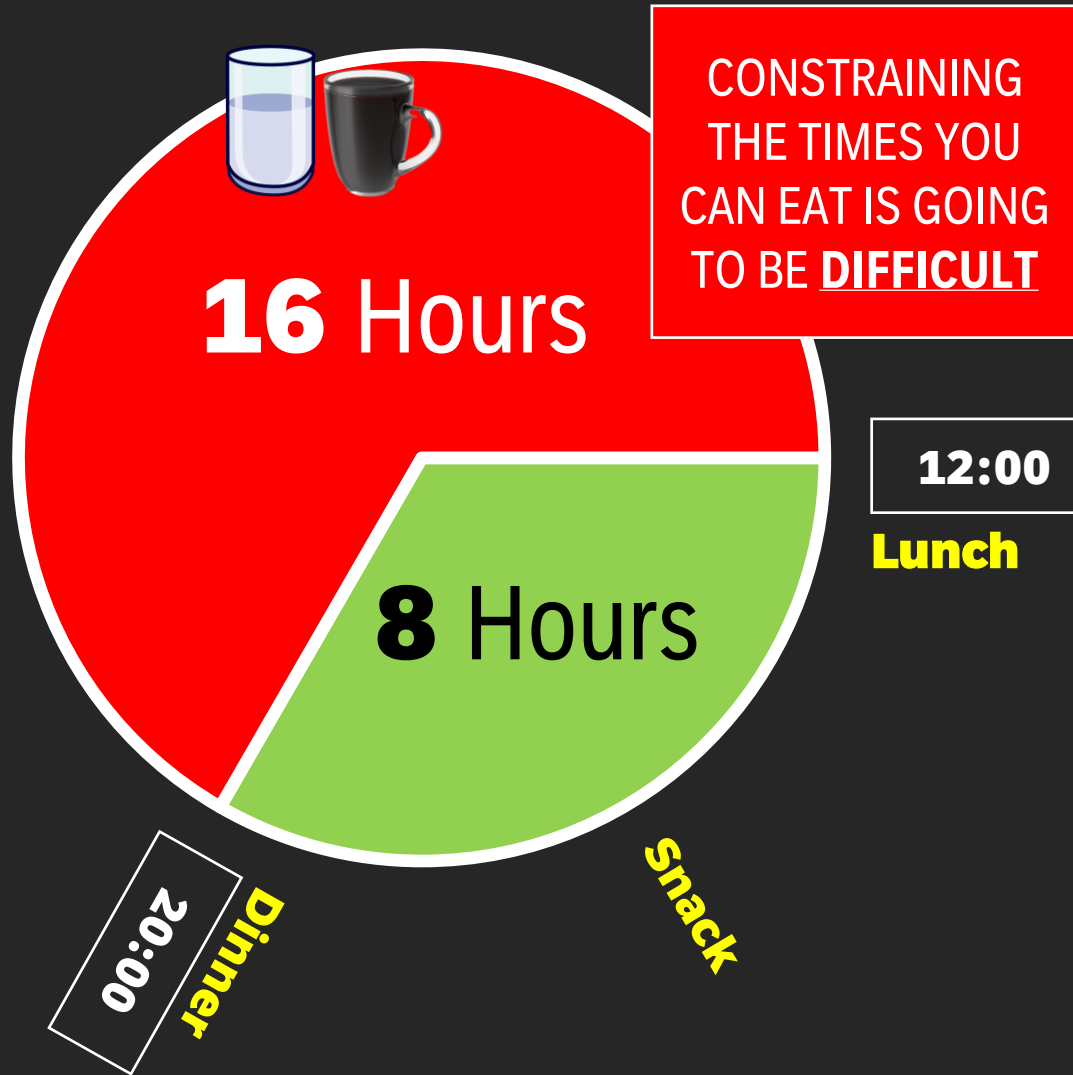


Intermittent Fasting and diet rules





Intermittent Fasting



- Intermittent fasting is about eating within a certain window
- 16/8 means you have 16 hours where you are fast and 8 hours where you can eat
- During the **16-hour** fasting period you are only allowed to drink water or coffee/tea without milk or sugar
- During the **8-hour** eating period you are allowed to have lunch, dinner and a snack somewhere in-between

In prehistoric times, before humans learned to farm, they were hunters and gatherers who evolved to survive — and thrive — for long periods without eating. They had to: It took a lot of time and energy to hunt game and gather nuts and berries.

