



FIT BY CHOICE | CN² NUTRITION

THE FREE GUIDE

Fuel Stronger.

A simple, no-nonsense nutrition guide for the over-40s — five habits that build energy, strength and a body that works **with** you, not against you.

A **FREE** guide from Fit By Choice & CN²

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Eating well after 40 isn't complicated. It's just different.

If you're over 40 and feel like your old approach to food has quietly stopped working — the energy dips, the middle that won't budge, the sense that you're doing "everything right" with nothing to show for it — you're not imagining it.

As we get older, we naturally lose muscle, our metabolism shifts, and our bodies handle food a little differently. The answer isn't another restrictive diet or cutting out whole food groups. It's a handful of sensible, sustainable habits that leave you fuller, stronger and more energised. This guide covers the five that matter most — for men and women alike — plus a simple way to build a balanced plate.

THE ESSENTIALS

5 habits that make the biggest difference

1

Put protein at the centre of every meal

After 40 your body is less efficient at using protein to build and hold on to muscle — so you need a good source at each meal, not just at dinner. A palm-sized portion (meat, fish, eggs, dairy, beans, tofu) per meal keeps you fuller, protects your muscle and steadies your energy and appetite.

2

Fill half your plate with plants and fibre

Vegetables, fruit, beans and wholegrains give you the fibre, vitamins and minerals that keep digestion, heart health and energy on track. Aim for plenty of colour and variety — it's one of the simplest, most powerful things you can do, and it naturally crowds out the less helpful stuff.

3

Don't fear carbs — use them to fuel you

Carbohydrates aren't the enemy. Wholegrains, potatoes, oats and fruit fuel your training, your brain and your daily life. The trick is quality and portion, not cutting them out. Cutting carbs hard usually just leaves you tired, irritable and more likely to give up.

4

Sort the simple stuff: water, sleep and alcohol

The unglamorous basics move the needle more than any supplement. Stay hydrated (thirst is easy to mistake for hunger), protect your sleep (poor sleep drives cravings), and keep an honest eye on alcohol — it adds up quickly and hits recovery and sleep hard after 40.

5

Aim for consistency, not perfection

You don't need a flawless diet or to cut out the foods you love. Eating well most of the time — while still enjoying a meal out or a slice of cake — is what actually lasts. Fad diets fail because they're all-or-nothing. Small, repeatable habits win every time.

Build a balanced plate (no counting required)

Forget weighing and calorie-counting. This simple plate model works for almost every meal, uses your own hand to judge portions, and takes the thinking out of eating well.

The Fuel Stronger plate

PROTEIN ¼ PLATE

A palm-sized portion — chicken, fish, eggs, Greek yoghurt, beans, lentils or tofu. The anchor of the meal.

VEG & FRUIT ½ PLATE

Two fists of colourful vegetables or salad (add fruit at breakfast). Fibre, vitamins and volume that fill you up.

CARBS ¼ PLATE

A cupped-hand portion of wholegrains, potatoes, rice, oats or bread — your fuel for energy and training.

HEALTHY FATS A THUMB

A thumb-sized amount of olive oil, nuts, seeds or avocado — for flavour, hormones and staying satisfied.

That's it. Get most meals looking roughly like this, drink water alongside, and you've covered the essentials without a single number.

A simple day, as an example

MEAL	WHAT IT MIGHT LOOK LIKE
Breakfast	Greek yoghurt with berries, oats and a handful of nuts — protein + fibre to start the day steady.
Lunch	Chicken or chickpea salad with lots of veg, plus a portion of wholegrain bread or rice.
Dinner	Salmon or tofu, roasted vegetables, and a cupped handful of potatoes or rice.
Snacks	Fruit, a boiled egg, a small handful of nuts, or cheese — protein-led keeps you fuller.

ONE SMALL CHANGE TO START

Don't overhaul everything at once. Pick **one** habit from this guide — usually "protein at every meal" is the best first move — and do it for two weeks until it feels automatic. Then add the next. That's how change actually sticks.

WHEN YOU'RE READY FOR MORE

Let's build a plan around your life

This guide gives you the foundations — but the fastest results come from nutrition and training built around *you*: your goals, your routine and your tastes. That's exactly what we do at Fit By Choice and CN², in person in Bexhill or online anywhere in the UK.

Book a free, no-pressure chat

Tell me where you're stuck and I'll show you honestly how I can help — joined-up strength and nutrition coaching for the over-40s.

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