

## **NUTRITION ADVICE**

- **Calories in VS Calories out:**

There is so much more than just the idea of “Calories in and Calories out”, you have to realize every calorie is not the same, for example, person A may be eating a bunch of donuts which has a caloric amount of 650. While person B may be eating a good healthy meal (chicken and sweet potatoes for example) which has the same amount of calories. Person A may think that they will not be gaining weight since they are eating the number of calories as person B, leading them to eat donuts all day. Sadly person A will gain weight. You have to realize eating better whole foods that have carbs, proteins, and fats are going to be a lot more beneficial than sugar filled starchy donuts, but nothing is wrong with having a donut sometimes! People think you have to have this amazing hardcore diet of chicken broccoli rice diet but this, not the case what so ever! In my opinion, to achieve a good diet it has to be sustainable, meaning yes you should eat good healthy whole foods, but foods you enjoy. A lot of people get the exception that every calorie is the same, but this is not the case.

- **Caloric Surplus**

A caloric surplus usually means you are bulking, meaning you are trying to put on some mass. You should eat 200-400 extra calories a day in a caloric surplus, but you have to realize you may need to increase the amount if you burn more calories throughout the day. One other thing is saying if you choose to go with a larger surplus, you will most likely gain a lot more fat, than muscle, but I do recommend if you are an ectomorph and have a hard time gaining weight, feel free to eat in a larger surplus. Overall the purpose of a surplus is to gain mass.

- **Caloric Deficit**

A caloric deficit usually means you are cutting, meaning you are trying to get leaner or lose some weight. In a caloric deficit, you should be eating 350-500 calories less per day. If you are in a deficit do not think about just lettuce, spinach, etc. You need to eat food that makes you full and low in calories like I said before, every calorie is not the same so be careful! Overall the purpose of a deficit is to lose weight, get lean, or shredded.

- Protein

Your intake of protein should be (x 1 your lb weight) if you want to build muscle, you have to get your protein in. As studies have shown that drinking protein shakes instead of real food can be 'protein waste' as it gets to a point where your body is unable to absorb all of your protein from the mega 100 g of protein shakes that some of you have, try to limit yourself from protein shakes and get your protein from more whole foods.

List for protein sources:

Proteins Sources:

**Egg Whites:** (Prefer over regular eggs as you do not get full as easily and able to consume more, not only that the cholesterol levels are a lot lower which may make you feel better after eating, but regular eggs are good too)

**Chicken Breast:** (24-40g per chicken breast which is absolutely awesome, eating lean meats like chicken will help with gaining more lean mass than fat :)!)

**Whey Isolate Protein Shake:** (You can use any protein powder you want! But here is my suggestion making a 500-1000 calorie shake would be super beneficial to your diet as it makes bulking a whole lot easier, by adding 1-2 scoops of protein along with some peanut butter, a banana to help with digestion, with some fruit like strawberries, etc, even some ice cream, some milk, and chia seeds those are some suggestions on what you can add this can vary from person to person as some people like to add different things into their shakes. I do not know about you but I hate raw protein shakes. Something about them I hate always feels like throwing up after having one, but with this, you will feel energized and good!)

- Carbs

Your intake of carbs should be 45-65%, a lot of people think to lose fat you have to cut carbs, but this is not always the case. Carbs help the body by giving it energy. Having a low carb diet could be bad sometimes, say if you do not have enough carbs per day, your body is going to take protein and fats as the main supplier for its energy which can be detrimental to your muscle growth. A study shown by Dr. Stan shows that people who are not eating enough carbs per day will have lower energy levels, have a worse recovery, and carbs also help protein synthesis. According to Dr. Stan, "think of carbs protecting your physique as it is using it as an energy source instead of your protein/fats (Stain, 2019)."

List for carbs sources:

Carb Sources:

**Everything Bagel:** I love the everything bagel because number one has 42g of carbs to kick start my day, and not only that the protein in taking for this bagel is quite high coming at 10-12g (I get them from Costco). You can also eat them as a stack throughout the day. Usually high in calories as well.

**Rice:** Brown or white it does not matter, in a lot of studies it has been shown Brown and white rice have the same health benefits, but brown rice has more fiber, etc (overall and it does not matter I would go with the one you like the most)

**Potatoes:** Potatoes are a great source of carbs, I would recommend them to you, sweet potatoes are a good option as well.

- Fats

Your fat intake should be 20-30%. What types of fat do you want in your diet? You should eat more unsaturated fats than saturated and trans fats, since you could reduce the risk of heart disease with unsaturated fats in the future, it would also increase the amount of lean weight vs. actual fat. Saturated fats can also lower your energy by having a tough digestive time for your body. If you have a hard time digesting certain foods, your energy levels won't be the same as usual because your body uses all of its energy to digest your food causing your workouts and daily life to become sluggish.

List for fats sources:

Fat Sources:

**Nuts (Peanut Butter):** Nuts are very good as they give the perfect combination of unsaturated and saturated fats, also they contain a lot of omega 3 and 6. For peanut butter make sure you get a more natural kind, not the fake stuff which is very saturated and has a significant amount of trans fat.

**Oils (more specifically Olive oil, avocado oil, etc..):** Oils are essential for two reasons, the first reason is that it adds extra calories and also makes your food taste way better. The second reason is that these oils are very low in trans and saturated fat and high in unsaturated fat which is rare for an oil leading them to be a healthier option. These oils have numerous health benefits as well, like skincare, good for your hair, and heart disease.

- Choose one a Deficit or Surplus

If you want to put on muscle and go into surplus weight, but if you want to lean down or lose weight, go into a deficit. You don't want to ever overcomplicate things when dieting as it leads you to more trouble than good. It may not be very beneficial to look at other diets such as keto, reverse, yo-yo diets, etc, especially if you don't know what you're doing, first decide whether you want to be in a surplus or deficit and go from there.

*\*Note there is much more to dieting but, this is what I feel is super important, as well as make sure you get enough sleep (7-9 hours)\**

## **REFERENCES**

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