

Nutrition Pointers

You must take in enough nutrition when you are training for any event. Physically training requires enough complex carbs to give you energy to complete the exercise. Mental training requires proper nutrition as well.

Counting Calories

Calories come from what we ingest. When in training (especially if your goal is to lose weight) do not waste your calories on any liquids. Getting your calories and nutrition from food rather than liquids or supplements are the best way to assimilate them into your body. Fitbit or Garmin fitness trackers will tell you the average number of calories you burn in a day.

On Average, to **lose** one pound, a person must burn 3,500 **calories** more than are consumed in a given week. (500 **calories** per day over the course of a week). For example, reducing **calories** by 300 per day and increasing daily activity to burn off an additional 200 **calories should** result in a **weight** loss of one pound per week. **DO NOT TRY AND LOSE MORE THAN TWO POUNDS PER WEEK.** If you don't get enough calories your body will go into starvation mode. At that point it will store all the calories it gets as fat. When this happens your body will burn whatever food sugars you have in your digestive system first then muscle. Saving the fat for a "rainy day".

The most effective way to burn body fat is to do all your cardio before you eat in the morning. This will rev your metabolism for several hours burning fat for energy. You must eat immediately after (even just a light snack) to keep your body from going into starvation mode.

Water

Learn to love it because it is all you should drink while training. Do not drink too much however. Hmm what's too much? Why can't I drink juice or diet soda?

If you're already well hydrated and getting plenty of water, getting *more* water into your diet probably won't make a lot of difference. But if you're going through your days a little -- or a lot -- dehydrated, as many people are, getting enough water could help.

Water also helps with the metabolism by helping your perform more efficiently. It also flushes your kidneys that help your body shed the impurities of what you ingest and keep the nutrients. If you're drinking soda your kidneys are working to process the soda as well as the food. Juice has sugar. Sugar not only needs to be burned off but also needs to be processed through the kidney.

So how much do you need. About an ounce of water per pound of body weight. If you're not exercising then you need about a half an ounce per pound of body weight.

A couple ways to know if you're getting enough water and not too much are:

Look in the bowl when you pass urine. If it's clear or just slightly tinted you're good.

If you you're going more than twice an hour back off a little.

Sample Diets

For meals eat a meal with lean protein and complex carb filled in with vegetables. Eat no more meat than can fit in the palm of your hand. No more than ½ cup of carbs. If it's brown chow it down. If it's white it will sit in your stomach all night. And then steamed vegetables are fair game to fill you up. If your vegetarian you'll need to consume more to get the protein you need but if you get your protein from sources like pumpkin, and squash or corn you're good. If you're eating hummus or nuts you'll need to cut back on the carbs a little.

For snacks.

Wet carbs all you want. What are wet carbs? Raw veggies

Sugar free, fat free jello or jello pudding made with skim milk for that "I just got to have something craving".

Nuts, seeds, blueberries, SMALL amounts of dark chocolate are all good for mental sharpness

Cheat day – on the day that you are resting eat anything you want but do it in moderation. Small portions. But you need that both mentally and physically to get through the next weeks training.

Questions?