Benefits: Weight loss, improved memory, hearth health, physical performance, positive impact on diabetes and reduced tissue health.

Lesson 1: not magic

By starving yourself for 16 hours you won't get any benefit if you think this allows you to eat what ever you want for the next 8 hours. There aren't "special meal timing tricks" to enable us to binge eat in the evenings.

- People misunderstand intermittent fasting thinking that it allows them to eat what ever they want, and they will still loose weight. This cant be further from the truth.
- Intermitted fasting is just a way of reducing the number of calories you consume.
- Timing only matters to the extend it affects quantity



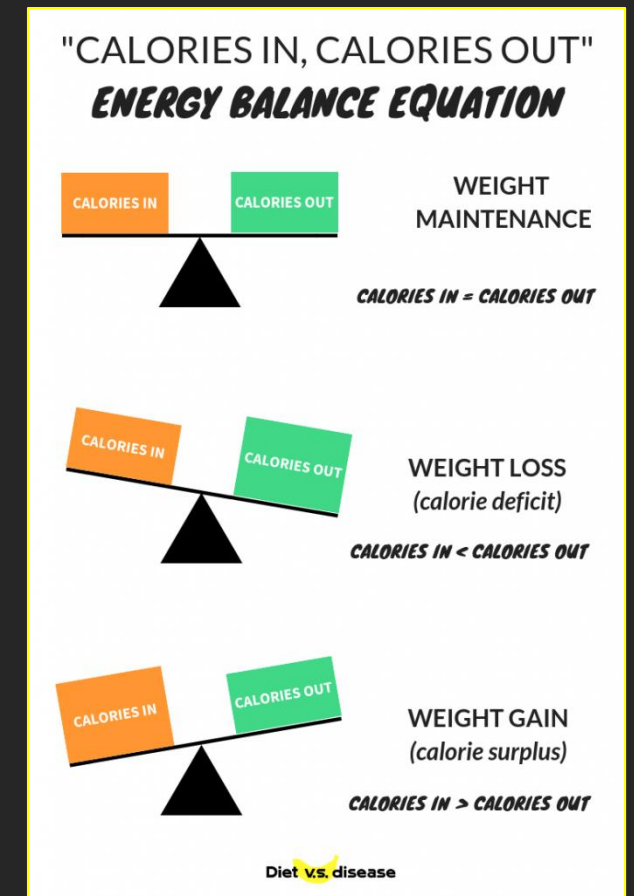
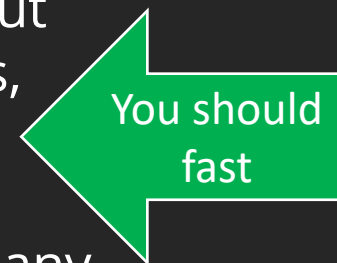
LESSON 2: Calories

The quantity of food you eat (in calories) determines your weight

Energy balance determines whether weight will be gained or lost.

• If you are training hard, not gaining muscle and not gaining weight, calorie balance is your problem. You need to eat more.

• Similarly, if you feel that you are being careful about selecting foods so that you eat only “healthy” foods, but are not losing weight, calorie balance is your problem. You need to eat less. (note: this is very common in the “I’m doing CrossFit® but not losing any fat!” dilemma)



LESSON 3: macros

Protein

Carbs

Fat

The quality of food you eat (in macronutrients) determines your body composition

So calories determines if weight is gained or lost, while macronutrients (carbs, protein and fat) determines whether that change is fat or muscle mass.

