

# Nutrition 101



Starting off, I want to point out that **this is not a diet plan**. Mainly because there is no cookie-cutter diet plan that is meant for everyone.

**Nutrition** is based off of the body type and needs of the client. That being said, what this will be, is a general guide to healthy nutrition. I will cover the basics, and lay everything out as plainly as possible, so that you have what you need to start practicing healthier eating habits.



# Macronutrients

You may have heard this term used before and if not here is a general layout of **Macronutrients** (Macros). **Macros** are broken down into three primary categories. **Proteins, Carbohydrates, and lipids** (or fats). Pretty much everything you eat is comprised of these three things. This is where we get our energy. For every gram of protein there is 4 calories. For every gram of carbohydrate there is 4 calories. For every gram of fat there is 9 calories. If you look on the back label of something you're eating or drinking, and do the math this will be fairly close. There are things such as dietary fiber and sugar alcohols that have a varying effect on these numbers.

That's where calories come from. (Units of Energy) Now we also have a certain amount of calories our body's burn on a daily basis at rest known as the Basal Metabolic Rate. Then accounting for activity throughout the day, walking, exercising, eating, drinking, using the restroom, we have a rough estimate known as **TDEE** or **Total Daily Energy Expenditure**. The **TDEE** is an estimate of all of the calories you burn in a

**24-hour period** because we do burn calories in our sleep since our body is using energy to keep our organs running. There is a **TDEE** calculator <https://tdeecalculator.net/> (and this is just one of many) that will determine the amount of calories you burn throughout the day based on your age, weight, height, gender, and lifestyle. With this number you have an estimate of the amount of calories you are putting out (expending) on a daily basis, with this information, you can now make sure that the amount of calories you have coming in are beneath this number on a daily basis and over time that is how you lose weight. The general principle now becomes **calories IN** vs. **calories OUT**. Theoretically if the amount of calories you consume on a daily basis is under your **TDEE** then over time you will lose weight. A general rule is to subtract roughly five hundred calories from your **TDEE** and start there to track your weight loss. Ex.) **TDEE** is 2,688 calories a day, subtract 500 and consume no more than 2,188 calories a day. That will not do anything for your body composition.

# Nutrient-Rich Foods

Body composition is the percentages of fat, bone, water and muscle in the human body. This is where choosing the right foods comes into play. If your TDEE is 2,688 and you're consuming 2,188 calories of Reese cups your body will look different than it would if your calories were coming from lean protein sources, healthy starches, lean fibrous veggies, fiber packed fruits and healthy fats.

## The Devil - Processed Foods

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B<sub>1</sub>], RIBOFLAVIN [VITAMIN B<sub>2</sub>], FOLIC ACID), CORN SYRUP, SUGAR, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CORN SYRUP SOLIDS, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, GLYCERIN, CONTAINS 2% OR LESS OF COCOA (PROCESSED WITH ALKALI), POLYDEXTROSE, MODIFIED CORN STARCH, SALT, DRIED CREAM, CALCIUM CARBONATE, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), DISTILLED MONOGLYCERIDES, HYDROGENATED PALM KERNEL OIL, SODIUM STEAROYL LACTYLATE, GELATIN, COLOR ADDED, SOY LECITHIN, DATEM, NATURAL AND ARTIFICIAL FLAVOR, VANILLA EXTRACT, CARNAUBA WAX, XANTHAN GUM, VITAMIN A PALMITATE, YELLOW #5 LAKE, RED #40 LAKE, CARAMEL COLOR, NIACINAMIDE, BLUE #2 LAKE, REDUCED IRON, YELLOW #6 LAKE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B<sub>6</sub>), RIBOFLAVIN (VITAMIN B<sub>2</sub>), THIAMIN HYDROCHLORIDE (VITAMIN B<sub>1</sub>), CITRIC ACID, FOLIC ACID, RED #40, YELLOW #5, YELLOW #6, BLUE #2, BLUE #1.

## Examples of high-quality foods:

**Lean Protein Sources** - chicken breast, turkey breast, egg whites, ground turkey, fish.

**Healthy Starches (Carbohydrates)** - brown rice, sweet potatoes, red skin potatoes, oatmeal.

**Lean fibrous veggies** - broccoli, mushrooms, squash, zucchini, and spinach.

**Fiber packed fruits** - apples, berries, oranges, grapes.

**Healthy fats** - flaxseed oil, avocado, olive oil, almonds.

The trick is to make sure the calories coming in are from these sources and under your TDEE by roughly 500 calories. A good rule of thumb is the less processed something is, the better it will be for your body. (If you can't pronounce the ingredients you probably shouldn't eat it.)

