

Nutrition Guide



Your weight is determined 80% by nutrition and 20% by exercise

The best way to understand your food and what your body needs is to track macronutrients

Understanding Macronutrients

Macronutrients are total daily calories as well as the number of grams of protein, carbohydrates and fat you're eating each day.

When you count your macros, you're tracking your calorie, protein, carb and fat intake in order to reach the weight you desire, whether to gain, maintain or lose.

To determine your specific macronutrients, you can use an online macro calculator like this one: <https://healthyeater.com/flexible-dieting-calculator>

Your macro number is based on basic information like gender, age, height, current weight and goal weight. Is counting macros the only way to lose weight? Definitely not. Weight loss is a basic math equation: Expend more calories than you take in each day.

Your body uses a minimum number of calories just to exist each day and keep your organs functioning. This is called your Basal Metabolic Rate. When people talk about their "metabolism slowing down", this would be referencing Basal Metabolic Rate.

Additionally, you burn calories through movement or exercise. The more calories you burn through exercise, the higher the likelihood that you'll expend more than you take in.

Between BMR and movement, if you consume fewer calories than you expend, you lose weight. If you consume the same as you expend, you maintain. And if you consume more than you expend, you gain.

So if losing weight is a math equation with calories, why bother with counting macros?

It's helpful to have real data that will produce real results instead of just "trying to eat healthy". Plus there are many benefits to getting the proper number of nutrients for your body, including:

- Less prone to nutrient deficiencies and the effects of that. Studies show that macronutrient balance is essential to preventing chronic disease risk
- Capability to influence your metabolism
- Able to build muscle more efficiently
- Improved control over your appetite. By manipulating and monitoring macronutrient intakes, you are able to control the hormone responsible for hunger

Plus, counting calories doesn't tell you anything about how balanced your diet is: for 1,500 calories a day, you could eat four slices of chocolate cake. Obviously this isn't healthy.

Most people find they're not eating enough protein and eating too much fat when they start counting their macros.

Let's use an example:

- Ann is 45 years old
- She is 5'4"
- She weighs 165 and would like to aim for 145

The macro calculator I use gives me this info for her:

- 1518 CALORIES PER DAY
- Carbohydrate: 130g
- Protein: 136g
- Fat: 51g

Ann feels like she eats plenty of protein. She eats 2 scrambled eggs every morning for breakfast. Everyone knows eggs are high in protein, right? Two eggs equal 12 grams of protein. She still has a long way to go.

I suggest a few tricks to hit protein numbers:

- Add liquid egg whites to your scrambled eggs. This adds protein but not fat.
- Eat protein bars, like RX bars
- Drink protein drinks, like Vital Proteins brand
- Focus on lean meat. Chicken breast is your biggest bang for your buck on high protein, low fat.

Why worry so much about being protein deficient? You could be having issues and not even know they're due to insufficient protein. Not getting enough protein leads to fatigue, swelling in your hands and feet, problems with hair, teeth and nails, slow healing and more.

Also protein is what feeds muscles so if you're doing any type of strength training, protein is very important.

