



Customized Package

Nutrition Handbook

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Chapter 1: Determining a Baseline

Before changing your diet, it is important to see what areas you need to work on and look at the whole picture. While most people are concerned with their weight, a healthy lifestyle affects many areas of your life such as stress management, energy levels, how you feel, mood, disease prevention/management and many more. Here are some questions to ask yourself to determine what areas you might need to work on.

Where to start? How to determine your baseline? Are you eating CLEAN?

- **C: Consistency/timing/eating around workouts**
 - What does your typical day look like? How many meals do you get in a day? Do you snack or graze throughout the day? Are you eating before and after you workout?

- **L: Liquids/hydration/alcohol**
 - How much water do you drink a day? What other types of beverages do you drink? Do you drink sugar-sweetened beverages (juice, soda, sweet tea, lemonade, flavored coffees)? How much and how often do you drink alcohol?

- **E: Eating out**
 - How often do you eat out? Where do you usually go? What do you usually get?

- **A: Adequate calories/too much or too little**
 - Do you track your food or make a food log? Have you ever used a food tracking application (MyFitnessPal)?

- **N: Nutritious foods/quality macronutrients over quantity**
 - How many servings of fruits and veggies do you include into your diet? Do you include whole grains into your routine? Do you include protein and carbohydrates with all meals? Do you shop the perimeter of the grocery store?

Chapter 2: Goal Setting

You want to set yourself up for success by setting SMART Goals!

- S: Specific
- M: Measureable
- A: Attainable
- R: Realistic
- T: Time Sensitive



Tips when setting your goals:

1. Look at the big picture first. What are your health/ fitness/ weight/ financial/education/family goals in a specific amount of time- 1, 5, 10 years down the line?
2. Set smaller goals for what you would like to accomplish 1, 2 3, 6 months.
 - Have a to-do list
 - Use a calendar
 - Prioritize
3. Set performance goals (ie: lifting weights, weight loss) that will motivate you. Write down WHY it is important for you.
4. Always have an action plan. Write down the steps you are *realistically* going to take to achieve your goals.
5. Stick with it! By telling your family and friends, you will have someone to stay accountable to and keep you motivated.

Questions to ask when starting to set goals:

- Where are you now and where do you want to go (long-term)? Then break it up into short-term mini goals.
- Where do you see areas that need improvement in your health and lifestyle?
- **For weight loss:** What is your ideal weight? Remember that **1-2 pounds of weight loss is realistic**. Rapid weight loss likely means that you are losing muscle and water weight, not fat. The weight didn't come on in a day and therefore won't come off in a day. You want to get to a **healthy weight circumference (<35 inches for ladies, <40 for guys)** and an **ideal body fat percentage** for your age.

Goal: _____

Steps to Achieve Goal:

1. _____
2. _____
3. _____

Goal: _____

Steps to Achieve Goal:

1. _____
2. _____
3. _____

Chapter 3: Macronutrient Breakdown & The Zone Diet

Macronutrient Breakdown

1. **Carbohydrates** are our body's main source of fuel; spares protein from being used as energy and aids with the oxidation (breakdown) of fat. Carbohydrates should comprise about 40% of our diet.
 - **Fiber** is a non-digestible carbohydrate, delays glucose absorption, helps you stay full, decreases cholesterol levels, and aids with reducing triglyceride levels. Fiber is found in fruits, veggies and whole grains.
 - **Glycemic index (GI)** tells us how fast our blood sugar will rise after eating a food (stick with low glycemic foods index foods). GI indicates how much of an insulin response our body will have to produce to breakdown what we just ate. Remember, insulin response is an inflammatory response. After you exercise is the best time to have any higher glycemic foods.
 - Try to avoid the excess use of *artificial sweeteners*. Studies show an increase in weight gain, body fat, and calorie/carbohydrate intake with high levels of artificial sweeteners. They also cause increased "sugar cravings." Stevia is a more natural form of a non-calorie sweetener and is made from a plant.
 - What about the different types of sugar? Agave, honey, raw sugar, sugar cane, dextrose, maltose.... Sugar is sugar in our body and it all goes through our lymphatic system and is an inflammatory response... If we don't burn it off, it turns into FAT!
 - Sources: starches (bread, pasta, **rice, quinoa**, beans, **oatmeal, steel cut oats**), starchy veggies (potatoes, **butternut squash, sweet potato**, peas, corn), fruit, juices, dairy

