



# CUSTOMIZED NUTRITION

## HANDBOOK

*GUIDED. TESTED. PROVEN.*

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## DETERMINING YOUR BASELINE

Before changing your diet, it is important to evaluate the areas you need to work on and look at your lifestyle as a whole. While most people are concerned with their weight, a healthy lifestyle affects many areas of your life including stress management, energy levels, 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 do you start?

- Determining your baseline
- Eating C.L.E.A.N

### **C:** Consistency, timing meals, and eating around workouts

- What does your typical day look like?
- How many meals do you consume in a day?
- Do you snack or graze throughout the day?
- Are you eating before and after your workout

### **L:** Liquids, hydration, and 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 order?

### **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?



## Goal-Setting

### Set yourself up for success by setting SMART goals!

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

### Goal-Setting Suggestions:

- 1 Start with the end in mind
  - What are your health/ fitness/ weight/ financial/education/family goals in a specific amount of time, such as 1, 5, and 10 years down the line?
- 2 Set smaller goals for what you would like to accomplish in 1, 2 3, and 6-months' time.
  - Create 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 to achieve those goals.
- 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 yourself when goal-setting:

- Where are you now and where do you want to be (long-term)? Then, break it up into smaller short-term 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 per week 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.
- Body fat percentage decreases slower than weight. A realistic goal is **1-2% body fat decrease per month.**
- 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:

ACTION STEPS:

1

2

3

GOAL:

ACTION STEPS:

1

2

3



## Macronutrient Breakdown

- ① **Carbohydrates** are our body's main source of fuel; they spare 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 that delays glucose absorption, helps you stay full, decreases cholesterol levels, and aides with reducing triglyceride levels. Fiber is found in fruits, vegetables and whole grains.
  - **Glycemic index (GI)** tells us how fast our blood sugar will rise after eating a food (stick with low glycemic index foods). GI indicates how much of an insulin response our body will have to produce to break down 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 that is made from a plant.
  - What about other different types of sugar and sweeteners? Agave, honey, raw sugar, sugar cane, dextrose, and maltose are all treated like traditional sugar by our body. They all go through our lymphatic system and trigger inflammatory response. If we don't burn it off, it turns into fat.
  - Sources of carbohydrates:
    - **Starches** (bread, pasta, rice, quinoa, beans, oatmeal, steel cut oats)
    - **Starchy Vegetables** (potatoes, butternut squash, sweet potato, peas, corn)
    - **Fruit/juice**
    - **Dairy**

② **Protein** is made from amino acids that provide 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** contain all essential amino acids). **Complementary proteins** are two or more foods that when 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 muscle rebuilding after workouts.

- **Conditionally essential amino acids** are amino acids that our body can make the precursors, however, our body cannot make enough of them under some conditions (ie: glutamine and arginine during stress).
- Sources of proteins:

- **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 parmesan), 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. It aides in the absorption of fat-soluble vitamins and is used as a source of energy. We need fat in our diet. **Healthy sources of fat should comprise of about 30% of our diet.**

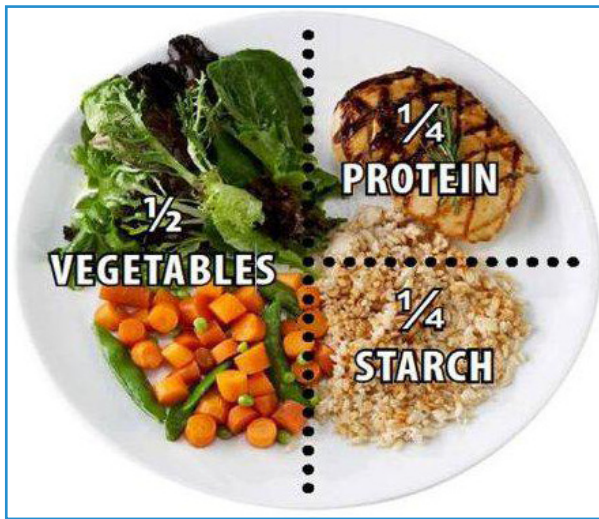
- **Stay away from saturated and trans fats:** They increase your LDL/bad cholesterol and also decrease HDL/good cholesterol.
- **Increase Omega 3 intake:** Sources include salmon, herring, canola oil, olive oil, flaxseeds, **chia seeds**, some eggs are fortified, and supplements. Omega 3 supplements 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 of fats:

**Meats, dairy, nuts/nut butters, avocado, olive, oil, butter, cream, coconut**

# THE PLATE METHOD & EATING OUT

This is one of the simplest methods looking to change your diet and eat quality foods.



