

PULSE FITNESS

# NUTRITION GUIDE



# HEY THERE!

This program is designed to help you achieve and maintain a healthy weight by providing a balanced diet of proteins, carbohydrates and fats in suitable quantities. A well balanced diet is easier to maintain because you are providing your body with all the essential nutrients as opposed to a calorie deficient diet which promotes rapid weight loss which is hard to maintain once you increase your calorie intake. Below are a few foods that should be avoided, they lack essential nutrients or they have high quantities of saturated fats. Each nutrient has a role to play within the human body and must be consumed in proper proportions. Each section lists healthy foods you need to be consuming and below the 7 day plan is a guide on portion sizes.

Foods to avoid:

- Fast foods
- Sugary drinks
- Processed foods (hot dogs, hamburgers etc)
- Sugars (Gummi bears and jelly beans etc)
- Refined foods (white bread, white pasta etc. Choose whole grain options)

# PROTEINS

You want to ensure you are providing your body with good lean protein to help build lean muscle. Protein is essential for growth, maintenance and repair of bodily tissue. Enzymes in the body are made of protein and they control the rate and pattern of all chemical reactions in the body. Some hormones are also made of protein, these have a variety of functions such as insulin which controls blood sugar levels.

Good protein sources:

- Steak (Top or bottom round)
- Pork Chops
- Chicken Breast
- Turkey Breast
- Tuna
- Salmon
- Tilapia
- Lentils
- Edamame
- Greek yogurt
- Cottage cheese
- Eggs

# CARBOHYDRATES

The main function is to provide your body with the energy you need to get through the day. Muscle cells rely on carbohydrates for contraction when exercise intensity is high. As part of a well balanced diet it is recommended that 50-60% should be provided by carbohydrates depending on activity levels. Complex carbohydrates such as the ones listed below are recommended because they provide more nutrients and dietary fibre than a spoonful of sugar for example. This dietary fibre provides bulk which helps keep you feeling satisfied for longer.

Good Carbohydrate sources:

- Sweet potatoes
- Quinoa
- Beans
- Yam
- Cassava
- Breadfruit
- Brown rice

# FATS

Fats are crucial for aiding in normal metabolic function, for this reason you need to ensure that you consumes the good fats to promote these benefits. Fat not only serves as an energy source but it is also responsible for the construction of every cell in our body and regulation of most of bodily processes. Fat also helps in the transport of the fat soluble vitamins A, D, E, and K, keeps the body insulated and maintains healthy hair and skin. Monounsaturated and polyunsaturated fats are good for the body and help lower LDL cholesterol levels in the blood. Omega-3 fatty acids are good for brain function and reduce inflammation.

Good Fat sources:

- Monounsaturated Fats
- Polyunsaturated Fats
- Nuts
- Olive oil
- Avocados
- Grape seed oil
- Corn Oil
- Canola Oil
- Omega-3s
- Salmon
- Mackerel
- Herring
- Walnuts
- Flaxseeds

# VITAMINS & MINERALS

A variety of fruits and vegetables should be consumed daily. These fruits and vegetables provide vitamins, mineral, dietary fibre and antioxidants to help keep to body healthy. When cooking your vegetables it is advised to cook them for as short as possible in as little water as possible to retain the nutrients, steaming and quick stir frying is recommended.

Each vitamin and mineral has a specific function in the body but work in synergy. Since vitamins and minerals have different major sources for each it is recommended that you consume a variety of brightly colored fruits and vegetables and dark green leafy vegetables to get all the nutrients the body requires.

# WATER

Water is constantly lost throughout the day by breathing, sweating, and excretion of waste so it is important to stay hydrated. IT is the base fluid for blood so it provides transport around the body for nutrients, oxygen, vitamins and minerals.

Water regulates body temperature and needs to be kept constant so that metabolism and other bodily functions remain efficient. It is recommended that you consume 1 - 2 liters of water per day, excess will simply be excreted.

# SERVING SIZES

## **Meats:**

3 - 4 oz approximately the size of your hand.

## **Vegetables:**

1 Cup green leafy vegetables or one handful

1 Cup chopped vegetables

½ Cup cooked vegetables

## **Fruits:**

½ Cup of approximately one handful

## **Nuts:**

⅓ Cup of nuts (½ handful)

½ Lentils/ beans

## **Carbohydrates:**

½ Cup cooked rice or oatmeal etc (approximately the size of a baseball)

# SEASONINGS

Eating healthy does not need to be bland and tasteless. In fact there are loads of seasonings you can use which offer extra health benefits!

With these tasty seasonings you can cut back on the salt that you use while you cook.

- Cayenne Pepper
- Black pepper
- Garlic
- Turmeric
- Cinnamon
- Cilantro
- Ginger
- Oregano
- Mustard
- Basil
- Bay leaf
- Chili powder
- Chives
- Curry powder
- Paprika
- Rosemary
- Sage
- Lemon juice
- Thyme

# STAY STRONG!

Once you get used to eating healthy it becomes so much easier to avoid junk food and fast foods. You need to make sure that you are nourishing your body with clean and healthy food sources to get the best results out of your program.

Every now and then you may crave chocolate or maybe some candy, this is what the cheat meal is for, you fulfill your cravings to avoid binge eating at later date. It may be difficult at the beginning but don't give up on yourself too soon. If your cheat meal turns into a cheat day just wake up the next morning and start fresh, don't give up or feel like you've failed because of that one day.

Good luck on your fitness journey, I can't wait to see your results.

Remember when you feel like quitting just think about why you started!