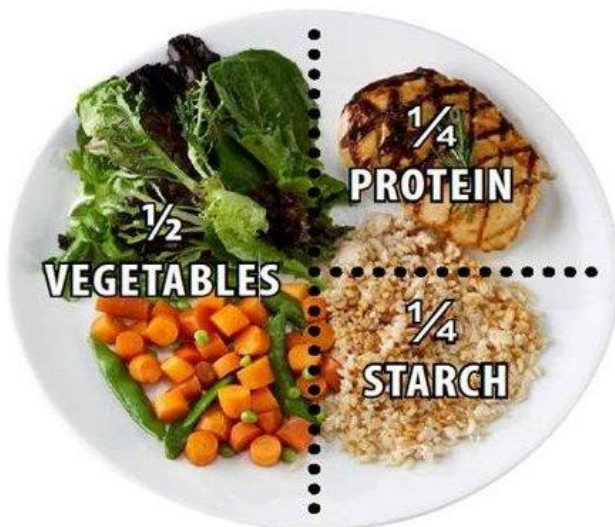
2. **Protein** is made from amino acids that provides our body's structure, regulates body function, components of enzymes, immune system health, and aids hormone regulation. *Protein should comprise about 30% of our diet.*

- **Essential amino acids** can't be synthesized by the body therefore we need to obtain these proteins from food sources (**eggs** contains all essential amino acids). **Complementary proteins** are two or more foods that when are eaten together they provide all essential amino acids (ie: legumes & rice, mushrooms & broccoli).
 - Of the essential amino acids, a few are very important in terms of recovery after workouts: leucine, valine, isoleucine (and glutamine). During exercise, levels of these branched chain amino acids (BCAAs) decrease which leads to weariness and fatigue. This is one of the reasons that a post recovery shake will contain extra BCAAs to help with recovery and muscle rebuilding after workouts.
- **Conditionally essential amino acids** are amino acids that our body can make the precursors but under some conditions we can't make enough (ie: glutamine and arginine during stress).
- **Sources:**
 - **Lean Meats:** fish, chicken breast, pork loin, legumes, cottage cheese, triple zero greek yogurt (carb and protein), turkey
 - **Medium Fat Meats (1 Protein + 1 Fat):** cheese (cottage and grated parm) chicken (dark meat no skin)
 - **High Fat Meats (1 Protein + 2 Fats):** full-fat dairy, red meats, bacon, most cheese, pork, ribs, eggs

3. **Fat** is a component of our membranes particularly in the brain and nervous system, aides in the absorption of fat-soluble vitamins and is used as a source of energy. WE NEED FAT. Healthy sources of fat should comprise of about 30% of our diet.

- **Stay away from saturated and trans fats** (increase your LDL/bad cholesterol, trans fats also decrease HDL/good cholesterol)
- **Increase Omega 3 intake** (sources: salmon, herring, canola oil, olive oil, flaxseeds, **chia seeds**, some eggs are fortified, **supplements**). Omega 3 supplements are recommended to ensure that you are consuming adequate amounts of DHA and EPA.
- **Cholesterol** is a component of cell membranes, needed for hormone production, our body makes cholesterol, and it is found in animal products (egg yolk, organ meats, fish roe).
- **Sources:** fats, meats, dairy, nuts/ nut butters, avocado, olives, butter, cream, coconut milk

The Plate Method & Eating Out: This is one of the *simplest methods* looking to change your diet and eat quality foods.



- **1/2 of the plate =**
Non-starchy Veggies
- **1/4 of the plate =**
Lean Meats
- **1/4 of the plate =**
Complex Carbohydrates

The Zone Diet

The Zone Diet recommends a balance of hormones to optimize the breakdown of macronutrients. These hormones include insulin, glucagon and eicosanoids. The diet recommends a balance of 40% of calories coming from carbohydrate, 30% calories from protein and 30% from fat. The Zone diet also takes into account glycemic index meaning how much insulin in your pancreas is needed in order to breakdown the carbohydrates that you ate. Low glycemic foods include foods that are low in sugar and are typically high in fiber. This diet also promotes incorporating healthy sources of unsaturated fats (nuts, seeds and healthy oils).

The Zone diet breaks food up into “blocks” to determine the appropriate ratio of protein to carbohydrates. The amount of blocks that a person needs is individualized and is based on gender, lean muscle mass, activity factor and goals (weight loss vs weight gain).