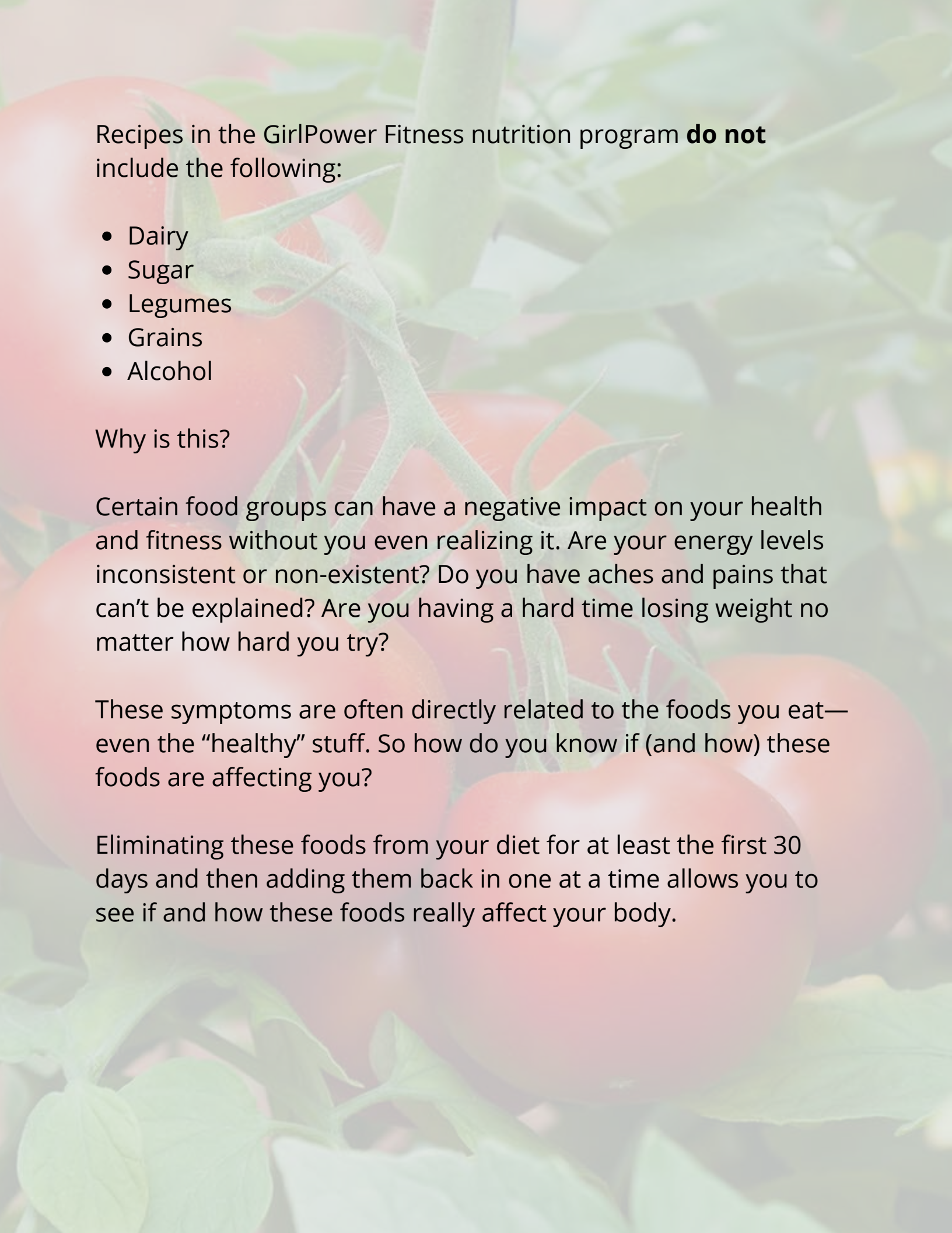
Once you use a macro calculator to determine your macros, it's fairly simple to start tracking them using an app like MyFitnessPal.

The food guidance at GirlPower Fitness focuses on eating real food/whole food nutrition

This is not a comprehensive list but a sampling of what whole food nutrition consists of:

- *Chicken
- *Beef
- *Turkey
- *Any type of fish
- *Pork (yes, bacon, too)
- *Eggs
- *Bison
- *Pumpkin seeds
- *Green peas
- *Nuts (except peanuts)
- *Nut butters
- *Coconut milk
- *Coconut oil
- *Avocados
- *Olive oil
- *All spices
- *Carrots
- *Celery
- *Cucumber
- *Jicama
- *Sweet potatoes
- *White potatoes
- *Mushrooms
- *Peppers
- *Onions
- *Okra
- *Squash
- *Butternut squash
- *Apples
- *Bananas
- *Berries
- *Oranges
- *Mango
- *Cherries
- *Grapes
- *Papaya
- *Melon
- *Lemons and limes
- *Pears
- *Sparkling water
- *Coffee
- *Tea

CLEAN & DELICIOUS



Recipes in the GirlPower Fitness nutrition program **do not** include the following:

- Dairy
- Sugar
- Legumes
- Grains
- Alcohol

Why is this?

