

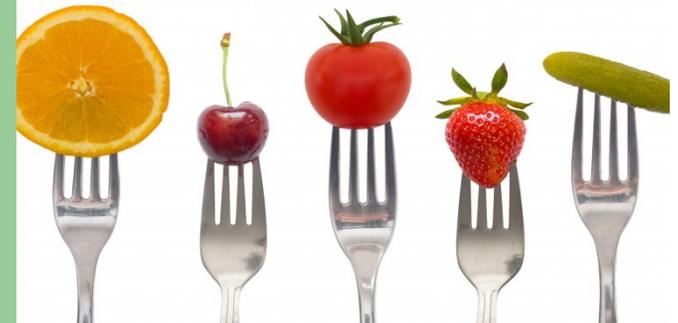
Healthy Lifestyle
Nutrition Plans to
Consider and
Research

- INTUITIVE EATING/
BALANCED EATING
- PALEO/CLEAN EATING
- IIFYM/FLEXIBLE DIETING

SmartStrength Nutrition

Train Smart, Eat Smarter

Nutrition-On-The-Go!



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The Nutrition Basics

Nutrition: defined as the sum total of the processes involved in the intake and utilization of food substances by living organisms, including ingestion, digestion, absorption, transport, and metabolism of nutrients found in food.

Nutrient: A specific substance found in food that performs one or more physiological or biochemical functions in the body.

Macronutrient: Nutrients that may provide energy and support growth and development of the body tissues, namely carbohydrate, fat, protein, water, and several minerals/electrolytes.

Understanding the Bigger Picture

When considering nutrition, the most widely tracked and monitored factor is calories. It is the largest and most familiar detail on all food labels. While it is very important to consider how many calories certain food and beverages contain, calories don't always tell us the full story. Many factors contribute to nutritional value and they have to be assessed so that the individual can see the bigger picture and determine whether the food/beverage is truly a nutritional option.



Take an avocado for example, foods with a significant amount of healthy fat tend to be more calorically dense, meaning they are pretty high in calories. A medium-sized avocado can be anywhere from 300-350 calories. If an individual is only tracking calories, this may seem like a very high-calorie, "unhealthy" fruit. In reality, the main contributor to these calories is the high fat content, but these are actually healthy, beneficial fats. If the whole picture wasn't considered in this situation, someone may rule out avocados as having "too many calories" and they could be missing out on including a very healthy fruit in their diet. Theoretically, calories are a great numerical value to track and judge certain

Tips & Tricks

- ◆ Staying hydrated helps decrease appetite and benefits all functions of the body. Drink your water! Water consumption is very dependent on an individual's needs, but a rule of thumb is the 8x8 trick. One should consume, on average, eight 8-ounce glasses of water a day. This is roughly 2 liters, or half a gallon.
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- ◆ Stray away from food that claim they are "low-fat", "non-fat", or "low-carb". These foods tend to be higher in sugar, which is converted to fat in the body. Choosing whole foods that may possess a higher fat or carb content can actually be beneficial in the long run.
 - ◆ A diet rich in protein will help aid in maintaining weight loss and help muscles and joints function properly. A good goal is to consume .5-1g of protein per pound of body weight. For example, if an individual weighs 140 pounds, they should aim to consume between 70g-140g of protein per day.