

Nutrition and Exercise: Working Together

Whether the goal be overall good health, reducing health risks, increasing athletic performance, or purely aesthetic body fat loss and lean mass gain, remember the basics:

Nutrition:

- 1) You are eating Meal By Meal, not Day by Day. Try to hit your protein and fat grams in each meal (within 2 grams of your target), and try to get within 25 calories of your meal target. Here are some of the reasons:
 1. You should have just enough protein in every meal to rebuild and repair the tissue you break down during workouts and support metabolic functions, and stimulate the enzymes that mobilize fat from storage.
 2. You should have just enough fat in each meal to absorb fat soluble vitamins, supply your body with the essential fatty acids, and to help provide a nice even blood sugar level.
 3. Ideally, you should have just enough carbohydrates to supply your brain with what it needs, to support metabolic functions, your lean mass ratio and your exercise sessions.

If you over-do the carbs, you will have an overproduction of insulin, which will aid in fat storage, but if you under-do the carbs you will feel hypoglycemic and then overeat carbs in another meal.

- 2) Hit your meal times! Don't go overtime on meals.
- 3) Always make good food choices.
- 4) Read labels! The more unfamiliar and unpronounceable the ingredient list, the more processed and full of preservatives it is.

The ingredient list is in order of quantity in the food. Check the first 5 ingredients to see what the food mostly consists of.

Check the following information, PER SERVING: (and check how big a "serving" is; you may be surprised at how many serving you consume):

Calories
Grams Protein
Grams Fat
Grams Carbohydrates
Grams Sugar
Grams Fiber

- 5) Try to limit your simple sugar intake. Sugar has many names, most ending in "-ose". When reading the label, if it says "fat free", it probably means "loaded with sugar". If the grams of sugar in the food is more than 25-30% of the total grams of carbohydrates, it's too high in sugar.
- 6) If a food is "fortified with vitamins and minerals" it's probably because they have been depleted in the processing. The closer the food came from the ground, the better. Organic foods are more expensive, but you don't run the risk of pesticides and an infusion of hormones. If you want to try to get all your vitamins and minerals in with food alone, become aware of which foods are rich in which micronutrients.