



GET YOUR
NUTRITION
UNDER YOUR CONTROL

with *Mikiko Kusuda*

HANDBOOK

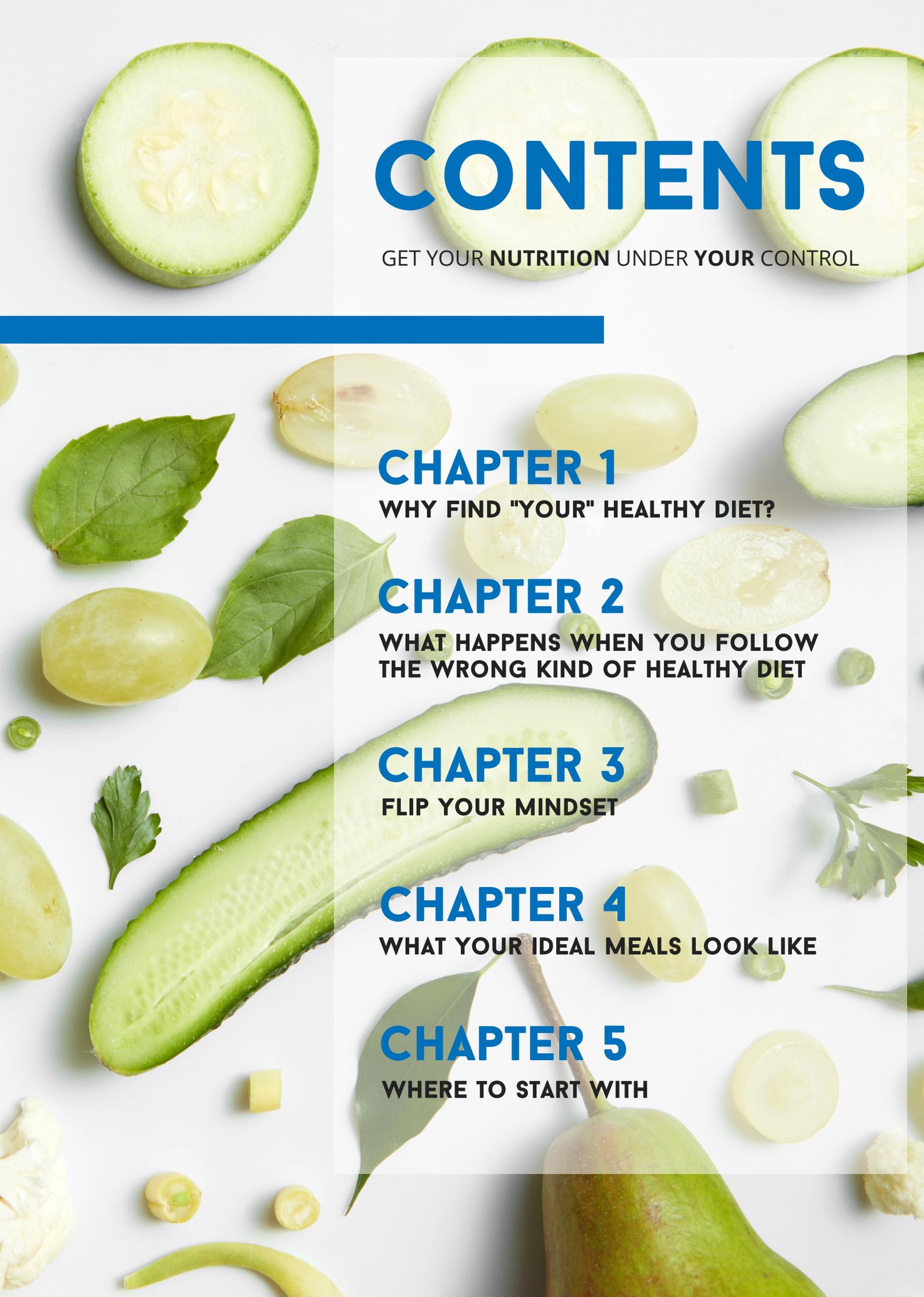
INTRODUCTION

NICE TO MEET YOU!

Hi! Congrats on taking the first step to making a change that will impact the rest of your life! I made this program for people who are feeling a bit lost about their healthy eating like I used to. I've included everything I wish I knew back when I felt like my body was out of my control. I can't wait to see your happy face when you regain control over your eating, and make your life better with YOUR solution at YOUR pace!



Mikiko Kusuda



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WHY FIND "YOUR" HEALTHY DIET?