Where Are You?

General Guidelines for Females and Zone blocks:

| | B | S | L | S | D | Total Blocks | Total Calories Grams P/C/F |
|--------------------|--------------|--------------|--------------|--------------|--------------|---------------------|-------------------------------------|
| Weight Loss | 4 P/C/F | 1 P/C/F | 4 P/C/F | 1 P/C/F | 4 P/C/F | 15 P/C/F | 1365calories 105 P/ 135 C/ 52 F |
| Maintenance | 4 P/C/F | 1 P/C/F | 5 P/C/F | 1 P/C/F | 5 P/C 5 F | 18 P/C/F | 1638 calories 126 P/ 162 C/ 54 F |
| Performance | 4 P/C 6 F | 1 P/C 2 F | 5 P/C 6 F | 2 P/C 2 F | 5 P/C 6 F | 20 P/C 20-25 F+ | 1820+ calories 140 P/180 C/60+ F |

General Guidelines for Males and Zone blocks:

| | B | S | L | S | D | Total Blocks | Total Calories & Grams P/C/F |
|--------------------|---------------|--------------|--------------|--------------|--------------|---------------------|---|
| Weight Loss | 4 P/C/F | 1 P/C/F | 5 P/C/F | 1 P/C/F | 5 P/C/ F | 18 P/C/ F | 1638 calories 126 P/ 162 C/ 54F |
| Maintenance | 5 P/C 10 F | 2 P/C 4 F | 6 P/C 6 F | 2 P/C 4 F | 5 P/C 5 F | 20 P/C/F | 1820 calories 140 P/ 180 C/ 60 F |
| Performance | 6 P/C 8 F | 3 P/C 3 F | 6 P/C 6 F | 3 P/C 3 F | 6 P/C 8 F | 24 P/C 28 F+ | 2292+ calories 168 P/216 C/84 +F |

What is ONE SERVING?

Activity:

1. Highlight the foods that you like and would eat
2. Make a sample day with Your Ideal Blocks using the Sample Meal Plan Sheet!

Protein Serving Size

Breakfast:

| | |
|------------------------|----------|
| Egg +1 Fat | 1 large |
| Egg + 2 Fats | 1 jumbo |
| Egg whites | 2 large |
| Egg substitute | ¼ c |
| Bacon + 2 Fat | 2 slices |
| Turkey bacon | 2 slices |
| Sausage + 2 fat | 1 ounce |
| Turkey Sausage + 1 Fat | 1 ounce |
| Canadian bacon | 1 slice |
| Ham | 1 ounce |
| Cheese | 1 ounce |

Lunch & Dinner:

| | |
|---------------------------|------------|
| Chicken | 1 ounce |
| Turkey Breast | 1 ounce |
| Ground Turkey | 1.5 ounces |
| Veal | 1 ounce |
| Ground beef (93%) + 1 Fat | 1 ounce |
| Filet | 1 ounce |
| Prime Rib +2 Fat | 1 ounce |
| Duck | 1 ounce |
| Lamb | 1 ounce |
| Pork Tenderloin | 1 ounce |
| Pork + 2 Fat | 1 ounce |
| Shrimp | 3 large |
| Calamari | 1.5 ounces |
| Salmon | 1.5 ounces |
| Canned Tuna | 1 ounce |
| White fish | 1.5 ounces |
| Protein powder | 1 ounce |
| Soy burger | ½ patty |
| Cheddar cheese + 3 Fats | 1 ounce |
| Soft tofu + 1 Fat | 3 ounces |
| Firm tofu +1 Fat | 2 ounces |
| | |

Carbohydrate Serving Size

Breakfast:

| | |
|--------------------------|---------|
| Oatmeal | 1/3 cup |
| Steel Cut Oats | 1/3 cup |
| Greek yogurt + 1 Protein | ½ cup |
| Apple | ½ |
| Banana | 1/3 |
| Blackberries | ½ cup |
| Strawberries | 1 cup |
| Blueberries | ½ cup |
| Grapes | ½ cup |
| Granola | ½ oz. |
| Grapefruit | ½ |
| Raspberries | 2/3 cup |
| Peach | 1 |
| Kiwi | 1 |
| Nectarine | ½ |
| Orange | ½ |
| Pear | ½ |
| Pineapple | ½ cup |
| Plum | 1 |
| Tangerine | 1 |
| Ezekiel bread | ¾ slice |
| Sprouted wrap | ½ |
| | |
| | |

