



Nutrition Handouts for Inner Fit Weight Loss Program

Food serves a very important purpose for us. Food fuels our bodies, nourishes our growth and repair, and sustains our lives. *Inner Fit's intention in our nutrition program is education.* We want to share with you manageable ways to reach your goals through nutrition and all it has to offer. Let's begin with a little foundation and make sense of nutrition.

CHOOSE CALORIES WISELY - 1200 to 1500 Women / 1500 to 1800 Men

Calories are simply guidelines to help you establish boundaries for your weight loss goals. The reason we give you two targets to work from is to help you find your happy weight release margins. Begin with the higher number on the calorie scale (women 1500 and men 1800). If you find yourself losing weight, stay there, but if not, it is important to shift the calories down.

One important point to make is to not to starve yourself. *Restricting calories to a starvation point will cause muscle tissue to be eaten away and therefore, your body will begin to store more fat.* Gimmick diets like ISOGENICS or other shake based weight loss products will not help you in the long run. Nutrition is about whole foods.

The second point to understand is that *all calories are not created equally.* For example, 500 calories of two different types of food sources will have two dramatically different affects on your body.

Let's take a look at 4 different types of food with an average of calories between 500-800. What do you notice? Which of the 4 food in the chart below could you easily polish off in one movie? If you said M&M's, you would be correct. It is very easy to sit down in a movie theatre with a bag of candy and finish it, but could you imagine eating 40 cups of celery or 7 apples to get the same number of calories? You would be in emergency because your body could not handle the amount of fiber.

	Apple	Chicken	M&M's	Celery
Serving Size	7 Apples	18 oz	5.3 oz bag	40 cups (yes 40 cups)
Calories	557	561	752	566
Carbs	147.8g	0g	106.5g	138.6
Sugar	113.3g	0g	97.1	73.9g
Protein	2.8	117.8g	6.3g	27.9g
Fibre	25.7g	0g	3.1	64.6g

You eat roughly the same amount in fiber each and every day. If you feel hungry and are having cravings, chances are high that you consumed high calorie foods that were low in fiber and most importantly, nutrients. **Your body CRAVES nutrients.** When you don't get the vitamins and minerals it needs to function, you will keep getting messages that you are hungry.

Why is this important for weight loss? Because if you are eating foods high in fiber and nutrients, you will eat less calories overall, and when you eat less calories overall, **YOU LOSE WEIGHT.**

TIP: Today there are so many nifty little apps on our devices that can help us track calories, carbs, proteins, and fats; all you have to do is start by using them. Once you get the hang of how many calories your foods have, you won't need to use the apps as often. Some suggestions are calories king, my fitness pal, my net diary.

What Does 1200 Calories Look Like?

A lot of people fight this calorie guideline but it is a valuable starting point. *It is important to remember, 1200 calories for women and 1500 calories for men of whole foods would be extremely filling when done properly.* Let's take a look at what a 1200 calorie day looks like ...for the men, add an extra meal or increase your portions.

Breakfast:

- 3 Egg Omelette with 1/2 red pepper, 5 mushrooms, cup of spinach, sprinkle of feta

Lunch:

- 3 cups of romaine lettuce, 4 oz of salmon, 2 tbsp of Italian dressing

Snack:

- 1/2 Scoop of Protein Powder, 1 cup of frozen berries, water
- 4 Celery Pieces

Dinner:

- 5 ounces of chicken, 2 cups of steamed broccoli, 1 oz of goat cheese, balsamic vinaigrette

Total Calories, Carbs and Protein

- 1186 Calories
- 68.9 grams of Carbohydrates
- 131.9 grams of Protein

DO NOT COUNT GREEN VEGETABLES IN YOUR TOTALS - Why? Part of my experience in helping people reach their weight loss goals is knowing that people do not eat enough green vegetables, so **do not count your green vegetables in your calorie or carbohydrate count. I know this is unconventional but it works.** Green vegetables are full of fibre and help with weight loss and there is no need to count them in your calories, so fill your body up with green juices, green vegetables and watch your waistline shrink!

Use those extra calories for healthy fat like adding UDO's oil to your smoothie or adding nuts into your snack packs. **If we were to take out the green vegetable calories and carbs in the total above, this is what your totals look like...**

Total Calories, Carbs and Protein

- 974 Calories
- 38.9 grams of Carbohydrates
- 131.9 grams of Protein
- **Which means you could add another meal and imagine how full you would be?!**

EAT FAT!

Of the three macronutrients—protein, carbohydrate, and fat—fat is the most misunderstood. During the low-fat craze that began in the 1970s, all types of fat were avoided at all cost. In truth, certain types of fat are critical for hormonal balance, weight loss, brain health, and proper cardiovascular function.

Fat should not be avoided. While fats are the most energy dense of all the macronutrients, they are a vital part of a healthy nutrition plan. ***Diets high in saturated fats, such as lard, should be avoided.*** Saturated fats keep lipolytic enzymes (enzymes that break down fat for energy) dormant, thus promoting increased fat stores, not to mention the health risks that are involved in diets with high amounts of saturated fatty acids. Trans-fats are made through hydrogenation that solidifies oils (unsaturated fats). Trans-fat sources include margarine, cookies, crackers, and most snack foods.

Unsaturated fats, both mono and polyunsaturated fats are oils and are both healthy sources of fat, if taken in moderation/low amounts. This is because many unsaturated fats are essential; our body does not make them. Without these fats, our bodies would not function properly, and you need proper functioning if you want to lose fat. Great sources of these types of fats are olive oil, flaxseed oil, Udo's oil, corn oil, soybean oil, salmon, tuna, cod, walnuts, peanuts, sunflower oil, and safflower oil.