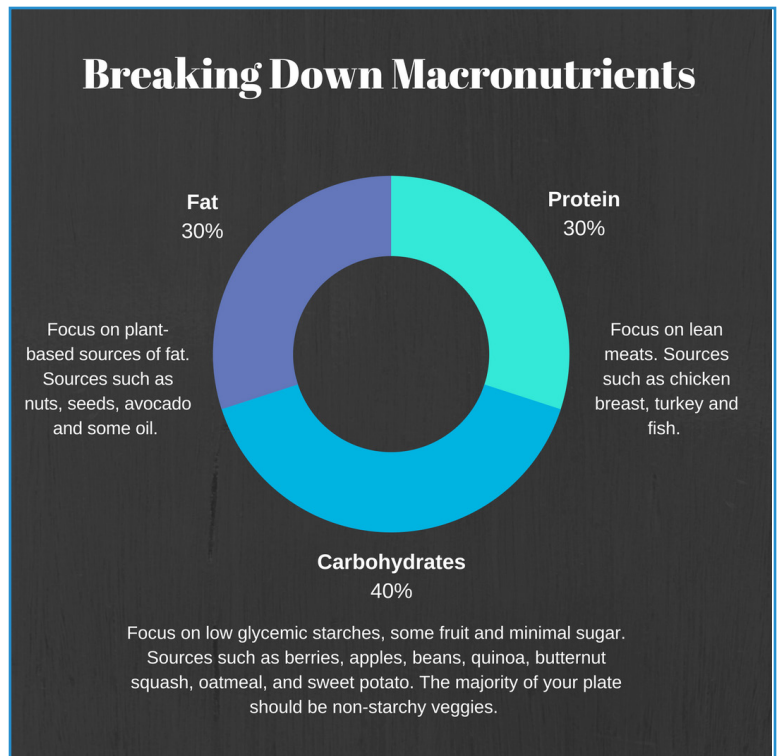
- ✓ **½ of the plate**  
Non-Starchy Vegetables
- ✓ **¼ of the plate**  
Lean Meats
- ✓ **¼ of the plate**  
Complex Carbohydrates

## Macronutrients 101

The number of macronutrients (grams of carbs, protein and fat) you need per day depends on many different factors:

- Weight
- Gender
- Goals
- Body fat percentage
- Lean muscle mass
- Activity level
- Goals

**Your customized plan** is designed to tell you the perfect number of macronutrients you need to per day. The meal plans are a guideline for determining how you space those macronutrients out and what foods we should focus on.



It's important to know what foods are interchangeable and how much you should have. The food lists below will serve as a reference to the portion size in one serving.





# WHAT IS ONE SERVING?

## Activity

- ✓ Highlight the foods that you like and would eat.
- ✓ Make a sample day with your ideal blocks using the Sample Meal Plan Sheet

## Protein Serving Size

(One serving is 7 grams of protein)

BREAKFAST	
Egg +1 Fat	1 large
Egg + 2 Fats	1 jumbo
Egg whites	2 large
Egg substitute	¼ cup, 50g
Bacon + 2 Fat	2 slices
Turkey bacon	2 slices
Sausage + 2 fat	1 ounce, 30g
Turkey sausage + 1 Fat	1 ounce, 30g
Canadian bacon	1 slice
Ham	1 ounce, 30g
Cheese + 3 Fat	1 ounce, 30g

