NUTRITION GUIDE

TO LIVE A HEALTHY AND FIT LIFESTYLE

Healthy eating is one of the biggest challenges for most people. Working out is the easy part…but what about the other 23 hours of the day? Just like planning a workout, plan your meals and snacks ahead of time to help stay on track! I know, it's easier said than done and life can throw curveballs. If it does, just roll with it and get back on track for the next meal or next day.

You'll see in this program, I have attached a daily food and water log as a guide to help track nutrition. Studies have shown that if you write down what you eat, it makes you think twice about eating unhealthy or having extra snacks that you probably don't need to consume.

Here is a quick nutrition guide breaking down macros and proper hydration so you can feel YOUR best!

WHAT ARE MACRONUTRIENTS?

Macronutrients are needed in the body in large amounts and include: carbohydrates, protein and fats. Once consumed and absorbed, they are broken down by the body into monosaccharides, amino acids fatty acids and delivered to the cells to support your body's vital functions.

CARBOHYDRATES .

CHO's is your body's main fuel for immediate energy! YOU NEED CARBS! I struggle with diets that completely restrict carbohydrates because without it, you have ZERO energy to get you through workouts, let alone get through a normal day. The Dietary Guidelines for Americans recommend that carbohydrates make up 45% to 65% of total daily calories.
To keep it simple, CHO's are broken into two categories: Complex and Simple Carbs.

Complex Carbs
Complex carbs are found in whole, unprocessed foods, including fruits, vegetables, legumes and whole grains. They are digested more slowly due to its higher fiber content and supplies a lower and steady release of glucose into the blood stream (to keep you full longer!). Complex carbs include: starchy vegetables, legumes and whole-grains.

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CARBOHYDRATES CONT... .

Simple Carbs
Simple carbs are digested quickly and send immediate bursts of glucose (energy) into the blood stream. Simple carbs are in refined sugars and grains like white bread, rice, cookies, candies, syrups, sugar drinks, etc. Don't be misled, simple sugars are also naturally found in nutritious, vitamin-rich foods like fruit and milk

How to balance Complex and Simple Carbs:
There is no one-size fits all plan that fits everyone. However, it is important to consume a balance of both types of CHO's in your daily eating plan.

Pre-workout Fuel:
About 45-60 minutes prior to working out, simple carbs may be your best choice since it breaks down faster and will give you energy throughout your workout. Depending on the intensity and length of your workout, pre-workout fuel should be kept light and easily digestible like a banana or small fruit, few crackers with peanut butter, toast, yogurt, etc. Typically around 15g of CHO's is recommended to consume up to an hour before exercise.
If you are working out later in the day, consume more complex carbs 2-3 hours prior to working out since this will take more time for your body to digest and use for fuel.

CARBOHYDRATES CONT... .

Post-workout Fuel:
The first 30 minutes post-workout is prime time to re-fuel your body from any nutritional depletion from your workout! The goal is to replace any muscle glycogen that was lost. The average adult will need around 68-102g of carbs immediately after exercise. Whole foods are ideal, but totally understand if you're on the go and can only grab a bar or liquid supplement. Just be aware of how much sugar is in these products.

HEALTHY CARBOHYDRATES

WHOLE GRAINS

- Barley
- Brown rice
- Buckwheat
- Bulgur
- Millet
- Oatmeal
- Corn
- Corn
- Popcorn
- Quinoa
- Spelt
- Whole-wheat bread, pasta or crackers

HIGH FIBER

- Beans
- Lentils
- Broccoli
- Berries
- Avocados
- Brussel Sprouts
- Asparagus
- Cauliflower
- Carrots
- Strawberries
- Bananas
- Raspberries
- Chia Seeds
- Beans
- Whole Grains
- Apples
- Dried Fruits

NUTS & LEGUMES

- Macadamia nuts
- Brazil nuts
- Cashews
- Hazels
- Almonds
- Pecans
- Pistachios
- Pine nuts
- Walnuts
- Black-eyed peas
- Black beans
- Garbanzo beans
- Navy beans
- Pinto beans
- Kidney beans
- Lentils

