

 **NUTRITION**
TOGETHER



Nutrition is the ultimate gateway to good health, and it's a key component to your program at Fitness Together. There is no doubt that improvements in everything from body composition to athletic performance are best realized through good nutrition.

Unfortunately, the craze, and subsequent disappointment associated with fad diets, crash diets, miracle pills and meal replacements often leave people frustrated, discouraged and confused.

We understand that. That's why we have designed Nutrition Together to:

- 1. eliminate the confusion and frustration associated with nutrition.**
 - 2. give you simple and practical real-world strategies.**
 - 3. empower you to achieve the fantastic results and the associated quality of life that you deserve.**
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Our philosophy on "Good" nutrition is very simple and can be summarized in four words ...

Just Eat Real Food.

What a great concept, huh? A good, sound nutritional program should be centered on eating real food ... not processed garbage. Fads don't work. Just eat real food.

What do you mean by "Real Food"?

- Fresh, natural food like meat, vegetables and fruit.
- Foods that are nutrient dense, with lots of naturally occurring vitamins and minerals (vs. foods with more calories but less nutrition).
- Aim for well-balanced nutrition, so eat both animals and a significant amount of plants.

Why should I eat like this? (it's not just about a healthy body weight)

- To maintain strength, energy, activity levels and a healthy body weight.
- Eating like this is ideal for maintaining a healthy metabolism and reducing inflammation within the body.
- It's good for body composition, energy levels, sleep quality, mental attitude and quality of life.
- It helps eliminate sugar cravings and re-establishes a healthy relationship with food.
- It works to minimize your risk for a whole host of lifestyle diseases and conditions, like diabetes, heart attack and stroke.

FOOD STANDARDS

There are MANY varying opinions on nutrition ... and in particular, which foods are healthy for you and which are not.

It Starts With Food, by Dallas and Melissa Hartwig does an excellent job of simplifying the rationale for which foods make the healthy list and which foods don't. In order to be considered healthy, a food must meet four good food standards:



1. It must promote a healthy psychological response.

- Sweet, fatty and salty tastes send pleasure and reward signals to the brain. In nature these signals were designed to lead us to valuable nutrition and survival.
- Today, these flavor sensations are unnaturally concentrated in food, which is simultaneously stripped of valuable nutrition.
- This creates food-with-no-brakes ... supernormally stimulating, carbohydrate-dense, nutrient-poor foods with all the pleasure and reward signals to keep us overeating, but none of the satiety signals to tell us to stop.
- These foods rewire pleasure, reward and emotion pathways in the brain, promoting hard-to-resist cravings and automatic consumption. Stress and inadequate sleep only reinforce these patterns.
- Reconnecting delicious, rewarding food with the nutrition and satiety that nature intended is the key to changing these habits.



2. It must promote a healthy hormonal response.

- Chronic "overconsumption" of food-with-no-brakes leads to reliance on sugar for fuel, an accumulation of body fat, triglyceride buildup in the liver, and an excess of glucose and triglycerides in the bloodstream.
- Excess glucose and triglycerides in the bloodstream promote leptin resistance in the brain.
- Leptin resistance means your brain doesn't hear the leptin message and thinks you're still too lean. This promotes further overconsumption, and the down-regulation of your metabolism.
- Leptin resistance promotes insulin resistance and leads to chronically elevated blood sugar and insulin levels, which are contributing factors to type 2 diabetes.
- Glucagon can help you stabilize blood sugar and use fat for fuel, but only when insulin levels aren't elevated.
- Cortisol is a stress hormone. Periods of fasting or excessive caloric restriction, along with lack of adequate sleep or too much stress, may contribute to elevated cortisol levels.
- Chronically elevated cortisol levels increase blood sugar, contribute to insulin resistance and promote weight gain in the abdominal region.



3. It must support a healthy gut.

- Maintaining a healthy gut barrier is critically important to your health.
- Certain foods can unbalance your healthy gut bacteria and/or promote intestinal permeability, compromising gut integrity which leads to digestive distress and can promote chronic disease, hypersensitivities and auto-immune conditions in the body.
- Most of your immune system is located in your gut, which means the third and fourth Food Standards are very closely linked.