LUNCH & DINNER	
Chicken breast	1 ounce, 30g
Chicken thigh + 1 fat	1 ounces, 30 g
Turkey breast	1 ounce, 30g
Ground turkey breast	1.5 ounces, 45g
Veal	1 ounce, 30g
Ground beef (93%) + 1 Fat	1 ounce, 30g
Filet + 1 Fat	1 ounce, 30g
Prime rib +2 Fats	1 ounce, 30g
Duck	1 ounce, 30g
Lamb + 2 Fats	1 ounce, 30g
Pork tenderloin	1 ounce, 30g
Pork + 2 Fats	1 ounce, 30g
Shrimp	3 large, 30g
Calamari	1.5 ounces. 45g
Salmon	1.5 ounces. 45g
Canned tuna	1 ounce, 45g
White fish	1.5 ounces, 45g
Protein powder	1 ounce. 30g
Soy burger	½ patty
Cheddar cheese + 3 Fats	1 ounce, 30g
Soft tofu + 1 Fat	3 ounces, 85g
Firm tofu +1 Fat	2 ounces, 55g

## Carbohydrate Serving Size

(One serving is 9 grams of carbohydrates)

BREAKFAST	
Oatmeal	1/3 cup, 30g
Steel cut oats	1/3 cup, 30g
Greek yogurt + 1 Protein	½ cup, 125g
Apple	½
Banana	1/3
Blackberries	½ cup, 75g
Strawberries	1 cup, 200g
Blueberries	½ cup, 75g
Grapes	½ cup, 75g
Granola	½ ounce, 20g
Grapefruit	½
Raspberries	2/3 cup, 85g
Peach	1
Kiwi	1
Nectarine	½
Orange	½
Pear	½
Pineapple	½ cup, 115g
Plum	1
Tangerine	1
Ezekiel bread	¾ slice
Sprouted wrap	½

Condiments (LIMIT)	
BBQ sauce	1 tablespoons, 15ml
Ketchup	2 tablespoons, 25g
Pickle	6 slices
Teriyaki sauce	1.5 tablespoons, 25g
Jelly	2 teaspoons, 15g

LUNCH & DINNER	
Barley (not cooked)	½ teaspoon 12g
Buckwheat (dry/not cooked)	½ ounce, 15g
Brown rice	1/5 cup, 38g
Quinoa	1/5 cup, 38g
Butternut squash	½ cup cooked, 100g
Asparagus	12 slices
Black beans	¼ cup, 35g
Broccoli	1.25 cup (Cooked), 195g
Carrots	1 cup, 150g
Cauliflower	1.25 cup (Cooked), 195g
Chickpeas	¼ cup, 50g
Eggplant	1.25 cup, 123g
Green beans	1.25 cups, 195g
Kale	2 cups, 400g
Lentils	¼ cup, 50g (dry)
Mushrooms	2 cups, 290g
Onion	½ cup (Cooked), 75g
Onion	1.5 cups (Raw), 225g
Spaghetti squash	1 cup, 100g
Spinach	2 cups, 400g
Tomato Sauce	½ cup, 150g
Tomato (Cherry)	2 cups, 400g
Zucchini	1.25 cups, 190g
Squash	1.25 cups, 190g
Sweet potato	1/3 cup, 65g
<b>Moderation***</b>	
Rice cake	1
Baked potato	¼ cup, 80g
Buckwheat	½ ounce, 14g
Bulgur	½ ounce, 15g
Ezekiel bread	¾ slice
Granola	½ ounce, 20g
Popcorn	2 cups 15g
8-inch flour tortilla	½

## Fat Serving Size

(One serving is 3 grams of fat)