PROTEIN

Fun fact…did you know that the word “protein” comes from the Greek word protos, meaning "first"? Protein is typically the hype word for muscle-building, growth, and weight-loss. According to the Merriam-Webster dictionary, the definition of protein is: *“any of various naturally occurring extremely complex substances that consist of amino-acid residues joined by peptide bonds, contain the elements carbon, hydrogen, nitrogen, oxygen, usually sulfur, and occasionally other elements, and include many essential biological compounds”.*

Simple version:
Protein is an essential macronutrient needed for your body to function properly. It is recommended that the average person consume between 10-35% of their daily calories from protein sources per day. This is a very wide range and amount is determined on your activity level. Eating protein helps improve muscle protein synthesis, prevent muscle damage, and promotes recovery.
Complete protein comes from animal sources like beef, chicken, fish, eggs, milk, etc. Protein is also in plants, nuts and legumes, although these lack many essential amino acids.

PROTEIN CONT...

Unlike CHO's and fats, the body does NOT store protein but instead recycles the amino acids to regulate protein balance. Muscle tissues are constantly being broken down and re-built. If there is not enough protein in your everyday diet (catabolism) this can lead to severe infections and trauma to your body.

Can you eat TOO MUCH protein? The answer is, partially no. Your body does not store protein, so what is consumed in excess will either be excreted through urine or stored in your body as carbs and fat. If you are doing more weight training and want muscle growth, your body will need a higher protein intake to build and repair the muscles.

Pre/post-workout Fuel:
It is recommended to have a little bit of protein in your pre-workout snack and then ingest 15-25g of protein within one hour of working out to help maximize muscle growth and repair.

PROTEINS

ANIMAL PROTEINS

- Lean beef
- Beef loin
- Beef shoulder
- Brisket
- Steaks (lean cuts)
- Chicken Breast
- Chicken Thighs (remove skin)
- Lean ham
- Pork tenderloin
- Pork shoulder

FISH & SEAFOOD

- Salmon
- Mackerel
- Cod
- Trout
- Herring
- Sardines
- Crab
- Haddock
- Albacore Tuna
- Shrimp
- Oysters

VEGETARIAN PROTEINS

- Tofu
- Tempeh
- Edamame
- Seitan
- Beans
- Nutritional yeast
- Hemp seeds
- Green peas
- Spirulina
- Amaranth
- Quinoa
- Non-Dairy milk

FATS

Fats is the most energy-dense macronutrient at 9 calories/gram (CHO's and Protein is 4 calories per gram) and they play a very important role in our health. Over the years, there have been so much misguided information about fats…are they good, are they bad, should they be avoided in order to lose weight? Let's break it down and categorize this macronutrient into saturated and unsaturated fats.

Good Fats

Let's begin with the good fats. Monounsaturated and polyunsaturated fats are good and found in foods like olive oil, soybean and corn oil, fish, seeds and nuts. These fats serve many critical functions in the body including insulation, cell structure, nerve transmission, vitamin absorption and hormone production. Unsaturated fatty acids are liquid at room temperature and can increase the absorption of HDL, high-density lipoprotein (good cholesterol that lower plaque buildup in the arteries). Omega-3 and 6 are also essential fatty acids found in fish like salmon also boost heart health by improving cholesterol levels, reducing blood clotting, reducing irregular heartbeats and slightly lowers blood pressure.

FATS CONT...

Bad Fats

Now the bad…saturated fats! American Heart Association recommends keeping saturated fats under 7% of total daily calories. Saturated fats raise the levels of LDL or low-density lipoprotein (bad cholesterol that clogs arteries) and can increase the risk of heart disease and stroke. Saturated fat occurs naturally in red meat and dairy products and is also found in baked goods and fried foods. Finally, there's trans fats which are found naturally in meat and dairy products but can also be manufactured by adding hydrogen to vegetable oil! This artificial form is known as partially hydrogenated oil and has unhealthy effects on cholesterol levels as well as increases the risk of heart attack and stroke…so avoid if you can!

Pre/post-workout Fuel:

"Fats take the longest to be metabolized and can also slow the digestion of other foods when consuming mixed meals. Due to this, it is recommended to include fats in a meal 2-4 hours before exercise. When feeding windows are limited to an hour or less, carbohydrates are going to be the best fuel source for immediate energy." (Source: NASM). Post-workout, it is suggested to keep fat intake limited since it takes longer to digest (no more than 15-20g).

