

Clare Morrow IFBB Pro



Nutrition Tips & Information

The Importance of Nutrition

By Clare Morrow, IFBB Pro

The Importance of Nutrition

You don't have to eat less you just have to eat right.

Dieting isn't just about less calories, but also speeding up your metabolism. When you go all day without eating or eat just a little then eat a lot at dinner your body can end up storing a lot of it to fat. When you eat smaller and more often it gets your body to, (what I call), "turn and burn." When you get hungry think of it as your body eating itself, (eating the fat ;) When you exercise and eat this way it's like kick starting your metabolism.

So, when your body expects food it will work more efficiently and your ability to burn fat will increase with your metabolism. So don't skip your meals! Set a food alarm on your phone if you need to, it's that important. It can take a few days for your body to adjust, and then you will be hungrier around meal time which is a good thing!

Your energy level will start to go up almost immediately when you eat this way that is a wonderful thing.

Portion control

So the next thing is knowing the amount of food to eat at each meal. This depends so much on if you are a male, female, and how tall you are. For example, I'm 5'4" and 1/2, (can't forget that 1/2!). ☺ So my portions are 4 oz of protein and 4 oz of carbs. Do the

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math to figure out what portions are best for you. My husband is 6' so I double for him what I get. It's so not fair! He gets to eat way more than me. ☺

When to eat

You want to eat every 2-3 hours or so. I never go longer than 3 hours, and always have my prepped meals with me. I'll even take an extra just in case. Preparation is everything and if you don't have it all with you then you'll end up eating something naughty.

Carbs

Carbs are NOT the enemy! We need some carbs in our diet for energy and brain function. It's just knowing when to eat them and how much? I keep mine around my workouts mostly. Breakfast I'll have 1/2 cup of oatmeal for example, or 2 tablespoons of sugar free Cream Of Wheat..

Before and after my workout I'll have 1/2 cup of rice or 4 oz. of sweet potato. I tend to not eat much carbs at night though, just veggies or a salad.

What carbs are good and what carbs are bad?

I get this question a lot! It's simple really, just think naturally made. Eat the food God made, not the processed food that is man made in a factory!

So, sweet potatoes, rice of any kind, quinoa, oatmeal, cream of rice, cream of wheat are all good.

I tend to not eat too much white potato though.

What proteins are best?

Another good question! I stick to chicken breast, white fish, egg whites if I'm trying to lean down. Bison is also one of my favorites, it's great protein, and has twice the iron in it than beef along with way less fat than beef! Just make sure when buying it that you get the leanest possible.

Not all fish is the same, and most people eat too much of the fattier fishes like salmon and tuna not realizing they are sabotaging their own diet. Yes, they have good fats, but too much will add fat on you, so once a week is my go to on anything higher in fat.

Protein shakes

Protein shakes are a great meal option when on the run but just be wise in your choices. Be sure to pick ones that have good Whey protein without carbs, sugar and fat. I personally don't have these because I firmly believe that real food is always better.

Is fruit good to eat when dieting?

Ok, a simple answer, not really. LOL! Yes, it's good for you, but most people don't realize that fruit has sugar and carbs in it. When I tell people this they always say, "Oh but it's natural sugar." Well, eat too much of it & it will make you naturally fluffy too.

Haha...

Berries are your best option here, blueberries, strawberries... Apples are ok too, but if I have fruit it will be earlier in the day.

Is eating carbs at night bad?

Bad? No, but if you're trying to shed fat it's best to stick to no carbs at dinner. Not only that, but if you're doing your fasted cardio it's way more effective if you didn't have carbs

the night before. Fasted cardio is what I do a lot, I'll wake up, have a black coffee then do 1/2 hour of cardio all before I eat my breakfast. For me it's more effective for fat burning.

Keto diets and fats

I swear every week there is a new diet that someone has come up with. Not every diet will work as efficiently for everyone. We are all different, but our bodies are the same in the sense that we are all designed for one thing, survival! So if you don't eat enough or drink enough water the body will store it any chance it gets.

Not all fats are alike, and too much will potentially add fat to you. For me, that, all fat no carb crap just doesn't work for my body. Just no. Lol. I'll have a little olive oil, avocado, or coconut oil here and there, but too much and my body thinks the fat storing is on like Donkey Kong! Haha. But I'm also a competitor and my body has become more sensitive to foods than I used to be.

Meal Prepping

This is so important for success IMO. As I stated earlier, preparation is key. I know some people don't have time for meal prepping so there are great companies out there that do this service for you. Find one near you, or we use spartanperformancemeals.com and they give my clients a discount code: Meal prep Always try to buy farmers market or organic, you'd be amazed the crap that gets put on our foods.

How to know what is in what?

There is a great app you can get called 'Fat Secret' that helps if you need to know how many carbs are in a sweet potato or cucumbers for example..

Summary

In conclusion, it's everything in moderation. BUT, if you're trying to lean out it's best to stick to white fish, chicken breast, egg whites, green veggies and keeping carbs around your workouts.

Find Out More

Check out my page on [Facebook](#) & my new site Claremorrow.com for more tips on nutrition. I share lots of recipes on there for healthy meals, along with some tips on eating right and exercise tips. I have articles up there too explaining more of this in detail, including the one on alcohol consumption. Hope you enjoyed this article and feel free to reach out to me if you have any questions. 😊

Clare xoxo

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