4. It must support immune function and minimize inflammation.

- The food you eat should promote a balanced immune system, and minimize chronic inflammation.
- Chronic systemic inflammation is full-body (systemic), long-term (chronic) up-regulation of your immune system activity.
- Your immune system has two major functions – defense against threats and low-level repair and maintenance.
- Certain foods sneak past your gut's defense system, and create immune chaos.
- If certain factors, like your food choices, are overloading your immune system, it's going to be less effective at doing its main jobs, and something is going to be left undone or done poorly.
- Chronic systemic inflammation is a central risk factor for a number of lifestyle-related diseases and conditions and is at the heart of metabolic syndrome.
- Managing the inflammatory status of your body profoundly impacts the quality of our life.

...continuing education

If you are interested in learning more about the science behind what makes good nutrition good ... here are a few of our favorite books and resources:

It Starts With Food, by Dallas and Melissa Hartwig

Practical Paleo, by Diane Sanfilippo

Nom Nom Paleo: Food for Humans, by Michelle Tam and Henry Fong (recipes)

Well Fed, by Melissa Joulwan (recipes)

LESS HEALTHY

... the elephant in the room

Yes, there are likely things that you are eating as a part of your current lifestyle that are not doing you any favors in the “get lean, fit and healthy department” ... and if you want things (your body) to change ... then things (your habits) are going to have to change too.

Nobody is perfect however, and we don't expect you to be. We just want you to have a solid understanding of how the foods you eat affect your body ... the way you feel ... and how the choices that you make either inhibit or expedite the reaching of your goals.

You don't have to make healthy choices 100% of the time to experience the great benefits of living a healthy nutritious lifestyle. We like the 80/20 rule ... if you can make the right choices, and Just Eat Real Food 80% of the time, then you can do what you like the other 20%. Over the course of time, you will find that you crave the less healthy options less frequently, and instead, start to crave fresh, healthy real food!

So, in a nutshell ... It's OK to make less healthy choices from time to time ... just don't try to convince yourself that it's a healthy choice. You may be eating (insert less healthy, but fully acknowledged as so choice here) because it's just downright delicious, or it might be a special event (wedding/birthday/date night) and that's OK. Just keep your portion reasonable ... and keep it in your 20%.

So ... what's in the 20% ... and why?

Added Sugar

First, please notice that we've distinguished between sugar and “added” sugar.

Sugar is present in whole foods such as fruit ... in this form, sugar comes in a micronutrient dense package of vitamins, minerals, fiber water and other nutrients. This is not the sugar we have a problem with.

The sugar that makes the “limit” list is any form of sugar or sugar alternative that has been added to your food or drinks while they are being processed or prepared (either by the producer or by you).

Examples: raw sugar added to your coffee, the honey you add to your tea, Splenda, Equal, Stevia, etc.

This stuff has zero nutritional value, wreaks havoc on your hormones (specifically Insulin and Glucagon), makes it downright impossible to attain or maintain a healthy weight ... and greatly increases your chances of developing Insulin Resistance and/or Diabetes.

To put it nicely ... the 80/20 rule would be a 99/1 rule if added sugar were the only entry.

Grains

Did you know that grain in its natural form is not edible?

It's true. In order for your body to digest grains, they have to be ground down during processing, which has led to much debate on whether or not they are truly healthy. There are many people who have an allergy to the protein (gluten) found in wheat and don't even know it. The symptoms can range from mild abdominal discomfort and inflammation to some more serious conditions.

Aren't whole grains healthy?

Unlike refined grains, which contain only a specific portion of the grain, whole grains contain the entire grain kernel – the bran, germ and endosperm. Because of this, whole grains do offer more health benefits than refined grains.

Whole grains ARE good sources of fiber and other important nutrients, including selenium, potassium and magnesium ... but so are vegetables ... and there's no debate about vegetables.

Do your best to limit your grains to one serving per day and you'll be well within the 20% limit.

Examples of whole grains include barley, brown rice, millet, oatmeal, popcorn, whole-wheat bread, whole-wheat pasta and wild rice.

Dairy

The problem is not with dairy itself ... it's that the dairy products available to us today (cow's milk, yogurt, cheese) are highly processed. The beneficial nutrients contained in raw milk are stripped away during the pasteurization process and later added back using synthetic, man-made forms.

If you do choose to incorporate dairy into your diet, choose organic, full fat options (whole milk, full fat cheese and yogurt), as they tend to be less processed. Whole milk dairy also contains fat, which helps with the absorption of vitamins A, D, E and K.

Acceptable substitutions for dairy products include: Almond milk, coconut milk, nut cheeses (typically made from almonds or cashews) and yogurt made from coconut milk. Soy products are NOT a good substitution for dairy, since soy itself is highly processed and most times, genetically modified.