*We all know that nutrition is important. People often say "Eat healthy!", but **what do they mean by "healthy"?** When we think about how to actually improve our diet and where to start, we realise that the idea of a healthy diet is pretty vague.*

Because the idea of a healthy diet is so vague, people tend to jump on simple messages like **EAT NO SWEETS! NO CHIPS! NO CARBS! ONLY RABBIT FOOD!**

They sound catchy and easy to understand, so the media likes to use them to attract more people. However, such extreme diets are for quick, short, big changes - not for long-lasting benefits. **Intense methods like these have intense side effects.** Big changes like that are very stressful both physically and mentally, and many people give up on them after just a few weeks.

Let's be clear - ***A quick method isn't necessarily the healthiest method.*** The healthiest method is the one that you can continue for years without feeling pressured to do so, and most importantly, the one that makes you happy.

Let me use the most common example to illustrate: low-carb diets. The latest science finds that skipping carbs is a good way to stay healthy. But in reality, who can live without a cheeky ice cream and chippies now and then! Definitely not me! ˘_(ツ)_/˘

You need to catch up with your family and friends and, of course, there's regular pizza, dumplings, crackers and cheese. You also have Christmas, New Year's, weddings, your birthday, your friends' birthdays, and many other events.

CHAPTER 1

Even if you get the body that you want, if you have to follow strict unsustainable rules and sacrifice your social life, how can we still call this a happy and healthy life? Food is culture. **You shouldn't sacrifice your love for food to get the body that you want!**

Your body is unique to yourself. Your lifestyle, personality, and preferences are different from anyone else. Therefore, It's natural to think that **there could be a diet specific to you that's different from everyone else's.**

But the latest science that media talk about makes it sound like there's only one answer when it comes to healthy diets for everyone, and many people blindly believe that this method will work on them.

Finding the diet that works for you requires some learning about general directions to eat healthy and, most importantly, learning about yourself and your body. What's the nutritional requirements specific to you? How should you implement them into your current lifestyle without hassle? It takes some experimenting to figure out **if you receive results from any given nutritional changes, if they're sustainable, and if you feel truly happy about them.**

When you follow diets that don't suit your body or lifestyle, you won't see results that correlate with your efforts. Actually, it could send you backwards because it's physically and psychologically stressful. If you are thinking "my efforts are not paying off!", you might be pushing the jigsaw piece into the wrong space.



CHAPTER 1

Once you find the diet that works for you, there's no need for you to chase fast changing fads or trendy diets **because you already know what you need.** You won't be like "I'm going to try the diet that my cousin's friend's sister had good results from!" You can calmly filter them out. That's the feeling of having control over your nutrition!

This program was made for you to find your right diet. The concept came from my own bitter experiences of putting all my effort in the wrong direction.

I'd been stuck with this wrong idea of "there's one right answer for everyone", and felt frustrated when I didn't see results. I blamed myself for not doing enough. I'd tried many extreme diets, bullied myself with a bunch of rules, and ended up developing an eating disorder.

I've put everything that I wish I knew back then into this program. It will show you what you need to know before starting to eat healthy, what your ideal meals could look like, and how to adjust them to **your** body and lifestyle at **your** pace.

CHAPTER 2

WHAT HAPPENS WHEN YOU FOLLOW THE WRONG KIND OF HEALTHY DIET

1. Food guilt

People say “Carbs are bad!”. So you make rules to avoid your favourite food, follow them for a while, break them in the end, then feel guilty. You feel guilty eating your favourite food - That is not the right feeling! (If you feel this way, let me give you a hug!) **Pure happiness** is the feeling you should have when eating what you love.

Making a rule that bans a particular food doesn't usually work. It's called **The Caligula Effect**: because there's a rule there, you keep paying attention to it and keep wanting to break it when you just want to forget about it.

If you repeat this cycle of making rules and breaking them, you risk developing a bad relationship with food. Next time when you eat your favourite food, ask yourself “do you feel happy? And guilty?” If there's a bit of guilt, what thoughts are stopping you from enjoying it from the bottom of your heart?

You can eat your favourite food, and be healthier and leaner and happier about your body at the same time! Nothing is wrong with getting everything. Food guilt is a sign that you are doing something that doesn't suit the way of eating that works best for you and your body.

"You should feel happy when you eat your favourite food, not guilty."



2. More effort, less results

Are you eating less, cutting out your favourite food, and kicking your ass to head to the gym, but feeling frustrated that you are not getting the results that you expect? I feel you. I want to give you a trophy for your effort, but ahem, **what you think you are doing for your body might only be causing you stress** (sorry..).

