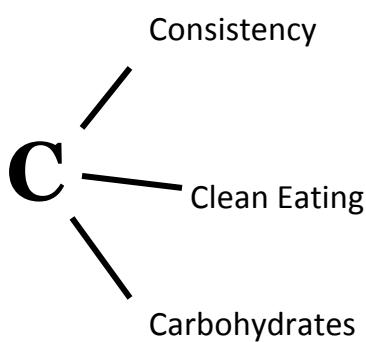


ST Trainer Tri-Diet C³ }



Losing weight is much like training for an Endurance Event. It takes practice. It takes time. It requires commitment. It demands courage. If you want to feel good, perform optimally, and shed a few pounds, there are three main components of nutrition you should focus on: Consistency, Clean Eating, and Carbohydrates. Your coach will provide you with a prescribed calorie amount and a sample menu. If you combine those tools with these principles, you have the Tri-Diet.

Consistency

Most Americans think they are entitled to have one “Splurge Day” each week. It is not uncommon for that to include Chips, Salsa, Queso, Fajitas, and a few Beers. Such a meal is assured to be over 1000 calories and 100 grams of fat. You can easily undo all the hard work you have accomplished cutting calories and exercising by allowing yourself such “Splurge Days.” If you choose to eat out, you are likely choosing to eat 3x the sodium, fat, and calories compared to if you prepared the same food at home. The honest truth is that such “Splurge Days,” can only safely fit into your nutrition plan 1x per month, and that is for maintenance of weight. To lose weight, it takes **consistency** with managing your energy intake (food) with your energy expenditure (exercise and activities of daily living). You will have to learn how to cut back on calories on rest days and how to burn more calories on planned “Splurge Days.”

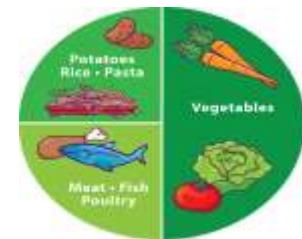
It may take six months or even more than a year to lose your unwanted weight. The slower your rate of weight loss, the more likely you are to keep it off. That is why it is best to consider the Tri-Diet as a way of life, not a weight loss plan. We all experience set-backs with weight loss, be it an injury, demanding schedule, or holiday season. The difference in successful weight managers and over-weight individuals is consistency. When set-backs come, even successful weight mangers may be temporarily derailed. But they are intentional about recovering lost ground. They do not give up. They get back to how they know they should eat and exercise as soon as possible. So you may find that you take 3 steps forward, and then 2 steps back with your weight management. Just remember, if you consistently stay the path, eventually you will make positive progress.

Clean Eating

All food is good. There is no bad food, except what is old and moldy. Processed food, fatty food, sugary food, and salty food can all fit into your diet as long as you practice balance, variety, and moderation. Focusing on **Clean Eating** will help you eat properly. To eat clean means to choose more natural, whole foods. Include more fruits, vegetables, lean protein, low-fat dairy, and whole grains. Minimize all processed foods, which are often high in fat and have added sugar and sodium.

20-30% of total calorie intake should come from fat. Choose healthy fats. If you eat bad fat, you wear it. Healthy fats, such as in nuts, seeds, and fatty fish contain Linoleic and Linolenic acid, which act as natural anti-inflammatory agents.

Ensure half of every meal is fruit and/or vegetables. You should not need supplements if you consume all the vitamins and minerals you need, which are abundant in fruits and vegetables. Produce also supplies ample fiber and bulk to keep you full and satisfied. It is unlikely you will eat too many fruits and vegetables.



Most of us need at least 25g. of fiber per day. This is not easily achieved. You must be deliberate about including whole grains with every meal and snacks. Cereals are one of the easiest ways to achieve this. Focus on only allowing yourself whole grain baked goods. This will certainly assist you in choosing clean foods.

You need at least three low fat dairy servings daily. This helps replenish calcium lost in sweat and it minimizes potential cramping. Research shows it also may help you achieve a healthy body weight. String cheese, yogurt, and cottage, make great snack options. Chocolate milk is a perfect recovery drink after ninety minutes or more of continuous exercise.

C → **Consistency**
→ **Clean Eating**
→ **Carbohydrates**

Carbohydrates

Your body's primary preferred fuel source is **carbohydrates**. You can never use more than ten percent of protein intake for fuel. Fat is a reserve fuel source, which is best utilized by exercising. Even then, carbohydrate must be present in order to utilize fat for fuel. Fortunately your body has a large storage capacity for carbohydrates (up to 3000 calories worth). 60-85% of an athlete's diet should be comprised of carbohydrates.

One of the most common mistakes athletes make is to consume excess protein. Excess protein steals calories away from the amount of carbohydrates you should be eating. Adequate protein is important for growth and recovery with training. But if you take in more protein than you need, your body cannot store it. Excess protein is turned to fat. If you eat meat (fish, poultry, etc.) with at least one meal per day, along with your whole grains and low-fat dairy servings, you are likely consuming adequate protein.

Carbohydrates come in many forms. Fruits, vegetables, dairy products, sugar, grains, legumes, and many beverages are carbohydrates. This makes it easier to ensure a majority of your calorie intake comes from carbohydrates. The difficult part is making sure the carbohydrates you consume are quality. You need complex and simple carbohydrates. Specifically, you need more of the complex carbohydrates, which are found in whole grains (should contain at least a few grams of fiber per serving), beans, potatoes, pasta, fruits, vegetables, nuts, and seeds. You should limit simple sugars, except before, during, and after extended training periods. Simple sugar sources include things like dessert, most sauces, soft drinks, and candy.

*Note: You may want to take multiple menus so that you have one reflecting your calorie needs on days you do not exercise and one that reflects your calorie needs on exercise days.

For further questions or concerns regarding how to optimize your nutrition, contact Healthlete.

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