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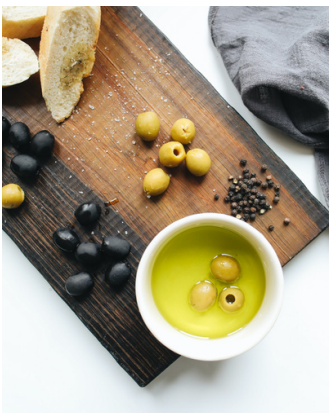
HEALTHY FATS
(IN MODERATION)



OILS

- Olive oil
- Coconut oil
- Canola oil
- Olive oil
- Butter (in moderation)
- Omega-3 Fatty Acids
- Peanut oil
- Safflower oil
- Soybean oil
- Sunflower oil
- Avocado oil

FRUITS & NUTS

- Avocados
- Walnuts
- Almonds
- Nut & seed butters
- Ground flaxseed
- Sunflower seeds
- Macadamia nuts
- Hemp seeds
- Coconut
- Olives
- Soybeans

DAIRY

- 2% Milk
- Almond milk
- Soy milk
- Cashew milk
- Yogurt
- Cheeses
- Cottage cheese
- Greek yogurt (full fat)

H20

Hydration

Did you know that water makes up 50-70% of our total bodyweight? We all know that water is essential for the human body to stay hydrated. Water helps regulate body temperature, protects vital organs, is the driving force behind vitamin absorption, helps maintain blood volume, and many additional functions in order for our bodies to work properly. Total water weight is also higher in athletes compared to non-athletes due to higher blood volume and muscle mass.

Asides from just drinking H20, water weight fluctuates constantly and is affected by many factors like sweat, urine/excretion, menstruation, metabolic production, and even breathing (yes, you lose a tiny bit of water every time you breathe!). It is recommended that the average person consumes between 2.5-3.5 liters of water per day (assuming you are not exercising and sweating).

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H2O CONT...

How much water should we be drinking when we're active?

The last thing you want happen during your workout is that you get dehydrated and it hinders your performance. An easy indicator to tell if you're getting dehydrated is thirst! According to ACE Fitness, the average person should drink 17 to 20 ounces of water two hours before the start of exercise; 7 to 10 ounces of fluid every 10 to 20 minutes during exercise; and consume 16 to 24 ounces of fluid for every pound of body weight lost after exercise.

Tips on how to stay hydrated:

- Keep a water bottle with you **EVERYWHERE**!
- Drink **BEFORE** thirst hits.
- If you're feeling hunger pangs (and it's not meal-time), try drinking 8 ounces of water before eating food to help curb cravings and prevent over-eating.
- Dislike drinking plain water? Try sparkling water or add fresh fruit like lemons, limes, cucumbers or oranges in your H20. In warmer temperature months, substitute no/low sugar sports drink to help replenish fluids.
- Enjoy more water-soluble fruits and veggies like watermelon, peaches, oranges, grapes, tomatoes, etc.
- If your urine is a very deep, yellow color, you're probably dehydrated.
- Watch out for caffeinated beverages! These can do the opposite effect and cause dehydration!
- Drink water before, during and after your workout.

FOOD JOURNAL

The best way to help stay accountable with nutrition is to track your daily food intake. I know this sounds tedious, but it truly is the BEST way to know exactly what's being consumed each day (especially if you are trying to lose weight, gain muscle, maintain, etc.).

In the next PDF, I have provided printable food journals. Another option is using a food tracker app like My Fitness Pal, My Plate, Noom, etc. Tracking daily nutrition is the BEST way to stay accountable and be more aware of what you're consuming each day. If this seems like a lot, try tracking for three days; two weekdays and a weekend day.

When documenting, be specific. Instead of writing "salad" for lunch, break down the ingredients that were in this salad (including toppings and dressing). If you do not have access to nutrition information like calories, fat, protein, etc. do your best to estimate what you believe those numbers are or enter your food into the Calorie King website: https://www.calorieking.com

The next two pages are quick guides for portion size by food type and a My Plate diagram that shows the recommended meal portions. If you would like more information, visit www.myplate.gov for more information and tips on healthy eating!

