

13 TIPS FOR PROPER NUTRITION

1 Eat frequently; 5-6 times per day, but keep meals moderate in size. Healthy snacks in between meals are OK. You should be eating something every 3-4 hours.

2 Eat a balance of protein, carbohydrates and a little fat every time you eat, with moderate portions of each. Never eat a large carbohydrate meal by itself.

3 Eat a snack of 200-300 calories of protein and healthy carbs within 60 minutes of exercise. This is the time when your body is least likely to store fat.

4 Always apply common sense by eating low fat and low sugar foods. Sugar is just as big of a culprit as fat. Watch for hidden sugars, especially in food labeled "fat free".

5 Drink 6-8 glasses of water per day, not including caffeinated drinks. Dehydration can have a very big impact on health in many ways and can dramatically affect energy levels. Keep a large water bottle to drink from all day.

6 Try to choose whole grains when eating carbs. Whole wheat bread, oats, quinoa, brown rice, cereal like Total, whole wheat pasta, beans, sweet potatoes, etc. Avoid white bread and processed grains as much as possible. The first ingredient should say "whole wheat", not "enriched wheat".

7 Limit your intake of saturated fat as much as you can and increase the amount of Omega 3 and 6 fatty acids that you consume. Walnuts, almonds and seeds are good choices for snacks, but in small quantities. Oils such as fish, flaxseed, canola and soybean are great choices.

8 For dinner, eat lean protein as your main course; chicken breast, fish, turkey, beans, egg whites, lean red meat or pork. Combine with a large portion of veggies and a fist-sized amount of carbs as a side dish (rice, pasta or bread).

9 Eat vegetables at lunch and dinner and if possible, with one of your snacks. Besides being generally healthy, fiber slows digestion and thus absorption. As a result, you are less likely to store food as fat, will feel more satisfied and will be less prone to binge eating later.

10 For flavoring, use low calorie sauces and spices such as pepper, garlic, basil, cilantro, salsa, taco sauce, mustard, chili powder, lemon pepper, butter substitute, etc.

11 When thinking of what to eat at home or at a restaurant, first think of what your body needs, then chose your food using healthy guidelines. Make requests of your server to modify your meal to make it healthier, if necessary.

12 Familiarize yourself with how to read food labels and read them often. Eat foods with low sugar and low in processed elements, like enriched white flour.

13 For a snack, in a pinch, you may use a protein drink or low sugar/low calorie nutrition bar (less than 10 grams /200 calories), but the best options are real food. Better to take in these calories than to go too long without food. Preventing your body from breaking down muscle is the goal.

BREAKFAST EXAMPLES

(protein sources in blue)

1

- 2 pieces of whole wheat toast
- Low-fat ground **turkey** scramble
85-99% lean **turkey**, **egg whites**, salsa, cilantro, spinach, spices

2

- Whole Oats Oatmeal (not instant) – 1/2 C
- 1 C berries
- 5 hard boiled **egg whites** or whey **protein** drink

3

- 2 pieces of whole grain toast or sprouted wheat
- **Egg white** or **Egg Beaters** omelet with salsa, spices and veggies
- 2 pieces of low-fat **turkey bacon**

4

- Whole grain cereal with low fat milk – 1 C
- **Protein drink** (low carb/low sugar)

5

- 2 pieces french toast (whole wheat bread and 2 **eggs** with one yolk removed)
1/4 C light syrup
- **Egg white** or **egg substitute** omelet with veggies or spinach

6

Breakfast Burrito
Low carb tortilla, 3 **egg whites**, brown rice or quinoa, salsa, cilantro, spinach, spices

7

Breakfast Bar (250 - 300 calories)
Any kind of meal replacement bar with a balance of fat, carbs and **protein**
No more than 15 grams of sugar. Very low saturated fat; 1-2g or less

8

Egg salad sandwich on whole grain bread
Use only one yolk per 3 or 4 **eggs** and low-fat mayo with other spices and dark green lettuce plus tomato, etc.

LUNCH EXAMPLES

(protein sources in blue)

1

Grilled skinless chicken breast sandwich on whole wheat
Dark green salad with non-fat dressing

2

Tuna sandwich with non-fat or low-fat mayo on whole wheat
Steamed or raw veggies or salad

3

Turkey breast or low-fat lunch meat sandwich on whole wheat
Steamed or raw veggies or salad

4

Chicken breast
Brown rice (1 C) or quinoa
Steamed veggies

5

Chicken burrito
Low carb tortilla, chicken breast, low-fat beans, brown rice, salsa, spices

6

Pasta (3 oz) with chicken breast or 85-99% lean ground turkey/lean ground beef
Low-fat marinara sauce (low sugar too, if possible)
Dark green salad with non-fat dressing

7

Baked or broiled fish
Dark green salad with non-fat dressing
Brown rice (1 C)

8

Fish Taco (2 if they're small)
Baked or broiled fish, salsa, lettuce, small amount of cheese

DINNER EXAMPLES

(protein sources in blue)

1

Chicken breast - skinless
Yam or baked potato (1 med size)
Dark green salad with non-fat dressing

2

Tuna melt
Open faced sandwich with non-fat or low-fat mayo on whole wheat
Dark green salad with non-fat dressing

3

Turkey breast slices
Yam or baked potato (1 med size)
Dark green salad with non-fat dressing

4

Chicken breast - skinless
Brown rice or quinoa
Steamed veggies

5

Chicken burrito
Non-fat tortilla, skinless chicken breast, non-fat beans, brown rice, salsa, spices non-fat sour cream

6

Pasta (3 oz) with chicken breast or 99% lean ground turkey
Low-fat marinara sauce (low sugar too, if possible)
Dark green salad or veggies with non-fat dressing

7

Black beans
1/2 C brown rice or quinoa
Dark green salad or veggies with non-fat dressing

8

Baked or broiled fish
Dark green salad with non-fat dressing
Brown rice (1 C)