



Basic Nutrition & Health Facts

Carbohydrates- Primary source of energy

All Carbohydrates you eat, outside of dairy, should:

- Provide at least 3 grams of fiber per serving
- Offer less than 10 grams of sugar per serving

Carbohydrates (starchy / complex): (only during the daytime up to 4:00pm)

- Oatmeal, potatoes (most varieties), pasta (whole wheat, spinach), rice (brown), most other grains, all wheat products.

Carbohydrates (non-starchy / complex)

- Spinach (natural diuretic) asparagus, broccoli, green peas, parsnips, all leafy green veggies and some squashes (zucchini), summer squash (yellow zucchini-like squash).

Carbohydrates (sugars / simple): (during the day up to 1:00pm)

- All fruits, but particularly fruits such as apples, peaches, strawberries, bananas.

Protein

Protein—Fundamental building block of muscle tissue

- Food from animal sources provides complete protein which means they contain all the essential amino acids. Examples of protein include lean ground sirloin, poultry (chicken, turkey), and ostrich, buffalo, fish, egg whites, cottage cheese, and protein powders.
- The less legs, the better.
- Protein is one of the basic building blocks of the body so it is an essential part of your diet and can influence your strength but probably not your energy.
- Most simple form of protein is amino acid.
- Protein should be included with every meal and snacks.
- Water is essential to break down protein—if increasing protein also increase water intake.
- Protein shakes are a good replacement.
- Not all protein powders are created equally:
 - **Max Muscle High 5**—contains 5 synergistic proteins that are absorbed and utilized over a 4 hour period (whey protein concentrate, isolate, potassium caseinate, egg & soy).
 - **Max Pro**—supports muscle growth and recovery (whey protein isolate & caseinate) use this product before and after workouts.
 - **Max Lean Protein**—high quality protein with vitamins and minerals use this as a meal replacement for those watching calories.

Fat – We need fat to survive

Fats (Healthy): *(only during the day up to 6:00pm)*

- Avocado, flax, peanuts, walnuts, almonds, natural peanut butter, almond butter.

Fats (Saturated / Unhealthy): stay away, use sparingly

- Stick to fats that are liquid at room temperature.
- Eat less safflower, sunflower, corn oils.
- Eat more fish, raw nuts, avocado, and canola.
- Whole milk products, Cheese, Cream, Animal fats.
- Eliminate trans fats.

Sleep – One of the most important

Sleep—*the body repairs and strengthens itself in the time between workouts, and continuous training can actually weaken the strongest athletes*

- Rest is physically necessary so that the muscles can repair, rebuild and strengthen.
- In general, one or two nights of poor or little sleep won't have much impact on performance, but consistently getting inadequate sleep can result in subtle changes in hormone levels, particularly those related to stress, muscle recovery and mood.
- Studies recommend 6 to 8 hours of sleep each night.

Hydration (No pop – Alcohol moderation)

Hydration—Proper Hydration Enhances Sports Performance

- Pop has 17 teaspoons of sugar
- Choosing the right type of beverage to meet your fluid requirements is important.
- Water is the best choice for people who exercise at a moderate level.
- How much water is enough? Textbook answer 96 fluid ounces a day. Rule of thumb is consume half your body weight in ounces. Essentially, it comes down to the length and intensity of a work out. Whenever you engage in a workout, fluids are lost through sweat and replacing them becomes essential.
- Water keeps core temperature down and helps keep heart rate at acceptable levels.
- Hydrate 2 hours before exercise and continue hydrating during and after exercise.
- Hydration should be thought of as another part of the training routine. Without proper hydration fatigue and poor sport performance may result.
- Endurance athletes (or exercise for more than one hour) may benefit from a sports drink that provides 60-80 calories per 8 ounces.
 - **ABB Aqua Force**—contains 8 amino acids and 140 mg of potassium with zero calories.

Food – Food for Thought

Without proper fuel and nourishment for your body, you will not attain your full athletic potential and will be more susceptible to fatigue and injury.

- Never miss a meal, especially breakfast.
- Plan your week, pack the night before.
- Eat when hungry.
- Eat 5 or 6 small meals every 2 to 3 hours.
- Keep meals small, consuming 300 to 400 calories per meal.
- Combine lean protein and complex carbohydrates at every meal.
- Before workout—protein and a complex carbohydrate (slow digesting).
- After workout—protein and fast digesting carbohydrate (Gatorade, chocolate milk).
- Nutrition bars can be a good alternative:

- **ROCKIN ROLL, JERKEE, SURPREME BAR, LEAN BODY**

YOU'RE METABOLISM -

- Most important meal is the post workout meal if working out (determines how fast/strong you will recover) otherwise breakfast (starts the metabolism).
- Resistance training (24 hours to recover to normal) cardio (2 hours).
- Ditch the soda, yes even diet sodas.
- Muscles are the only place where the body burn fuel, namely fat and carbs.
- Each pound of muscle burns approximately 50 calories a day.
- Each pound of fat burns approximately 2 calories a day (that explains why a person with little muscle who weighs 120lbs looks worse than a muscular person weighing 140lbs).

Make it a point to make mistakes- Plan to cheat

- Giving in now and then, however, can stave off the frustration that comes from depriving yourself of what you want. What works when dieting is progress, not perfection. Perfectionists are poor dieters because they inevitably fail to maintain their perfection, and eventually they quit.
- The real guilt of the cheat meal comes from the belief that one unthinkable night of gorging on chicken wings and fried cheese balls can negate all your hard work. Not so. Eating poorly once every 7-10 days isn't as harmful as it seems. As long as you're adhering to a regimented diet about 90 percent of the time. At this pace, you'll still reach your nutritional goals within relatively the same amount of time, plus you'll be less likely to quit halfway through.

Exercise –

- Walk every day 1 hour.
- Cardiovascular exercise (fast walking, running, biking, etc.) 3 times a week 20-60 minutes in the cardio zone (50%-85% MHR).
- Weight train 2 times a week entire body.
- Stretch every day.

Six-Pack-Diet- (formula)

- 200lb male will need to consume around 2000 calories (200 lbs x 10 calories).
- Diet consist of 45% protein 40% carbohydrates, and 15% essential fats
 - Protein (45%)
 - $45\% \text{ protein} = 2,000 \times 0.45 = 900 \text{ calories.}$
 - $900 \text{ calories of protein} / 4 \text{ calories per gram of protein} = 225 \text{ gram protein.}$
 - Carbohydrates (40%)
 - $40\% \text{ carbohydrates} = 2,000 \times 0.40 = 800 \text{ calories from carbs.}$
 - $800 \text{ calories of carbs} / 4 \text{ calories per gram of carbs} = 200 \text{ grams carbs.}$
 - Fats (15%)
 - $15\% \text{ fat} = 2,000 \times .15 = 300 \text{ calories.}$
 - $300 \text{ calories of fat} / 9 \text{ calories per gram of fat} = 33 \text{ grams fat.}$