Condiments (LIMIT):

| | |
|----------------|-----------------|
| BBQ Sauce | 2 Tablespoons |
| Catsup | 2 Tablespoons |
| Pickle | 6 slices |
| Teriyaki Sauce | 1.5 tablespoons |
| Jelly | 2 teaspoons |

Lunch & Dinner:

| | |
|----------------------------|-------------------|
| Barley (not cooked) | ½ tsp |
| Buckwheat (dry/not cooked) | ½ oz |
| Brown rice | 1/5 cup |
| Quinoa | 1/5 cup |
| Butternut squash | ½ cup cooked |
| Asparagus | 12 slices |
| Black beans | ¼ cup |
| Broccoli | 1.25 cup (Cooked) |
| Carrots | 1 cup |
| Cauliflower | 1.25 cup (Cooked) |
| Chickpeas | ¼ cup |
| Eggplant | 1.25 cup |
| Green Beans | 1.25 cups |
| Kale | 2 cups |
| Lentils | ¼ cup |
| Mushrooms | 2 cups |
| Onion | ½ cup (Cooked) |
| Onion | 1.5 cups (Raw) |
| Spaghetti squash | 1 cup |
| Spinach | 2 cups |
| Tomato Sauce | ½ cup |
| Tomato (Cherry) | 2 cups |
| Zucchini | 1.25 cups |
| Squash | 1.25 cups |
| Sweet potato | 1/3 cup |
| Moderation*** | |
| Rice cake | 1 |
| Baked Potato | ¼ cup |
| Buckwheat | ½ ounce |
| Bulgur | ½ ounce |
| Ezekiel Bread | |
| Granola | ½ ounce |
| Popcorn | 2 cups |
| 8-inch flour tortilla | ½ |

Fat Serving Size

| | |
|----------------------|-------------------|
| Almonds | 6 or 1 Tablespoon |
| Avocado & Guacamole | 1.5 Tablespoon |
| Olive (green) | 5 |
| Peanut/almond butter | 1 tsp |
| Peanuts | 6 |
| Cashew | 6 |
| Coconut oil | ½ tsp |
| Guacamole | 1 Tablespoon |
| Oil | ½ tsp |
| Mayo | ½ tsp |
| Sunflower seeds | ¼ tsp |
| Butter | ¾ tsp |
| ½ and ½ | 2 tablespoon |
| Light cream | 1 tablespoon |
| Tarter sauce | 1.5 tablespoons |
| Walnuts | ½ tablespoon |
| Pecans | 3 |
| | |

Chapter 4: Hydration

- **Role of water in the body:** Water is needed for all metabolism processes. Water keeps your cells alive (transports nutrients to the cells on a molecular level), regulates body temperature, removes waste products (especially byproducts of fat breakdown) and acts as a lubricant around your joints, brain and spinal cord.
- **Tips to drink more water:** Carry a water bottle with you, bring one in the car, drink at least a cup in the morning before leaving the house, get a big jug and write times on it, refill every time you go to the bathroom or set reminders on your phone. Switch up the taste by adding mint, cucumber, strawberries, lemons or oranges.
- **Juice and juicing:** Juicing has become extremely popular over the years. While juicing can be healthy, the issue arises when you are juicing with an apple, banana, orange, and kiwi. What's wrong with this picture? The grams of sugar add up quickly when juicing and some of the important properties of fruit (such as fiber) are lost in the juicing process. Tips: *When making a juice, use 75% veggies and no more than 25% fruit.* Use a nutribullet instead of the typical juicing machines.
- **Alcohol:** How much and what are you drinking? One glass of wine isn't going to make or break you. Can I save up all seven drinks for one night? NO! Many of the alcoholic drinks are LOADED with sugar. Depends on what your goals are? What about another form of stress relief? Try to turn to exercise, yoga or another form of stress relief instead of alcohol.

What tips will you use to drink more water?