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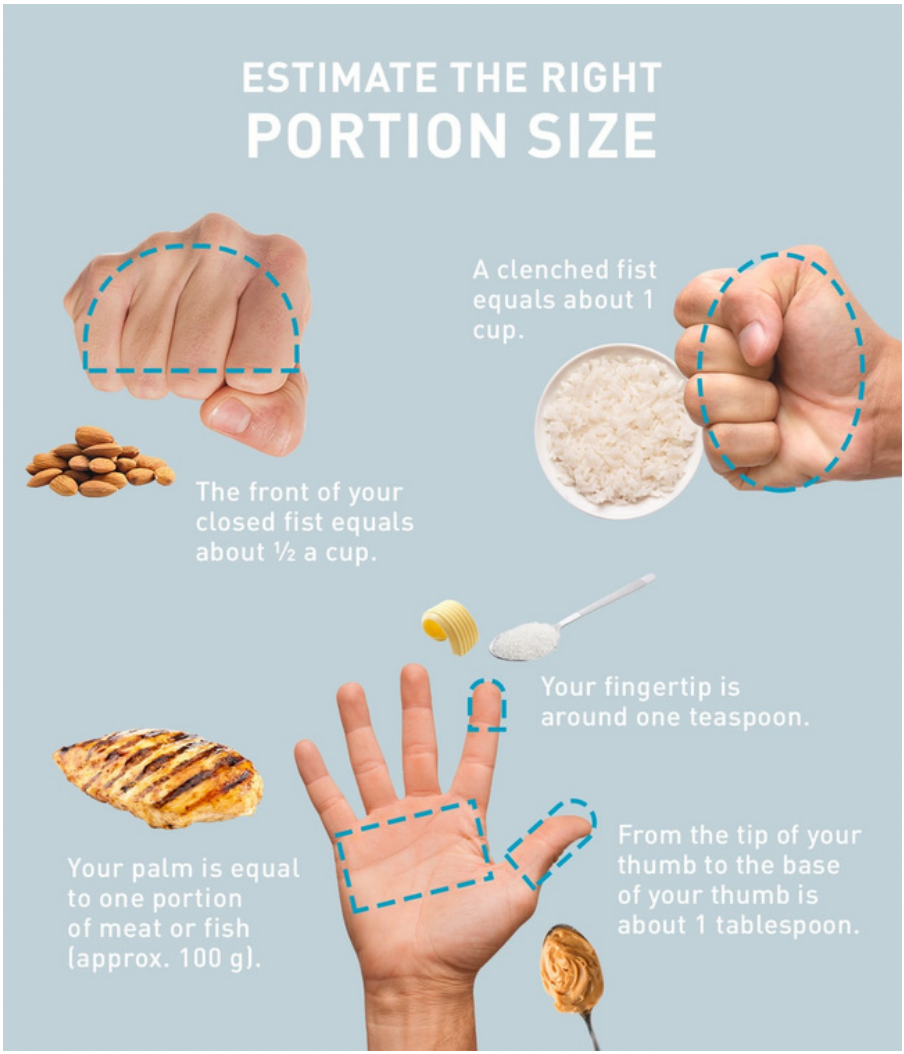
PORTION SIZE CHEAT SHEET




MyPlate
Fruits
Grains
Dairy
Vegetables
Protein
GET YOUR CALCIUM-RICH FOODS
Eat or drink low-fat or fat-free milk products.
MILK
FOCUS ON FRUITS
Eat fruit or drink 100% fruit juice. Fruit can be fresh, canned, frozen, or dried.
MAKE AT LEAST HALF YOUR GRAINS WHOLE
Eat wheat, rice, oats, cornmeal, barley, quinoa, and other cereal grain products.
OATS
VARY YOUR VEGGIES
Eat vegetables or drink 100% vegetable juice. Vegetables may be raw or cooked, frozen, canned, or dried.
GO LEAN WITH PROTEIN
Eat meat, poultry, seafood, beans, peas, eggs, soy products, nuts, and seeds.
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CONCLUSION

If you are interested in more personalized meal plans and programs, I highly suggest working with a Registered Dietician or Nutritionist to help guide you in the right direction. The key to living a healthy life is a wholistic approach to healthy eating, exercise, sleep and overall lifestyle choices.

Feel free to e-mail me your food logs if you would like any additional feedback/suggestions at: allison@allyfitatl.com

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RESOURCES .

ACE Fitness Nutrition Guide

www.nasm.org

www.myplate.gov