

# PERFORMANCE

EXECUTIVE FITNESS

## NUTRITIONAL COUNSELING

**Big Idea #1:** In order to lose weight you must increase your energy output and/or decrease your energy input. Translated: exercise more and/or eat less. To maintain weight, you must find a balance between the amount of food you eat and the amount of energy you use daily. The idea is number one for a reason...you can eat all the healthy, or No Worry Foods, you want but if you eat too much, you can't lose weight.

**Big Idea #2:** Insulin is responsible for many things, but our focus is on its ability to cause your body to store calories that you may not want it to. In order to control insulin, you must be aware that different foods elicit different insulin responses. The glycemic index is a way of knowing what food will cause what response. Eating low to moderate glycemic index foods will help your body use more calories for energy and put less in storage. You should choose foods with G.I.s of less than 40 most of the time and never higher than 60.

**Big Idea #3:** Fats are not all bad. There are different types of fats and some of them are good for you. Saturated fats and trans-fatty acids should be avoided. Mono- and poly- unsaturated fats have attributes that are beneficial and should be made part of an everyday diet.

**Big Idea #4:** Carbs are not all bad. In fact, fiber is a very important part of an everyday diet, contributing to many aspects of health. Complex carbs differ in the amount of insulin response invoked by their consumption, and the amount that should be in the diet should be determined on an individual basis, dependent on your personal goals. Simple sugars should be avoided.

**Big Idea #5:** Adequate protein intake is very important, and the quality of the protein eaten is just as important. High quality proteins can be obtained through animal sources and soy products or through the combination of complementary low quality plant proteins. Including protein in each meal leads to a longer feeling of fullness as well as increasing the thermic effect of the meal, causing more energy to be used to simply digest the food.

**Big Idea #6:** Your meals should be combinations of nutrients. This will ensure several things: 1) variety to prevent boredom which will allow you to maintain habits longer, 2) adequate intake of all nutrients, especially protein and fiber to keep metabolism high and meals satisfying, and 3) good control of insulin to ensure efficient nutrient use.

**Big Idea #7:** There are pros and cons to choices in all of the different nutrient and food groups. The decisions that you make about what to eat should be based on what you know about each group and what you need at the time. Make lean protein, fruits and vegetables, and high fiber products the mainstay of your diet.

**Big Idea #8:** Eat 5-6 small meals a day. This will provide the body with a constant stream of fuel and will keep the metabolism active. While this many meals in a day may initially sound difficult, it is simply breakfast, lunch, and dinner with a couple of snacks thrown in. Remember the energy balance equation and that the total amount of calories consumed is as important as what type of calories are consumed.

**Big Idea #9:** Balance is key. You should get a good variety of many different types of foods. This will prevent boredom with the food choices you make and allow you to gain the benefits that result from eating a wide variety of foods. Remember there are no "bad" foods. Just eating too much of them. Remember portion control.

**Big Idea #10:** A good rule of thumb to promote weight loss is "*Never* feel too full." When we eat to the point of feeling uncomfortable, we have eaten far too much. Often this is the result of eating too fast. It is best to eat slowly, and to eat until you are just short of full, but satisfied.

**Big Idea #11:** Wash it all down. Although there has been no mention of it up to this point, water is an absolutely essential part of any diet regimen. Dehydration is detrimental to digestion, leaving you feeling lethargic and can possibly result in cramping. Ten glasses of cold water a day will leave you feeling refreshed and ensure that everything runs smoothly. Keep a water bottle full and handy, and take regular drinks. By the time you feel thirsty, you have actually already reached a state of slight dehydration.