You can get calcium from other foods besides dairy, often times with fewer calories.

<u>Food (1 cup)</u>	<u>Calcium</u>	<u>Calories</u>
Milk (Whole)	300mg	150
Yogurt (Whole)	450mg	150
Spinach	240mg	7
Kale	101mg	36
Okra	100mg	35
Broccoli	180mg	54

Source: UCSF Medical Center

BUILD YOUR MEAL

Start with your protein.

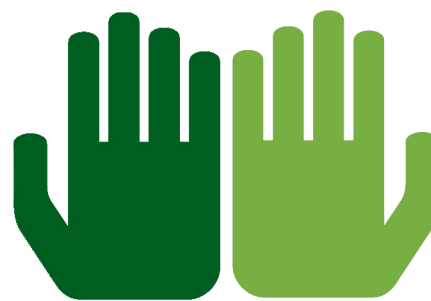


Protein

- Build your meal around your protein source. The proper portion size should be around the size of the palm of your hand.
- As often as possible, try to select protein sources from the “Best” and “Better” categories.
- For whole eggs, eat the number you can hold in one hand .. for egg whites, just double it.
- Choose from a variety of protein sources throughout the week.

Add your carbohydrates.

- Vegetables should make up the bulk of your carbohydrates. The proper portion size will be around the amount that you can hold in both hands.
- Don't sweat the exact portions ... nobody eats too many vegetables.
- Try to include at least two vegetable varieties with each meal to maximize vitamins and minerals.



Vegetables



Fruit

- Include 1-2 servings of fruit per day. One serving of fruit is about the size of your closed fist.
- Fruits do not take the place of vegetables.
- You may find that it is easier to include smaller portions (1/2 serving) throughout the day, rather than at one sitting.

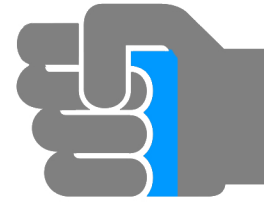
Add your fat.



Fat
(Oils and Butters)



Fat
(Olives and Coconut)



Fat
(Nuts and Seeds)

- Choose 1-2 fat sources per meal.
- 1-2 thumb-sized portions are appropriate for oils and butters.
- For shredded coconut and olives, use an open handful.
- For nuts and seeds, use a closed handful.
- Choose from the “best” sources of fat as often as possible.

DINING OUT

Dining out is great ... it's fun to get out, and we all do it at one time or another. Here are a few tips to stay on track when you're hitting the town.

- *Pick a restaurant that uses fresh ingredients. Honestly, the yuppie/hipper/foodier the restaurant, the better the hands you're in. They're often the ones who source local, organic, grass-fed, pastured products and know their menus and ingredients inside out.*
- *Get a salad and order extra meat or hard boiled eggs if it doesn't already come with enough protein. Ask for olive oil and vinegar as dressing.*
- *Order a meat, chicken or fish entrée with extra veggies.*
- *In many cases, it's often easier to order individual sides rather than a normal meal on the menu. For instance, for breakfasts, you could order a side of sausage, a side of steamed veggies, a side of avocado and a side of fruit. It's often easier to order what you want than what you don't want.*

Keep in mind that many times the portions served at a restaurant are way more than you need ... the portion recommendations in the Build Your Meal section still apply ... box up the rest and take it home for later (provided that you've made a good choice ... if you didn't ... leave the leftovers).

Most restaurants are in the business of serving food you enjoy, so don't be afraid to ask for changes if you need them. Just make sure you are polite, smile and tip for the extra effort you're requesting.

PROTEIN

SOURCES P

Beef	Mutton	Clams	Scallops
Bison	Ostrich	Grouper	Shrimp
Boar	Pork	Halibut	Prawns
Buffalo	Quail	Herring	Snails
Chicken	Rabbit	Lobster	Snapper
Duck	Squab	Mackerel	Swordfish
Eggs	Turkey	Mahi mahi	Trout
Game meats	Veal	Mussels	Tuna
Goat	Venison	Oysters	
Goose	Catfish	Salmon	
Lamb	Carp	Sardines	

QUALITY

<p><u>Eggs/Poultry</u> Best: pastured + organic Better: organic Good: store-bought, skin removed</p>	<p><u>Pork</u> Best / Better: pastured + organic Good: lean, trimmed / drained of all visible fat</p>
<p><u>Beef</u> Best: grass-fed + organic Better: organic Good: lean, trimmed / drained of visible fat</p>	<p><u>Fish</u> Best / Better: wild-caught Good: store-bought</p>