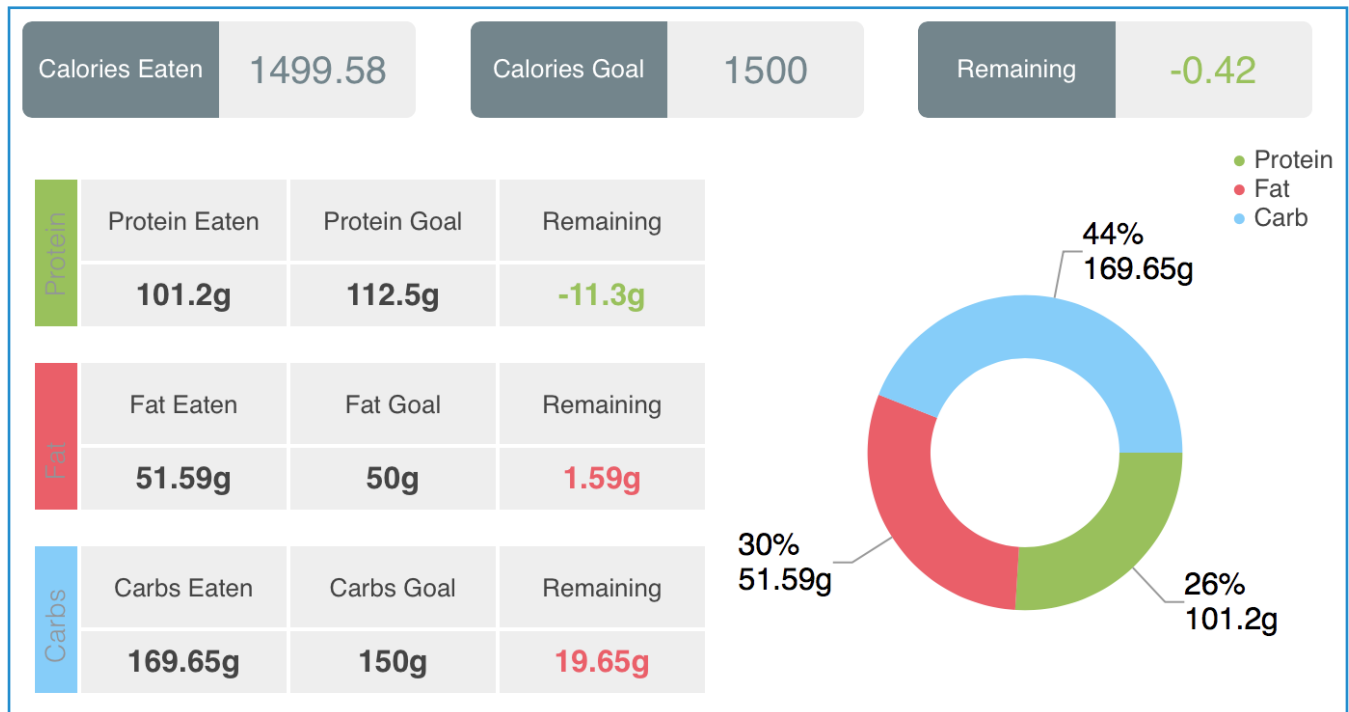
Almonds	6 almonds or 1 tablespoon, 6g
Avocado & Guacamole	1.5 tablespoon, 22ml
Olives (green)	5
Peanut/almond butter	1 teaspoon, 20g
Peanuts	6 peanuts, 6g
Cashew	6 cashews, 6g
Coconut oil	½ teaspoon, 5g
Guacamole	1 tablespoon, 25 g
Hummus + ½ carb	1 tablespoon, 14 grams
Oil	½ teaspoon, 3ml
Mayo	½ teaspoon, 2ml
Sunflower seeds	¼ teaspoon, 2ml
Butter	¾ teaspoon, 4ml
Half and half	2 tablespoons, 30ml
Light cream	1 tablespoon, 15ml
Tartar sauce	1.5 tablespoons, 22ml
Walnuts	½ tablespoon, 5 g
Pecans	3

## International Food Swaps

Food Item	Substitution or Alternative Choice
Triple Zero Greek Yogurt	Plain Fage Greek Yogurt Plain Oikos Greek Yogurt
RX Bars	Low sugar kind bars Epic Bars
Ground Turkey	Lean Ground Beef
Mahi	Haddock, Halibut, Any White Fish
McCormick Seasoning	Clubhouse Low Sodium Meatloaf Spice, Homemade Italian Spices
Hot Rotel	Salsa
Red Sauce	Marinara Sauce
Stubbs BBQ Sauce	Low sugar BBQ sauce
Ascent Protein Powder	Clean Whey Protein (Limited ingredients)
Beyond Meat Brand, Chicken & Meat Crumbles	Yves Meatless Brand, Chicken & Meat Crumbles
Annie's Meatless Meatballs	Amy's Meatless Meatballs
Perfect Bar	Low sugar Kind Bar

## FOOD LOGGING & MYFITNESSPAL

MyFitnessPal is the gold standard for food logging!