Health is not about “no pain, no gain”, or “the harder, the better”. If you are feeling all the pain and not seeing any results, stop, **it simply means it doesn't suit you**. It's not that you're not making enough effort. **It's just the direction of your effort that needs to be adjusted**. So, don't be so harsh on yourself! :) Once you figure out what your body and mind feel the best with, you will start seeing results while enjoying the process!

“Choose the way that makes you feel excited about doing exercise but that is also effective.”

CHAPTER 2

3. Exercise can be harmful

When your body is not getting enough nutrients and energy from food, it's in survival mode. Your immunity drops, your skin has breakdowns, and for women, your periods can stop. It starts conserving energy by dropping your metabolism. If you add exercise in this condition, it's like dropping a heavy rock onto a sinking boat. Exercise becomes an act of a torture for your body. **You are not only seeing the results of your workout, but also making your body prone to injuries and sickness.**

You need to give your body and brain what they need first to get out of this survival mode before trying to add anything extra. Exercise is good, but it's not a magical method to get you to your fitness goals.

"Improving your diet will help you make the most out of your workout"

4. Getting caught up in misinformation

If you know what works well with your body, you don't need to seek out fancy new trends or the latest science that keeps changing every season. **You have your answer, and that's enough.**

The fitness and wellness industry is bigger than ever, and I can see that there are many people, services, and products that take advantage of this in a bad way. They sound like they are good for you and claim that they found the best solution ever. However if you look into them in detail, **some of them care more about how much \$\$\$ they make than how much it changes your life for the better.** If these fads are really, really good, why do they keep coming and going anyway? Why does no one say "Ok, the way our ancestors used to eat was actually better than any of our new products. So, let's stick with that."?

"Knowing what's best for your body and having sense of control over it will protect you from misinformation that doesn't benefit you in the long run."



My personal experience of not knowing what was best for me

*I started searching for information online and chasing the wrong ideas of health when I was a student. I didn't get the results that I wanted, so I pushed even harder because I thought I was not doing enough. I used to eat one meal a day, run for 1 hour every day, and play basketball twice a week. **The harder I tried, the more desperate I became to see results.** Losing weight became the main purpose of my day, rather than feeling happy. I would feel guilty every time I ate food, get injured more easily, and my period stopped for 8 months.*

*Having no control over my body, I became less confident about myself. It took me many years of learning and implementing the correct knowledge in my daily life to feel like my body was mine again. There was no need for fancy products or trendy diets. Rather than reading more fitness articles, **all I needed was the time to figure out what my body needed, and to find out what made me I feel the best with and what gave me long-term benefits.***

CHAPTER 3

FLIP YOUR MINDSET

The 3 points that I'm going to share with you will form the base of your healthy eating. This won't change no matter what your goal is, and no matter what stage of your life you are at. They might be polar opposite from the idea of healthy eating you have been believing, but be open-minded, and use this opportunity to get new insight :)

1. DIET before EXERCISE



2. QUALITY before QUANTITY

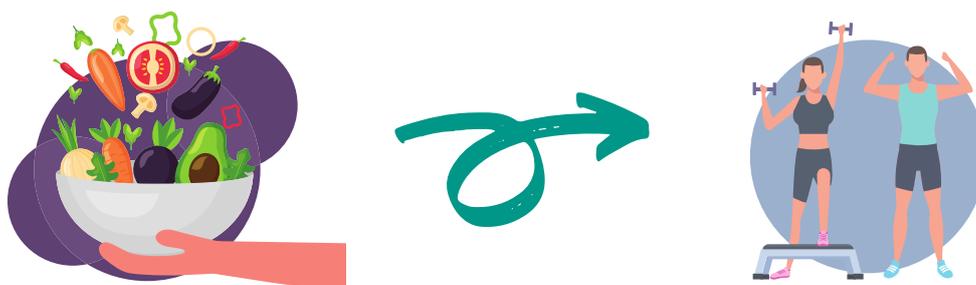


3. ADD before REDUCE



CHAPTER 3

1. DIET before EXERCISE



The human body evolved to move. Adding exercise to your everyday life is a crucial part of staying fit and healthy, especially with today's sedentary lifestyle. However, to start your engine, you need fuel in the first place. **You won't gain something out of nothing.** The energy and nutrients that are required to move your body, re-build your body, recover from exercise, maintain healthy bones and muscles, adjust your hormone levels and improve your metabolism come from food. Diet is so important to a healthy lifestyle, it's said that the ratio should be "diet : exercise = 80 : 20".