Certain food groups can have a negative impact on your health and fitness without you even realizing it. Are your energy levels inconsistent or non-existent? Do you have aches and pains that can't be explained? Are you having a hard time losing weight no matter how hard you try?

These symptoms are often directly related to the foods you eat—even the “healthy” stuff. So how do you know if (and how) these foods are affecting you?

Eliminating these foods from your diet for at least the first 30 days and then adding them back in one at a time allows you to see if and how these foods really affect your body.

Surprising Things That Make You Gain Weight by Sheryl Kraft, <http://www.healthywomen.org/>

"I don't know why I'm putting on weight! I'm not overeating."

"Every year, my pants size goes up. They're not making clothes like they used to."

"I'm doing everything I've always done, but my weight is still going up."

Sound familiar? It's no wonder an estimated 45 million Americans diet each year and spend upward of \$33 billion annually on weight-loss products. Despite all that spending and dieting, nearly two-thirds of us are overweight or obese.

We're just not getting the results we're expecting. Instead, the scale barely budges—or may even be spiking. Maybe it's time to look for causes, before we look for answers.

Here are five top likely culprits in weight loss failures:

Thinking a food is a "diet" food

Some popular offenders: drinks like vitamin water, gluten-free breads and cookies, and foods labeled "low fat" or "low sugar" (like salad dressings or ice creams). A health claim does not necessarily equal fewer calories. Many of these foods have artificial flavors or other ingredients that make up for something that's being taken out. For instance, low-fat or fat-free food often means less or no flavor from fat. Other ingredients, particularly sugar, flour, salt and thickeners, are added to make up for that loss (which is your gain—in pounds, that is). Unlike the long-lasting satisfaction you may get from foods with some fat, foods with sugar or other additives may leave you feeling hungry again soon.



Eating while distracted

You're setting yourself up for overeating if you eat in the car, while watching television, standing up or talking on the phone—basically anywhere other than where it's best: sitting down and blocking out distractions. You may not even remember what—or how much—you're consuming. Pay more attention to what you eat. Slow down and savor your food. Eating is not just about hunger; it's also about attention and memory.