PROTEIN:

- Needed for recovery
- Needed for growth
- Prevents muscle breakdown
- Combats hunger
- FYI – regarding breakfast, either skip it or make it high protein

CARBS & FAT:

- They fuel the body
- Fat is essential for hormonal regulation
- Carbs (although not essential) help fuel workouts and help the body hang onto muscle when dieting (**This is important, if you get to a stage where there is nothing to burn, you are going to start sacrificing muscle**)





















So, you need to eat less (calories) and when you eat it needs to be high quality Protein, Carbs and Fat! It doesn't stop at just eating less. **Also, We can't eat just 'clean foods' and ignore calories.**

Good Proteins

- lean meats – beef, lamb, veal, pork, kangaroo
- poultry – chicken, turkey, duck, emu, goose, bush birds
- fish and seafood – fish, prawns, crab, lobster, mussels, oysters, scallops, clams
- eggs
- dairy products – milk, yoghurt (especially Greek yoghurt), cheese (especially cottage cheese)

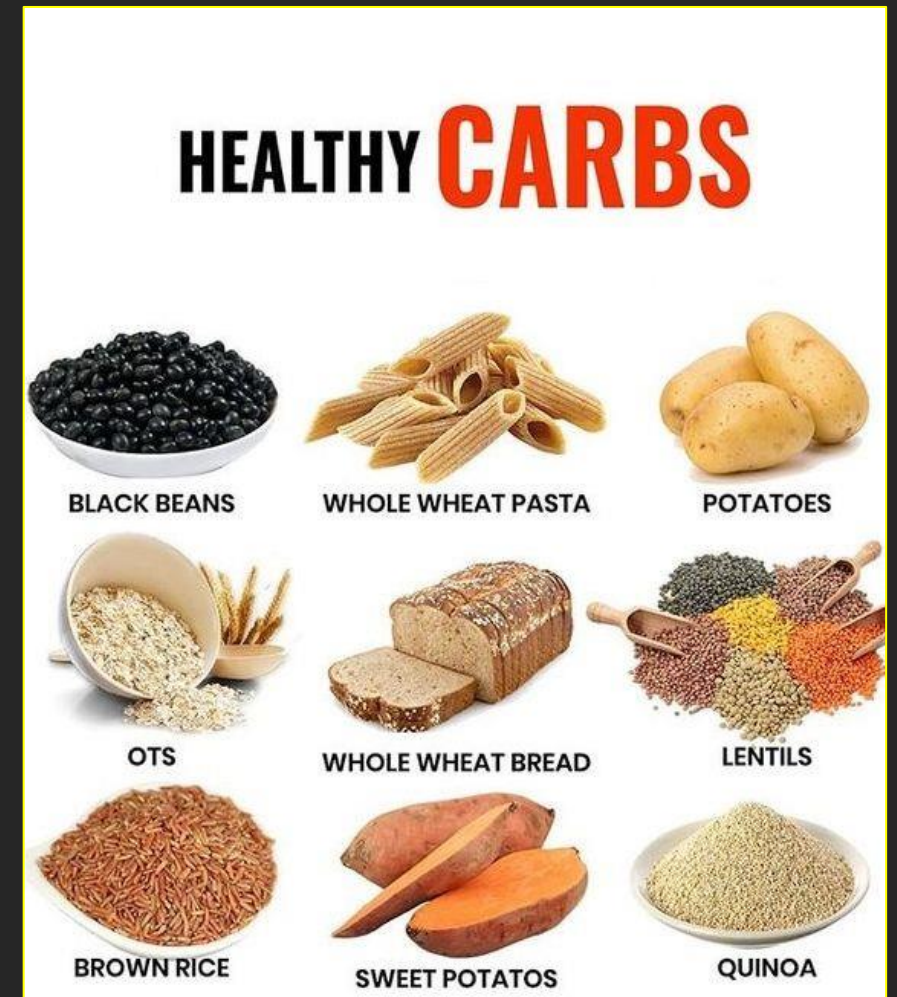
PROTEIN FOOD OPTIONS

Made by @oualidzaim

ANIMAL	FISH	VEGAN	EASY	SUPPS
 Chicken	 Salmon	 Beans	 Eggs	 Whey
 Beef	 Tuna	 Lentils	 Bars	 Plant
 Turkey	 Shrimp	 Quinoa	 Drinks	 Egg
 Pork	 Squid	 Chickpeas	 Greek Y.	 Casein

Good Carbs

- The healthiest sources of carbohydrates—unprocessed or minimally processed whole grains, vegetables, fruits and beans—promote good health by delivering vitamins, minerals & fiber