If you start exercising without improving your diet, your body won't have enough sources of nutrients to repair your muscles after your workout. Think about it this way. If your body were a car, the engine wouldn't start. But even without eating, you can still move your human body. Have you thought about where that fuel comes from? Your body "steals" it from somewhere else - **They are the nutrients that were supposed to be used for your hormones, immunity, skin and reproductive systems.** The body also needs to break down your muscles in this process, which is called **catabolism**. You are breaking down your muscles to repair your muscles... This is counter-productive!

To start a cycle of a fit and healthy lifestyle, **"Eat well and enough first, then move"** is a good motto to live by. Food is not a reward for kicking your butt to go to the gym. It's **fuel** to get you going!

CHAPTER 3

2. QUALITY before QUANTITY



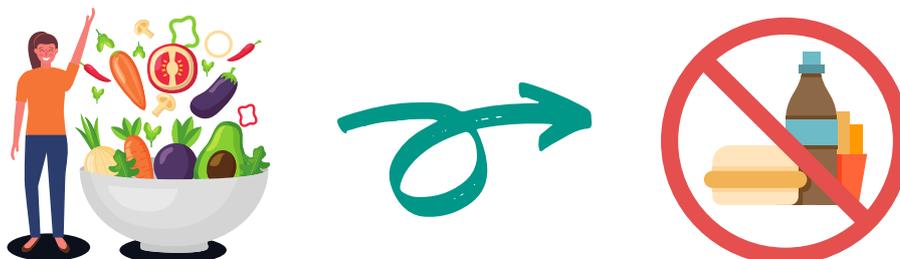
When I say diet is important, it doesn't mean you have to focus on eating less. Food is more than just calories. It's the source of nutrients that maintains your body. As everyone says, calorie counting is important. But **the calorie counting method works only when you have healthy metabolic and hormonal systems.**

If you have been focusing on eating less and less for many years, those systems might be out of balance even without you realising it. I've seen many cases like this (including myself), and it takes a few months to years to bring the functions back to normal.

Calories counting is something that comes AFTER you make sure that the quality of your diet is sorted. If quantity comes first before quality, your body will run out of the nutrients that it needs for your immunity, metabolism, blood sugar level control, water retention, mood, sleep, muscle flexibility, injury prevention, and many more.

CHAPTER 3

3. ADD before REDUCE



When you want to focus on the quality of your diet and cover all the nutrients that you need for your body, **in many cases, you need to add more food to your diet before cutting food out.**

Eating less and less will make your body store more. When you know that you will get a salary cut next month, you will start spending less, right? But how about when you know that you will have a promotion next month? You would feel relaxed and start spending more. Your body works the same. You need to feed it and let it know that you are getting a sufficient amount of food and nutrients constantly. Then it will stop storing and start increasing your metabolism to use the energy.

Lack of nutrients leads to a loss of control over your appetite. If you currently don't have much control over your urge for sweets and salty, fatty food, **that's a sign that your diet is not providing enough nutrients for your body to maintain the life you are living now.** Basically your brain is ordering you to eat more to top up the nutrients in your body. When your body is sending this signal, eating sweets, or not eating sweets, won't be the solution as it won't top up the insufficiency. **The solution here is simply to add things you don't have enough of.**

When you start filling this insufficiency and meeting your nutritional requirements, your body will naturally stop craving comfort food. **You can reduce the "bad stuff" without even trying to.** This is the least stressful way to live healthily without sacrificing your sweet tooth. It's ok to love sweets. But make sure you understand why you're craving them!



It takes time to get used to this idea

It's scary to flip over your "common sense" and do the opposite from what you knew. I experienced this fear myself. It takes a while to get used to the idea of adding more food before reducing it, until you start seeing and feeling the changes, especially after telling yourself to eat less and less for many years! But you know there's a limit to how little you can eat, and you can't keep concealing your love for food. There's no way that this is the best method for your physical and mental health!

You can doubt this first. I was like that, and my clients were the same. But we all come back to this method. It worked on myself, it's been working on my clients too. Many people experienced benefits with this method, and end up saying "I wish I knew about this earlier." Honestly, I don't know why we automatically think that if there's no pain, it wouldn't work!

CHAPTER 4

WHAT YOUR IDEAL MEALS LOOK LIKE

This section is to show you how to combat this fear with knowledge step by step. Let's start by checking what you are having enough of, what you need more of, and how much you need to add to your meals.