Notes: _____

Chapter 5: Consistency & Staying on Track

Consistency

- **Timing:** Eating every 3 hours will help your metabolic rate, prevent you from indulging and overeating later throughout the day. Your body can only absorb so much at one time, for instance about 40 grams of protein at a sitting (hence no more than 6 blocks of protein per meal). By eating smaller meals throughout the day, it will prevent over eating and keep you satisfied.
- **Eating around your workouts:** Have a source of carbohydrates and protein before your workout. If you workout early in the morning... try liquids before the workout (shake/smoothie). Higher glycemic foods are preferred around your workout time to replace glycogen stores but not just sugar! Eat within the window (30 minutes for carbohydrates, 45-60 minutes protein). Liquid protein after your workout is best (ie: recovery protein shake with almond milk).
 - ❖ **Why eat after you workout?**
 1. Replace muscle glycogen stores (your carbohydrate stores in your body). Higher glycemic load carbohydrates for quick replacement and lower glycemic load carbohydrates for a slow release of sugar into the blood.
 2. Rehydrate with water!
 3. Replenish amino acids for rebuilding muscle which was broken down during your workout. Primarily sources of branch chain amino acids (isoleucine, valine and leucine). Egg white protein and whey protein are great source of BCAAs.
 4. Replace electrolytes (sodium, chloride, potassium, calcium and magnesium).
- **Protein and carbohydrate pairing:** You want to pair PRO and CHO together to help with absorption, metabolism, to maintain optimal hormone balance and to keep you full longer! 1:1 Ratio of Protein:Carbohydrate blocks then add in the healthy sources of fat with a 1:1-1:2 ratio.

- **Meal Prep:** Taking a few hours on the weekend will help you stay on track! *This is the single most important trick to staying on track.* Take a couple hours on the weekend to plan your food for the week, shop and prep the meals. The crockpot is a great resource for healthy, delicious and convenient meals! Going a step further to portion the foods into containers will seal the deal.
- **Find healthy recipes** or alter your favorites to make them healthier. Look on our website, www.myhealthysteps-nutrition.com for easy healthy recipes!
- **Cheat Meals:** The simple answer is that it depends on what your goals are. The stricter you are with following a healthy meal plan, the better your results will be. Once you are on a “maintenance plan” you are welcome to have the occasional treat. Some clients do well on the weekdays and everything goes down the drain on the weekends. This popular approach counteracts everything that you work so hard for during the week. I would recommend steering away from the famous “cheat meal/meals” because it makes you feel like you are doing something wrong. When I think of cheat meal, I think of an entire pizza then an extra large blizzard. What’s wrong with this picture? It’s ok to have a TREAT once in a while but don’t overindulge.
- **Eating out**
 - **Look at the Menu Before Hand:** Most restaurants post their menu nutrition facts online and many places actually have the calories or a “skinny” section on their menus as well.
 - **Pick 3 things that look good to you:** From there- make your decision based on how you can modify the item and which would fit best into the meal plan (sauces on the side, grilled or baked, lean means, be careful with the starches and added fats), specialty salads aren’t necessarily the best way to go (ie: Quesadilla Explosion salad – 1200 calories)
 - **Ask for a salad and SKIP THE BREAD:** Start with non-starchy veggies to help curb your appetite and act as a “filler”, *dressing on the side*, ask for a light balsamic dressing (fork dipping trick), be careful with the added fat from source such as croutons and cheese.

- **Beware of portion sizes:** Remember 3-4 ounces of meat at a time, you are given at least double that in the restaurants, put half in a to-go box, share with a friend, get the lunch portion, or order off the appetizer menu.
- **Make your Modifications:** Be specific about what you want, ask questions about how the food is prepared (baked, boiled or grilled), sauces on the side, watch out for the adjectives- hearty, lemon-butter sauce, loaded.
- **Other tips:** be mindful, savor the food and chew slowly, drink WATER, don't forget that you CAN TAKE SOME HOME!

Staying on Track

- **Accountability:** Find a good accountability partner to help keep you focused. Tell your close friends and family your goals so that if they see you slacking they can be that ear of encouragement and accountability.
- **Reward yourself when you achieve your short-term goals.**
 - Don't wait till you've reached your long-term goal. Keep yourself encouraged and motivated by rewarding yourself along the way. Otherwise, you may get discouraged and stop moving forward.
 - Find little rewards that you can look forward to- What is a special little treat that will keep you motivated? NO FOOD.
- **Get out of you comfort zone and try something new!**
- Find an outfit or bathing suit that you want to fit in to and hang it up where you can see it!
- **Find a work-out partner:**
 - Try and find someone that is strong in the areas where you are weak so that you can push each other to the next level.
 - For example, if you are inconsistent with your work-outs, find a partner that is very consistent. If you do not like working out a certain muscle group, look for a partner who loves to work-out that muscle group.