“pastured”

- the animal spends time outside in their natural habitat

“cage free” (free range)

- the birds are not kept in cages; however, it doesn't mean that they aren't crammed into barns

“organic”

- the animal is not given antibiotics, is not exposed to most synthetic pesticides and fertilizers, and is fed only organic foods free of animal by-products

“grass-fed”

- the animal is fed a natural, healthy diet of grass for the majority of their lives

CARBOHYDRATES

SOURCES (Vegetables)

Alfalfa Sprouts	Cauliflower	Leeks	Sugar Snap Peas
Anise/Fennel Root	Carrots	Lettuce*	Sunflower Sprouts
Artichoke	Celery*	Mushrooms	Sweet Pea Shoots
Arugula	Celery Root	Onions	Sweet Potato
Asparagus	Cucumber*	Parsnips	Swiss Chard
Beets	Eggplant	Peppers*	Taro
Bok Choy	Garlic	Pumpkin	Tomato*
Broccoli, Broccolini	Green Beans	Radish	Turnip
Broccoli Rabe	Greens*	Shallots	Watercress
Brussels Sprouts	Jicama	Snow Peas	Yams
Cabbage (Chinese)	Kale*	Spinach*	Zucchini*
Cabbage (Napa)	Kohlrabi	Squash (all)	

SOURCES (Fruits)

Apples*	Exotic fruit (Star,	Mango	Pineapple
Apricots	Quince)	Melon	Plum
Bananas	Grapefruit	Nectarines*	Pomegranate
Blackberries	Grapes*	Orange	Raspberries
Blueberries*	(Green/Red)	Papaya	Strawberries*
Cherries	Kiwi	Peaches*	Tangerines
Dates/Figs	Lemon/Lime	Pears	Watermelon

* buy these foods organically

FATS

SOURCES (best)

Monounsaturated Fats:

Avocado
 Avocado Oil
 Hazelnuts/Filberts
 Macadamia Nuts
 Macadamia Oil
 Olives
 Olive Oil

Saturated Fats:

Animal Fats (for cooking)
 Clarified Butter/Ghee (for cooking)
 Coconut Oil (for cooking)
 Coconut Butter
 Coconut Flakes
 Coconut Milk

SOURCES (occasional)

Polyunsaturated Fats:

Almonds/Almond Butter
 Brazil Nuts
 Cashews/Cashew Butter
 Pecans
 Pistachio

Flax Seeds

Sesame Seeds/Sesame Oil
 Pine Nuts
 Pumpkin Seeds/Pepitas
 Sunflower Seeds/Sunbutter
 Walnuts/Walnut Butter

- Avoid all “vegetable” oils like peanut, soybean, corn, canola, grapeseed, safflower and sunflower. These oils are too high in polyunsaturated fat.
- The best oils for cooking are the saturated fats because they remain stable when exposed to high temperatures, which means you are less likely to lose some of the healthy antioxidants they contain.
- Fat is a healthy source of energy when it comes from high-quality foods like avocado, coconut and grass-fed beef.

HERBS, SPICES, AND BEVERAGES

Herbs, Spices and Flavorings

Allspice	Cilantro	Lemongrass	Spearmint
Basil	Clove	Marjoram	Rosemary
Bay Leaves	Cocoa (100%)	Mint	Sage
Black Pepper	Curry	Mustard	Salt
Cardamom	Cumin	Nutmeg	Tarragon
Cayenne	Dill	Oregano	Thyme
Chili Powder	Garlic	Paprika	Turmeric
Chives	Ginger	Parsley	Vanilla
Cinnamon	Horseradish	Peppermint	Vinegar

- Don't ignore fresh herbs and spices in your cooking. Some commonly used herbs to add flavor to your meals include basil, cilantro, dill, garlic, mint, oregano, parsley, rosemary, sage and thyme.

Beverages

Still Water (filtered, bottled or tap)	Coffee (caffeinated or decaf)
Mineral / Sparkling water	Tea (all varieties - unsweetened)
Self-flavored Water	





WEEKLY MEAL PLANNING

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							

_____ _____ _____ _____
 OTHER PROTEIN _____



X



X



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	_____	_____	_____	_____
OTHER PROTEIN	_____	_____	_____	_____



X



X



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	_____	_____	_____	_____
			(typically 1 to 2)	

	_____	_____	_____	_____
			(typically 1/2 to 1)	

ADDITIONAL ITEMS

NOTES