Other general guidelines are drinking at least eight, 8-ounce glasses of water per day, and eliminating all processed sugars from your diet. Processed sugar

is found as sucrose which is the combination of glucose and fructose.

It is white or brown sugar that we have manufactured to use for cakes, cookies, coffee, candy, and pretty much everything else you shouldn't eat regularly.

It is also converted to high fructose corn syrup to slam into sodas and so many other foods. These are considered empty calories. Calories that have little or no nutritional value. (And oh, do they add up.) Natural sugar is what you find in fruit as fructose and in dairy products as lactose. Most foods with natural sugars offer a benefit of vitamins, and minerals. They are also higher in dietary fiber which helps the body metabolize the sugar more efficiently and keep you feeling full longer.

# Proportions

So how do I disperse my 2,188 calories (example)? Well that all depends on what your goals are. For losing body fat, a good low carbohydrate split would be 40/40/20. Protein, fat, carb. For packing on lean muscle you might go with a

moderate carbohydrate split of 30/35/35 while also increasing your calories to 500 over your TDEE as a good starting point. Usually TDEE calculators will offer different options for different listed intentions.

# Meals

Organizing your meals will be tricky at first but will later become second nature. As you learn the macro content of different foods it becomes really simple. An example of a low carbohydrate meal would be eating:

**4 oz. of chicken**

**1/3 cup of brown rice**

**1 cup of broccoli**

**1/2 Tablespoon of olive oil**

## The Breakdown

### **4 oz. chicken -**

110 calories  
1 gram fat, 0 gram carbohydrate,  
26 grams protein.

### **1/3 cup brown rice -**

71 calories  
.5 grams fat  
14.6 grams carbohydrates  
1.6 grams protein.

### **1 cup broccoli -**

54 calories  
0 gram fat  
3 grams carbohydrates  
2 grams protein.

### **1/2 Tablespoon olive oil -**

60 calories  
6.75 grams fat  
0 gram carbohydrate  
0 gram protein.

### **Meal total -**

295 calories total  
8.25 grams fat (74.25 calories)  
17.6 grams carbohydrates (70.4 calories)  
29.6 grams protein (118.4 calories).

## Tools

A digital food scale is vital to your success because to calculate calories you need to know exactly how much you're eating. Remember we only have a 500 calorie difference between losing weight and remaining the same and since one honey bun will put you over your calories for the day it is easy to accumulate unnecessary calories when eye-balling portions.

Also you'll need measuring cups for oats and starches like rice. Potatoes will be weighed. Rice cookers are optional but very convenient and the rice comes out perfect every time. No more mushy blobs of rice or hard pellets in your meals.



## Spices & Condiments

**Cooking spray = your best friend**

**Condiments:**

**Franks Red Hot**

**Mustard**

**Vinegar**

**Lemon juice**

**Sugar free maple syrup**

**Spices:**

**Mrs. Dash**

**Chili powder**

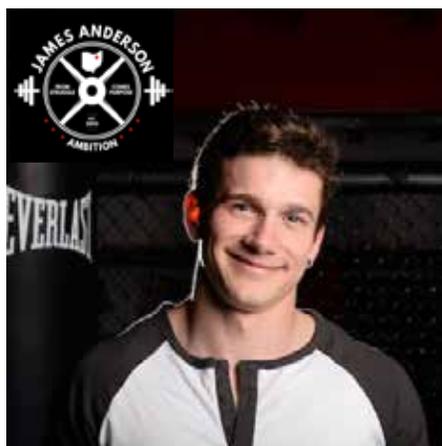
**Spices with 0 sugar**

# Conclusion

with a bit of effort it becomes second nature. Being mindful of what you eat changes everything. Start reading the labels of what you consume to familiarize yourself with everything we've just discussed and you'll be shocked at how fast the calories add up.

Most people struggling with being overweight are consuming boat loads of empty calories (sugars, fats from fried foods and white starches) while not exercising enough, or properly. Too many calories **IN**. Not enough calories **OUT**. The fastest way to weight loss is consuming less with **proper nutrition** and expending more with **exercise**.

Hopefully with this information you have a better understanding of how it all works and can start making some changes in your life. I **offer** individualized meal plans, tailored specifically for **your body** and **your goals**. I take the guesswork out of your situation. It is a convenient way to get started. You need to get familiarized with portion sizes and organization. To purchase a meal plan you can **CLICK HERE** and we can get your transformation started. I wish you the best of luck and you can **FOLLOW MY BLOG HERE** for your weekly boost of inspiration. Use me as a resource to healthy living.



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