### 5 Reasons Why You Should Log Your Food:

- 1 MFP allows you to easily track the amount of protein, carbs and fat you are getting in per day.
- 2 Weight loss (or gain) is a numbers game! It allows you to see how close you are getting to your goals every day.
- 3 It allows you to make an educated decision on what you are eating.
- 4 When connected to your MFP account, the HSN exclusive app allows your nutrition coach to see a quick breakdown of daily intake vs your goals.
- 5 The HSN Recipes are already in MFP so you can easily add your prepared meals as a food.

### Helpful Videos:

Found on the Healthy Steps Nutrition YouTube Channel

- ✓ Diary Sharing: <https://youtu.be/SCyCzyr7584>
- ✓ Adjusting Macronutrient and Calorie goals: <https://youtu.be/6UmvOMoMp3Q>
- ✓ Copying Meals From One Day To Another: <https://youtu.be/g5g8cONdJPs>
- ✓ Downloading & Syncing MFP to the HSN App: <https://youtu.be/Okz9QRKuNXQ>

## HYDRATION

- **Role of water in the body:** Water is needed for all metabolism processes. Water keeps your cells alive by transporting 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 for drinking more water:**
  1. Carry a water bottle with you always, even in the car.
  2. Drink at least one cup in the morning before leaving the house.
  3. Get a big jug and write times on it.
  4. Refill every time you go to the bathroom or set reminders on your phone.
  5. 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. When juicing with these fruits, the grams of sugar add up quickly some and 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. Additionally, use a Nutribullet instead of the typical juicing machines to ensure the nutrients and fiber isn't lost in the juicing process.
- **Alcohol:** How much and what are you drinking? One glass of wine isn't going to make or break you, however, you do not want to save up all seven drinks for one night. Many alcoholic drinks are loaded with sugar. How much alcohol you can drink depends on your goals. Consider another form of stress relief. Try exercise, yoga or another form of stress relief instead of alcohol.

### ACTION STEPS TO DRINK MORE WATER:

1

2

3

## CONSISTENCY & STAYING ON TRACK

### Consistency

- **Timing:** Eating every three hours will help your metabolic rate, as well as prevent you from indulging and overeating later throughout the day. Additionally, your body can only absorb a certain amount of nutrients at one time, for instance, it can only absorb about 40 grams of protein in one meal (hence no more than 6 blocks of protein per meal). By eating smaller meals throughout the day, it will prevent over eating and allow your body to absorb more nutrients.
- **Eating around your workouts:** It is essential to have a source of carbohydrates and protein before your workout. If you prefer to exercise early in the morning, try to consume liquids before the workout such as a greek yogurt or smoothie. Higher glycemic foods are preferred around your workout time to replace glycogen stores (but not just sugar). Eat within the appropriate workout time window -- 30 minutes for carbohydrates and 45-60 minutes for protein. Liquid protein after your workout also strongly recommended (ie: a recovery protein shake with almond milk).

#### — Why eat after your workout?

- 1 Replace muscle glycogen stores (the carbohydrate stores in your body). Eat 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 muscles which were broken down during your workout. Primarily, focus on 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, and maintaining optimal hormone balance, as well as to keep you full longer. Use a one to one ratio of Protein:Carbohydrate servings, then add in the healthy sources of fat with a 1:1-1:2 ratio.
  - **Meal Prep:** Taking a few hours to meal prep 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 tool for healthy, delicious, and convenient meals. Going a step further to portion the foods into containers will ensure that you stick to your eating plan.



- **Find healthy recipes** or alter your favorites to make them healthier. Look on our website [www.healthystepsnutrition.com](http://www.healthystepsnutrition.com) for easy healthy recipes! You will also find our recipes in MyFitnessPal under a “Food” (Look for Healthy Steps Nutrition Official).
- **Cheat Meals:** 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 will deviate from the plan on weekends. This popular approach counteracts everything that you work so hard for during the week. I would recommend steering away from “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 ice cream. What’s wrong with this picture? You can treat yourself in moderation, but do not over indulge.
- **Eating out**
  - **Look at the menu beforehand:** Most restaurants post their menu nutrition facts online and many places have the calories or a “skinny” section on their menus as well.
  - **Pick three items that look good to you:** From there, make your decision based on how you can modify the item and which would fit best into your meal plan (sauces on the side, grilled or baked, lean meats, and be careful with the starches and added fats). Surprisingly, 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”, ask for a light balsamic dressing (fork dipping trick) on the side, and be careful with the added fat from source such as croutons and cheese.
  - **Beware of portion sizes:** Restaurants serve double or triple the recommended portion size. Remember to focus on 3-4 ounces of meat at a time. You can place 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), request sauces on the side, and watch out for the adjectives such as hearty, lemon-butter sauce, and loaded.