Good Fats

- Nuts
- Seeds
- Coconut oil
- Fish oils

Again, the way it gets processed is the problem



Lesson 4: micronutrients

The quality of food you eat (as determined by micronutrients) **determines your health**

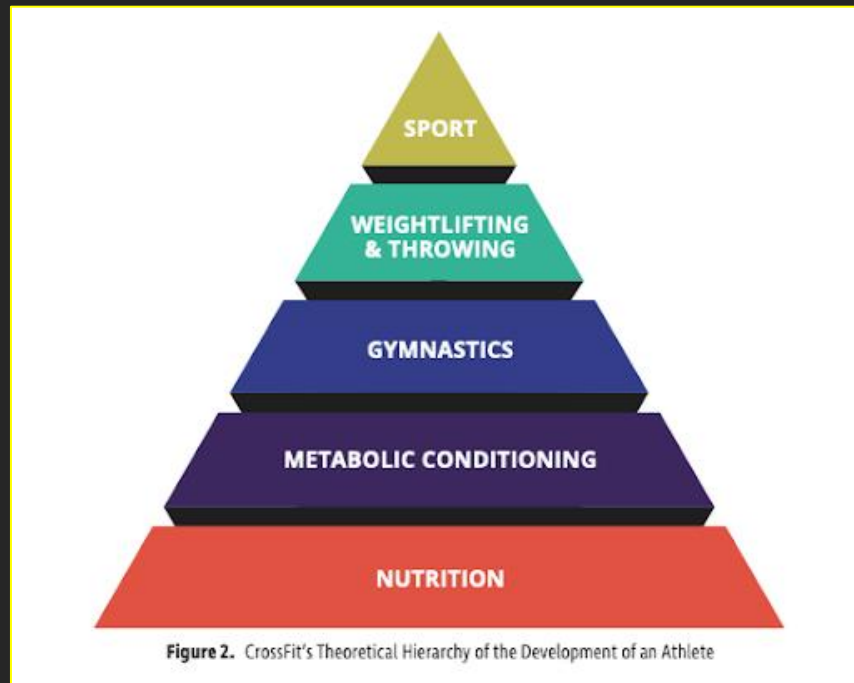
If you think of your micronutrition as the fuel you put in your car, think of micronutrition as the oils that lubricate it.

The term **micronutrients** is used to describe vitamins and minerals in general.

- **Aim to eat a fist of vegetables with every meal.**
- **Aim to eat 2-3 fists of fruits each day**
- **A multivitamin isn't a substitute for a poor diet**, but it is additional insurance if you're adhering to solid CrossFit® nutrition.
- If you have issues with energy, feel hungry, wonder why your skin is pale, or have messed up sleep patterns, **it could be that you're short of a few vitamins or minerals.**

LESSON 5: processed food

The universal diet problem is processed foods



According to the Department of Agriculture, processed food are any raw agricultural commodities that have been washed, cleaned, milled, cut, chopped, heated, pasteurized, blanched, cooked, canned, frozen, dried, dehydrated, mixed or packaged

Ultra-processed foods tend to taste good and are often inexpensive. However, they usually contain ingredients that could be harmful if consumed in excess, such as saturated fats, added sugar, and salt. These foods also contain less dietary fiber and fewer vitamins than whole foods.

What is CrossFit's diet recommendation?

Eat meat and vegetables, nuts and seeds, some fruit, little starch, and no sugar. Keep intake to levels that will support exercise but not body fat.

LESSON 6: sustainability

Sustainability is the most important factor in diet selection

One bad meal
won't make you
fat just like one
good meal won't
make you skinny

- If you can't sustain your diet, you are wasting your time
- Rather than stopping rather adjust
 - Cycle 2 days on, 1 day off
 - Don't have breakfast or high protein breakfast
- Remove the obstacles from your house (if its accessible you are going to eat it)
- Don't shop hungry (eat an apple before going to Checkers)
- Have healthy snacks available
- Have a cheat meal not a cheat day

References

<https://wodprep.com/blog/only-nutrition-article-athletes-need/>

<https://www.crossfit.com/>