes that make good foods easier to reach and less-good foods slightly harder, then record what you changed.

- What healthy food did you move to eye level or the front of the fridge?
  - What tempting food did you move out of sight or pre-portion?
  - Which change do you predict will have the biggest effect, and why?
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### Worksheet: Weekly Review Sheet

Use this every week for a five-minute review. Keep the tone curious rather than critical so it stays sustainable.

Week ending date

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What went well that I want to repeat

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Where my plan broke down and the real trigger

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One tiny adjustment for next week

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Is my current habit automatic enough to grow (yes/no)

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Did I follow the never-miss-twice rule (yes/no)

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### Checklist: Consistency System Setup

- I wrote one tiny habit anchored to an existing routine
- I made at least three kitchen environment changes
- I scheduled a fixed 15-minute weekly planning slot
- I chose a light tracking method (calendar, photo, or short app stint)
- I committed to the never-miss-twice rule in writing

### Your Action Plan

1. Memorize the 4-4-9 rule and calculate your personal calorie and protein targets using the worksheet
2. Spend one week reading the serving size and applying the 5-and-20 rule to every label you pick up
3. Adopt the half-plate rule at one meal per day, then expand it to most meals
4. Calibrate your portions with the hand method for one full day and adjust your usual servings
5. Write a personal swap list and start with the single easiest swap this week
6. Design one tiny habit using an After I X, I will Y anchor and a small celebration
7. Redesign your kitchen so healthy foods are visible and convenient and treats take more effort
8. Set a fixed weekly 15-minute planning slot and batch-cook one protein and one grain
9. Track lightly for one to two weeks to calibrate, then step back to a simple habit calendar
10. Run a five-minute weekly review and apply the never-miss-twice rule whenever you slip