Roles of nutrients

There are **3 macronutrients** that are the main sources of calories: carbohydrates, protein, and fat.

- **Protein** is fundamental for your body - muscles, skin, hair, nails, hormones, immunity, and the human cells that make up the body.
- **Carbs** are the primary energy source of your muscles and brain.
- **Fats** are used to make hormones, keep the skin hydrated, and help joints move smoothly.
- **Micronutrients (Vitamins, minerals)** assist your body to use these macronutrients more efficiently. For example, when you eat protein, vitamins help you digest it properly and take it into your bloodstream.

This combination of nutrients is like building a house - you need timber and nails. The macronutrients is the timber to make the base of the body, while the micronutrients are the nails used to connect it.

We need all of them. **None of them are bad nor more important than the others.** Fats and carbs tend to be seen as villains only because people tend to eat too many bad-quality ones. Protein, vitamins and minerals are popular supplements because we tend not to have enough of them from our meals.

CHAPTER 4

How much food you need is different from person to person, depending on how your body is built and what you do in a day. But there's a general guideline that you can start with, so let's start from this.

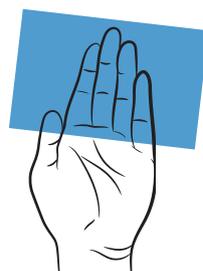
(1) Ideal meal in hands



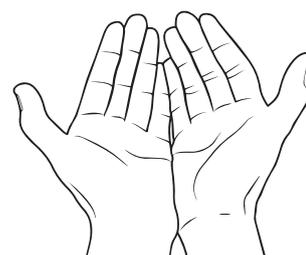
CARBS



PROTEIN



FATS



**VEGETABLES
FRUITS**

One meal should consist of:

- **A fist size of healthy carbs** like oats and brown rice. Healthy carbs means they are not refined. They will usually look brown in colour, and they keep more good stuff in them like fibre and vitamins and minerals, compared to refined carbs.
- **A handful of protein** such as fish, meat and lentils. Your body is limited to how much protein from one meal it can absorb to use. So even if you have more than this amount in one meal, it won't be taken into our body effectively.
- **Healthy fats that you could hold on your fingers.** They can be included in protein as animal protein often contains some fats. Fats tend to be more beneficial for you if they are natural ones, rather than processed. Particularly cheese, deep fried food, buttery food and sweets are heavily processed, so foods that naturally contain fats would be better, like milk, eggs, nuts, fish, meat, and avocados.
- **Two handfuls of vegetables and fruits.** Fresh would be ideal, rather than dried or pre-cooked ones. Vegetable/fruit juice doesn't count even if they say "fresh".

CHAPTER 4

(2) Ideal meal on a plate

There's also a good indication from Harvard about what a well-balanced diet looks like. It's basically saying the same thing with the hand guideline, so whichever works better for you is good to follow.

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

WATER
Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

WHOLE GRAINS
Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

FRUITS
Eat plenty of fruits of all colors.

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!
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It's more than you think

When you focus on getting enough nutrients for your body rather than calories, this is the amount of food that you need per meal. Remember, this is for per meal, and **you need 3 times of this a day just to maintain your body and its functions.** If you are more active, or trying to improve your body's condition, you would need to consume that much 4 times a day to fill the requirements.

“Whaaaaat! That’s a lot! Too much!” That’s the reaction I always get from people. But this is what you need when you purely look at your nutritional requirements. If you have just enough nutrients and that still causes you to start storing fat, the problem is not in your diet. It’s your lifestyle that doesn’t include enough physical activity to handle the minimum amount of food...!

CHAPTER 5

WHERE TO START

If you feel overwhelmed by what you've learned and what's ahead, don't worry! I'm with you!

You don't need to start doing EVERYTHING from tomorrow to complete this guideline. Your body won't even have the capacity to digest all the new foods and nutrients, or use them straight away. It needs some time to adjust to big changes like that.

The bigger the change is, the more stressful it is. It's more stressful both physically and mentally. Your aim here is to make a change that will impact the rest of your life, not to change within weeks what you built up in years!
Give yourself at least a month for your body to adjust to it.

Instead of starting everything all at once, **start learning about your unique self by changing one or two things per week.** The workbook in this program was designed to show you this process step by step so you won't get lost in the core part of this journey. It will help you to determine the current problem and the direction for improvement.

Now it's time to find YOUR solution at YOUR pace. You are about to get your nutrition under YOUR control! How exciting!!

NEXT STEP →
OPEN THE WORKBOOK