- **Food Logging:** You will have better results if you track your food! There are many different apps that track food but **MyFitnessPal** is one of my favorites. Make sure that you not only write the food but also the portion size and how you feel after. This is a great way to trigger what foods you don't tolerate well and what causes you to be tired, bloated or gassy.
- **Tracking Progress** (Measurements/Body Fat/Annual Health Screening/Lab Work): It is a good idea to redo your measurements every 3 weeks to ensure you are on the right track and seeing the changes that you are looking for!
- **Ask us how we can help with our On-Going Coaching Program!**

Notes: _____

Chapter 6: Supplementation & Disease Prevention

Supplements

- **Goals:** What would you like to achieve? What risk factors are in your family?
 - **Whole food** over supplements is best due to bioavailability and absorption rates. Taking many different vitamins and minerals in the pill form is not recommended.
 - **Supplements** are recommended when your intake isn't enough to cover your needs.
- **Lab work:** If your lab work shows you are low in something, this would be a good reason to take the supplement. Health screenings and annual check ups are recommended. HDL is your good cholesterol, which often is something that is commonly low.
- **Pre/Post workout and muscle recovery:** Protein after workouts is highly recommended. Liquid should be recommended because it is quickly absorbed. Recommended time frame: *30 minutes for carbohydrates and within 45-60 minutes for protein to promote replacing your glycogen stores and muscle rebuilding.* Studies show whey protein is the most beneficial with building lean muscle mass post workout. Gas and bloating can be from the artificial ingredients/sweeteners. **SFH** is a grass fed whey protein which no artificial ingredients and is sweetened with stevia.
- **Omegas:** Omega 3 fatty acids play an important roll in the body by decreasing inflammation, decreasing recovery time, improved heart health and mood. Omega 6s and 9s increase inflammation and increase your body's reaction to stress. Although we need some of the omega 6s and 9s, we don't want to add additional sources through supplementation. When taking an omega supplement, you only want to take omega 3s (look for the scientific term is DHA or EPA on the label). Most supplements contain small amounts of omega 3s and are mostly comprised of omega 6s and 9s. You might find a fish oil supplement that claims to have "1000mg" but when you look at the back it is only 240mg of the good stuff (DHA/EPA). **Pure Pharma and SFH carry great lines Omega 3 supplements.**

- **Vitamins:** Vitamin supplements contain binders and fillers that are hard for your stomach to break down. Recommend a diet full of colorful fruits and veggies to ensure you are getting adequate amounts of vitamins and minerals.
 - **Vitamin D:** Plays many important roles in the body such as promoting calcium absorption, immune function, reduction of inflammation and cell growth. **An estimated 75% of Americans are Vitamin D deficient**, which is why vitamin D supplement would be a good idea. Vitamin D deficiencies have been linked to cardiovascular disease, cancer and severe asthma in children. Vitamin D has been linked to the prevention of diabetes, hypertension glucose intolerance and MS.
 - **Zinc:** Plays a role with many different biochemical processes such as cellular respiration, DNA reproduction, maintenance of cell membrane integrity and powerful antioxidant/free radical scavenging. More than 300 enzymes activity requires zinc. Zinc plays a major role in protein synthesis and optimal athletic performance. Zinc deficiencies can decrease performance as well as affect delayed fatigue, decreased mood, immunity and low energy. Good sources of zinc are cod (97% RDA), kidney beans (29% RDA) and turkey (23% RDA).
 - **Magnesium:** Plays a vital role in the metabolism in our body in the form of ATP production (our body's energy currency). Magnesium and Zinc are important for athletes because they help with muscle contraction, oxygen delivery to working muscles and sustaining athletic performance. Benefits of Magnesium: better sleep, increase muscle building, protein synthesis, mood/decreased depression, improved insulin sensitivity, stress control and metabolism of cortisol. Magnesium deficiencies have been linked to altered cardiovascular function, impaired carbohydrate metabolism/insulin resistance, decreased insulin secretion and high blood pressure.
- **Joint health:** Glucosamine has been shown to help with lubricating the joints. Recommend liquid over pill form.