## ACTION STEPS TO STAYING ON TRACK WHILE EATING OUT:

1

2



- **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 that is not food related.

- **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 to 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.

- **Tracking Progress** (Measurements/Body Fat/Annual Health Screening/Lab Work): It is a good idea to redo your measurements every three to four 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!**

**ACTION STEPS TO STAY ON TRACK:**

1	
2	
3	





# SUPPLEMENTATION

## Supplements

- **Goals:** What would you like to achieve? What risk factors are in your family?
  - **Whole foods** over supplements are the ideal way to receive vitamins and minerals 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 lab work results show you are low in something, this would be a good reason to take a supplement. Health screenings and annual blood panels are recommended. It's important to track trends with your blood work to ensure there are no sudden changes and appropriate modifications can be made to your plan if needed.
- **Pre/post-workout and muscle recovery:** Protein after workouts is highly recommended. Liquid is recommended because it is quickly absorbed. Recommended time frame for workout recovery: 30 minutes for carbohydrates and 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 caused by artificial ingredients/sweeteners. The official partner of HSN for whey Protein is Ascent.
- **Omegas:** Omega-3 fatty acids play an important role in the body by decreasing inflammation and recovery time, as well as improving heart health and mood. Omega 6s and 9s increase inflammation 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 that fish oil supplements claim to have "1000mg," but when you look at the back it is only 240mg of (DHA/EPA).



- **Vitamins:** Vitamin supplements contain binders and fillers that are hard for your stomach to break down. A diet full of colorful fruits and vegetables ensure you are getting adequate amounts of vitamins and minerals.
  - **Vitamin D:** This vitamin plays many important roles in the body such as promoting calcium absorption, immune function, reduce inflammation, and promote cell growth. An estimated 75% of Americans are Vitamin D deficient, which is why a vitamin D supplement would be a good addition to your diet. 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 Multiple Sclerosis.
  - **Zinc:** Zinc plays a role in 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 cause fatigue, decreased mood, immunity and low energy. Good sources of zinc are cod (97% RDA), kidney beans (29% RDA) and turkey (23% RDA).
  - **Magnesium:** 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, provide oxygen delivery to working muscles, and assist in sustaining athletic performance.
    - **Benefits of Magnesium:** better sleep, increased 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. The liquid form is recommended over the pill form.



# 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	
<b>Your BMI:</b>	
Underweight	<18.5
Normal	18.5-24.99
Overweight	25-29.99
Obese Grade I	30-34.99
Obese Grade II (+)	>35.00
<b>Tips:</b> 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		
Your Body Fat %	Women	Men
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%
<b>Tips:</b> Balanced diet (mostly non-starchy vegetables, lean meats, some fruits, healthy fats and some low glycemic carbohydrates). Strength training is KEY!		

## Waist Circumference

Your Waist Circumference:	Women	Men
Low Risk	<35 inches	<40 inches
High Risk	>35 inches	> 40 inches

**Tips:** A balanced diet, consistency, cutting out dairy to help with bloating, and checking for food intolerances. Try an elimination diet with a food log to see if you are having consistent bloating after certain foods. Also, strength training supports a health body fat percentage.

## Blood Pressure

Your BP:	Systolic	Diastolic
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, and exercise (your heart is a muscle, you need to strengthen that muscle with cardiovascular exercise).

## Blood Pressure

Your Blood Glucose:	Fasting	Non-fasting
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, pairing protein with every meal, increasing water intake, and exercise.



Total Cholesterol		
Your Cholesterol:		
Desirable	< 200 mg/dL	<80
Borderline	200-239 mg/dL	80-89
High	>240 mg/dL	90-99
<b>Tips:</b> Cut down on the high fat animal products (saturated fats), increase fiber intake, take your omega 3s, no smoking, and exercise.		

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

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

## Sources:

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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. \*\*\*\*