Rewarding yourself with post-workout splurges or treats

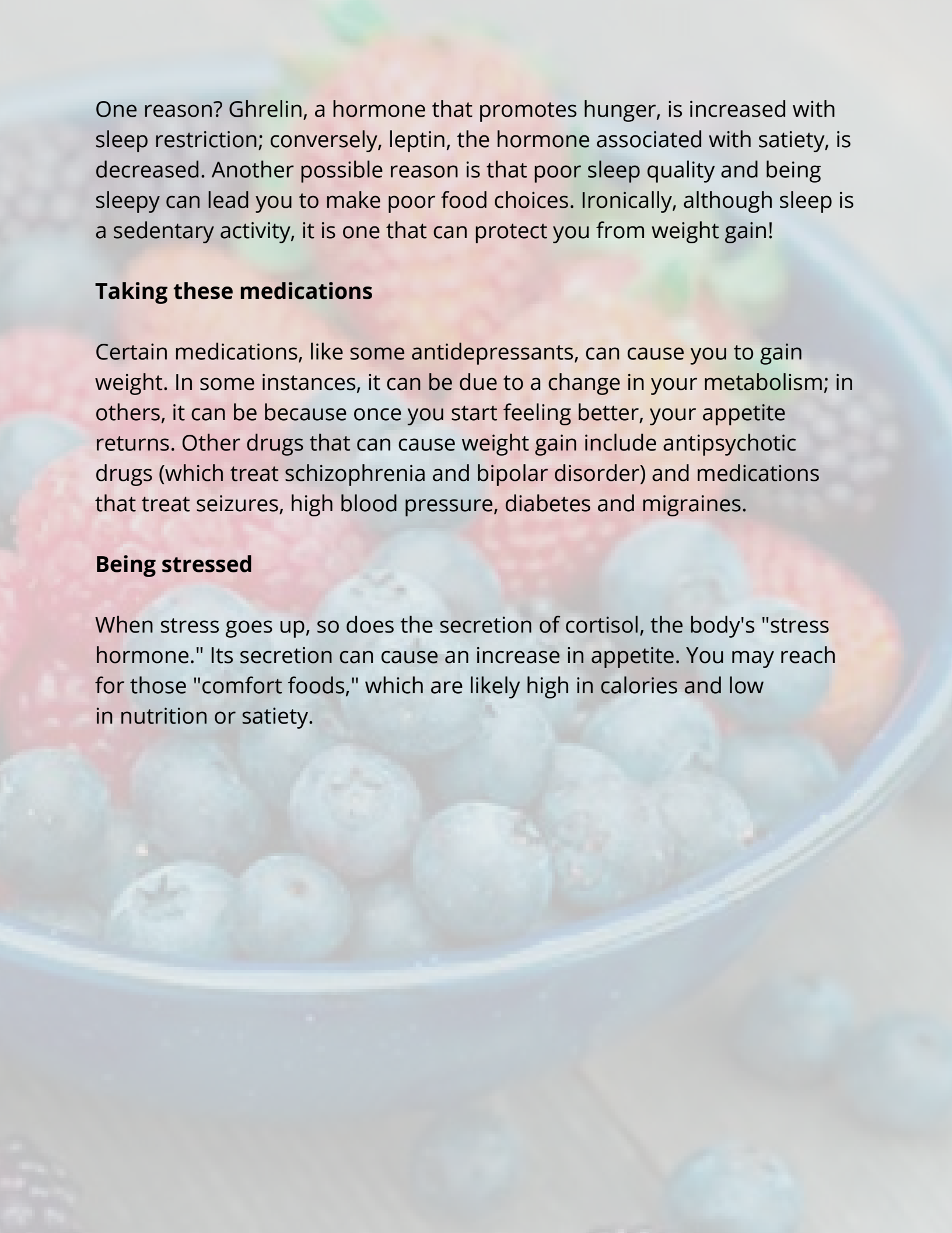
Yes, exercise burns calories—but not as much as you probably think. In fact, research shows that (depressing as it may sound) exercise alone cannot help you achieve significant weight loss. One reason? Many people overestimate by as much as four-fold the number of calories they burn, according to a study from the University of Ottawa. A typical 30-minute exercise session burns about 200 to 300 calories. Those calories are quickly replaced by drinking a bottle of Gatorade, for instance. Many people reward themselves after exercising with too much food, often replacing (or exceeding) the calories they just burned.

Thinking healthy food doesn't put on weight

A study in the *Journal of the Association for Consumer Research* found that people are likely to consume more food if they perceive it as healthy food. They order larger portions, eat more and feel less full. These findings support the researchers' theory that people think healthy foods are less filling than unhealthy ones.

Skimping on sleep

Many studies have found an association between sleep and obesity. One found that people who got less than six hours of sleep a night are about 30 percent more likely to become obese than people who sleep more.

A close-up, slightly blurred photograph of a bowl filled with fresh raspberries and blueberries. The raspberries are a vibrant red, and the blueberries are a deep blue with a slight white bloom. The bowl is light-colored, and the background is out of focus.

One reason? Ghrelin, a hormone that promotes hunger, is increased with sleep restriction; conversely, leptin, the hormone associated with satiety, is decreased. Another possible reason is that poor sleep quality and being sleepy can lead you to make poor food choices. Ironically, although sleep is a sedentary activity, it is one that can protect you from weight gain!

Taking these medications

Certain medications, like some antidepressants, can cause you to gain weight. In some instances, it can be due to a change in your metabolism; in others, it can be because once you start feeling better, your appetite returns. Other drugs that can cause weight gain include antipsychotic drugs (which treat schizophrenia and bipolar disorder) and medications that treat seizures, high blood pressure, diabetes and migraines.

Being stressed

When stress goes up, so does the secretion of cortisol, the body's "stress hormone." Its secretion can cause an increase in appetite. You may reach for those "comfort foods," which are likely high in calories and low in nutrition or satiety.

Please contact GirlPower Fitness
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