Appendix:

Disease Prevention

- Prevalence of preventable disease
 - According to the CDC, more than one third of US adults are considered obese
 - Obesity related conditions such as stroke, cardiovascular disease, type 2 diabetes and some cancers are some of the leading causes of preventable death
 - Over \$147 billion dollars are spent on obesity related conditions annually in the US
 - Childhood obesity has more than doubled in children and quadrupled in adolescents over the past 30 years

- Healthy eating and lifestyle changes are *for the WHOLE family*. Everyone needs to be on board. It's never too early to get children thinking about nutrition and making good food choices.

- **Genetics vs environment:** Studies have shown that the primary determinants of most cancers are lifestyle factors, such as tobacco, dietary and exercise habits, environment carcinogens and infectious agents, rather than inherited genetic factors.

Health Indicators & Understanding Your Numbers

BMI:

| | |
|--|------------|
| Your BMI: | |
| Underweight | <18.5 |
| Normal | 18.5-24.99 |
| Overweight | 25-29.99 |
| Obese Grade I | 30-34.99 |
| Obese Grade II (+) | >35.00 |
| Tips: Little changes in weight make big changes in BMI, this isn't the best indicator of health status because it doesn't take into account muscle mass, remember to look at the whole picture (measurements and body fat percentage) | |

Body Fat Percentage:

| | Women | Men |
|---|--------------|------------|
| Your Body Fat% | | |
| Essential Fat | 10-12% | 2-4% |
| Athletes | 14-20% | 6-13% |
| 18-39 | 21-32% | 8-19% |
| 40-59 | 23-33% | 11-21% |
| 60-79 | 24-35% | 12-24% |
| Tips: Balanced diet (mostly non-starchy veggies, lean meats, some fruits , healthy fats and some low glycemic carbohydrates, strength training is KEY! | | |

Waist Circumference:

| | Women | Men |
|--|------------|-------------|
| Your Waist Circumference: | | |
| Low Risk | <35 inches | <40 inches |
| High Risk | >35 inches | > 40 inches |
| Tips: Balance diet, Consistency, Try cutting out dairy to help with bloating, check for food intolerances? Elimination diet with a food log to see if you are having consistent bloating after certain foods, strength training... Remember: ABS are made in the Kitchen! | | |

Blood Pressure:

| | Systolic | Diastolic |
|--|----------|-----------|
| Your BP: | | |
| Normal | < 120 | <80 |
| Pre-Hypertension | 120-129 | 80-89 |
| Stage I Hypertension | 140-159 | 90-99 |
| Stage II Hypertension | 160+ | 100+ |
| Tips: Low sodium diet, limit caffeine and processed foods, exercise (your heart is a muscle, you need to strengthen that muscle with cardiovascular exercise) | | |

Blood Glucose:

| | Fasting | Non-fasting |
|--|---------|-------------|
| Your Blood Glucose: | | |
| Low | < 70 | <70 |
| Normal | 70-99 | 70-140 |
| High | >126 | >141 |
| Tips: Consistent carbohydrate intake, stick to low glycemic carbohydrates, no more than 60 grams of carbs per sitting, cut out the processed and refined sugars/grains, pair protein with every meal, increase water intake, exercise | | |

Total Cholesterol:

| | |
|---|---------------|
| Your Cholesterol: | |
| Desirable | < 200 mg/dL |
| Borderline | 200-239 mg/dL |
| High | >240 mg/dL |
| Tips: Cut down on the high fat animal products (saturated fats), increase fiber intake, take your omega 3s, no smoking, exercise | |

HDL "Good" Cholesterol:

| | Women | Men |
|---|--------------|-------------|
| Your HDL: | | |
| Low | <50 mg/dL | <40 mg/dL |
| Average | 50-59 mg/dL | 40-59 mg/dL |
| Great! | <60 mg/dL | <60 mg/dL |
| Tips: Increase your omega 3s (salmon, almonds, pecans, walnuts, mackerel, herring, chia seeds), pure omega 3 supplements, eliminate trans fats | | |

TC/HDL Ratio:

| | |
|---|---------|
| Your Ratio: | |
| Low Risk | < 3.6 |
| Average Risk | 3.6-4.9 |
| High Risk | >4.9 |
| Tips: Lower total cholesterol, increase HDL by incorporating omega 3s and exercise | |

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******Disclaimer: If any of these numbers are elevated, it is highly recommended you follow-up with your physician and have medical clearance. Your meal plan is designed to optimize all these numbers but shouldn't replace any medications prescribed to you by your doctor. ******