

## Optimal Nutrition Tip Sheet

**Disclaimer:** I'm not a certified nutritionist, registered dietician or a medical doctor. Take what you learn from me and use at your own risk. I am using my professional experiences as a personal trainer, athletic trainer and strength & conditioning coach; information I've read, listened to or been presented through books, magazines, journals, membership websites, conferences, colleagues, etc...and personally practiced myself. Use at your own risk. Some of the following information may change as new information becomes available. This is your optimal nutrition tip sheet. Add notes to back.

**General Tips:** consume 4-6 meals/day; divide awake hours by 3, shoot for this many meals/day. **Eat b-fast daily** (establish routines around this). **Eat every 2.5-3hrs.** **Protein, fat & carb (veggie/fruit)** @ every meal; finish meal 1-2hr prior to workout (let your performance decide); **starchy carbs** best 1-2hrs post workout. *Starches good for weight gain, not good for weight loss. Fiber better. Veggies anytime.* Take **fish oil daily.** Consume **0.5oz of water / lb of body weight** as a minimum. *Avoid beverages with calories of more than 0.* Water, green tea, club soda, mineral water & plain seltzer are your friends. **6 days of discipline earns 1 free day** (24 hours) or 90% of clean eating earns 10% cheat meals. (multiple # meals / day x 7 days, then take 10% of that). **Burn & Earn.** If you foreshadow a cheat meal, you can burn extra calories before AND after to earn the meal. **Plan & prepare** meals in advance to have superpowers (joke), stable blood sugar and gain huge time advantage. **Variety & Seasonal:** Eat variety of foods and seasonal foods. Eat **Superfoods:** lean red meat, salmon, omega-3 eggs, Greek Yogurt (fat free), spinach, tomatoes, cruciferous veggies (broccoli, cabbage, kale, cauliflower...), mixed berries, oranges, mixed beans, quinoa, whole oats, mixed nuts, avocados, extra virgin olive oil, fish oil, flax seeds, green tea, greens+; **Food Journal:** Keep records to beat records; limit **alcohol** to 3 drinks/week (count as splurge); desire to lose weight, no eating after 8pm or 3hrs before bed; desire to lose weight, build muscle or perform better need 7hrs sleep minimum;

**Proteins:** build and repair muscle, organs, hair, nails, etc...also have roles in hormones and enzymes. **Complete proteins** like lean meats, poultry, fish, lean pork, eggs/egg whites and Quinoa (keen-wa) are great sources. Aim to build meals around these. Incomplete proteins like legumes, beans, grains, rice and nuts lack all essential amino acids to be complete. Need combination of incompletes to make complete, like rice & beans, bread & nut butter. **Superfoods:** lean red meat, turkey, salmon, omega-3 eggs, greek yogurt...

**Fats:** provide fuel when exercising for long duration (more than 60min) and during rest & sleep (non-high intensity activities), insulation, aid in absorption of fat-soluble vitamins, energy storehouses and supply essential fatty acids (acids our body needs and that we can't make on our own), protective padding for body structures & organs, are components of all cell membranes and supply building blocks for other molecules. 3 main types: saturated (animal fats, coconut), monosaturated (olive oil, nuts, avocados) and polyunsaturated (fish, nuts). It used to be bad to have saturated fats, now they're sort of neutral. I'm not sure what to say about them right now so consume in moderation. Mono & poly should be consumed daily and ideally with each meal; they help to reduce risk for heart disease and cancer, help lower LDL's (bad cholesterol) and raise (HDL's happy/good cholesterol). Oils: olive, canola, safflower, peanut and vegetable are all good. Use frequently, but in moderation (too much can be too many calories for those looking to lose weight). Nuts: macadamia, hazelnuts, almonds, pecans, walnuts, cashews and peanuts are good. Obviously if you're allergic, don't eat them. Eat frequently, limit portions. Cooking spray is a good alternative to oils if you're eating a non-oil fat with your meal already. If you're looking to gain weight and you already have a fat in your meal, add the oil. If you're looking to lose weight and you already have fat in your meal, use spray & skip oil. Trans fats and hydrogenated oils are not heart friendly. Avoid them. (Deep fried foods, fast food, most commercial baked goods). Fish oil: Good! Powerful anti-oxidants, anti-cancer, anti-inflammatory, increased lean mass, decreased fat mass, better blood sugar management, EPA & DHA is what you're looking for, increases metabolism, krill is supposedly best, fish burps = poor quality, supposed to help brain function. **Superfoods:** mixed nuts, olive oil, avocado, fish oil, flax seeds...

**Carbohydrates:** are energy/fuel for body, help in digestion and absorption of other nutrients (protein) to working muscles. 3 different kinds (**monosaccharides, disaccharides and polysaccharides**). **Mono** (glucose, fructose-fruits, galactose, mannitol and mannose) and **disaccharides** digest (burn) quickly, raise your blood sugar and in turn raise your insulin (good before, during & immediately following workout if looking to maintain or gain weight and increase performance; skip if looking to lose weight/fat). **Diets high** in mono & disacch's can cause you to store them as fat and increase risk for type 2 diabetes (if you ate like this regularly) **Polysaccharides** (starch, dextrin, cellulose, inulin, glycogen and "fiber") burn slower, provide satiety (hold off hunger), stabilize blood sugar, easier bathroom visits. **Vegetables and fruits** with vegetables being first for a reason (more bang for the consumption) are best. Eat them fresh, raw, steamed, lightly grilled, baked or stir fried and should be consumed with each meal. Solid form is better than liquid (don't drink calories). **Superfoods:** spinach, tomatoes, cruciferous vegetables (e.g. broccoli, cauliflower, cabbage, kale,...), mixed berries, oranges. Other great ones mushroom, pumpkin, **Fiber:** digestive health & bathroom trip friendly. Holds off hunger, stabilizes blood sugar, tastes good (opinion). Whole foods (solid forms) like veggies, fruits, grains & beans (legumes). Great for promoting weight loss/fat loss.

**Foods to avoid** or consume infrequently if weight loss / fat loss is your goal: flour, sugar, pasta, bread, white potatoes, bagels, candy, simple sugars without fiber, fried foods with hydrogenated or partially hydrogenated oils, whole milk, cheese, crackers, cookies, sweets, juice, soda, low fat, reduced fat; diet beverages & sugar substitutes/sweeteners (ok 1-2x/wk & count as splurge meals)