The many roles of fat: The inclusion of fats (also called fatty acids) in the daily diet is critical for overall health and wellness. Fats are a part of every cellular membrane in the body. Cell membranes are integral to the overall quality of health. They regulate the outside barrier that allows the transport of nutrients and glucose and protect against toxic exposure.

Benefits of Fat

- build healthy brains: omega-3 fats provide structure to the myelin sheath in the brain
- **keep arterial walls flexible and improve blood flow**
- produce hormones: fats are structural components of some of the most important substances in the body, including prostaglandins, hormone-like substances that regulate many of the body's functions
- help the body use vitamins such as A, D, E, and K, which are fat-soluble vitamins; fat in foods helps the intestines absorb these vitamins for use by the body
- **promote antiaging and maintain healthy, beautiful skin**
- form a protective cushion for our organs, especially the kidneys, heart, and intestines, to protect them from injury and hold them in place

Unsaturated fats are called good fats. This is because they can lower LDL (bad) cholesterol levels, ease inflammation, and may play a beneficial role in many other health systems.

Monounsaturated fats

Monounsaturated fats are usually liquid at room temperature but start to solidify when chilled. **Healthy Sources:** vegetable oils such as olive oil, peanut oil, and sesame oil; macadamia nuts; almonds; and avocados.

Polyunsaturated fats

Polyunsaturated fats are usually liquid at room temperature as well as when chilled. Recent research shows that subjects who replaced saturated fat with polyunsaturated fat reduced their risk of coronary heart disease by 19 percent. **Healthy sources:** vegetable oils, including soybean oil, corn oil, flax oil, and safflower oil, as well as fatty fish such as salmon, mackerel, herring and trout; and some nuts and seeds such as walnuts, flaxseeds, and sunflower seeds.

Essential fatty acids

These are polyunsaturated fats essential for the body to function that cannot be made by the body and therefore must come from the diet. There are two main types of essential fatty acids: omega-3 and omega-6. The ideal ratio of omega-3 to omega-6 fatty acids in our diet should be between 1:2 and 1:4.

Unfortunately, the typical North American diet is critically low in omega-3 intake with a ratio of omega-3 to omega-6 ranging between 1:14 and 1:25.

- **Omega-3 fatty acids** are found in foods such as fish (and fish oils) including wild salmon, herring, sardines, rainbow trout, kippers, and mackerel as well as flax-seeds, flax oil, walnuts, and omega-3 enriched eggs.
- **Omega-6 acids** are found in foods such as soy and safflower oil; sunflower, pumpkin, and sesame seeds; nuts; and borage and primrose oils.

The Canadian Heart and Stroke Foundation recommends:

- Women should limit their total fat intake to 45 to 75 g per day.
- Men should restrict their intake to 60 to 105 g per day.
- Only 20 to 35 percent of our daily calories should come from fats.

While monitoring the amount of fat you consume is important, remember to choose good fats—your body needs them for optimal functioning.

What about low-fat foods?

While opting for low-fat dairy products and lean meats is a good idea, do not mistake the claim of “low fat” by processed food manufacturers for healthy. Fats make food taste good and offer a satiating mouth feel or texture when consumed. ***When food manufacturers remove fat from an item and make a low-fat claim, oftentimes they add sugar to enhance taste.***

Unfortunately, sugary foods that are labelled low fat are often high in calories. As a general rule, avoid cakes, cookies, muffins, and ice cream that are labelled low fat, and stick to healthy fat foods such as nuts, seeds, and avocados. If you want to indulge in a sweet, opt for naturally sweet foods such as fruits and dark chocolate.

EAT PROTEIN!

Quality protein is important. *There are nine essential amino acids that we must get from food.* Eating a variety of protein sources will ensure that you are getting all nine of these amino acids. Quality sources are usually in the form of animal tissue such as beef, fish, chicken, and eggs. However, you can get all nine amino acids from mixing beans and corn. Also, tofu and enriched soy can also yield quality protein. *A lot of the new literature is stating that athletes may benefit from increasing protein intake to 1.2-1.6 g of protein/kg of body weight.* If you do decide to increase protein intake, you might want to consider **increasing water intake** also in order to keep your kidneys healthy.

Protein & Weight Loss: Protein has the ability to make the body feel full as it does not affect the blood sugar levels, therefore, one consumes less food throughout the day when they consume more protein. Proteins will also help you regenerate muscle tissue as you strength train.

1. Chicken, light meat only

Amount: 4 ounces, cooked
Protein (g): 35.1 ; Fat (g):
5.1 ; Calories: 196

2. Turkey breast, deli, skinless

Amount: 1 ounce, sliced
Protein (g): 6 ; Fat (g): <2 ;
Calories: 25

3. Sirloin top steak, broiled, lean only

Amount: 4 ounces, cooked
Protein (g): 34.4 ; Fat (g): 9.1 ;
Calories: 229

4. Salmon, fresh, Atlantic farmed, baked, broiled

Amount: 4 ounces, cooked
Protein (g): 25 ; Fat (g): 14 ; Calories:
234

5. Trout, rainbow, fresh, farmed, baked, broiled

Amount: 4 ounces, cooked
Protein (g): 27.5 ; Fat (g): 8.2 ;
Calories: 192

6. Tuna, fresh, baked, broiled

Amount: 4 ounces, cooked
Protein (g): 33.9; Fat (g): 7.1 ;
Calories: 209

7. Tuna, canned, solid light in water

Amount: 4 ounces, drained
Protein (g): 26 ; Fat (g): 1 ; Calories:
120

8. Milk, fat free

Amount: 8 ounces
Protein (g): 8.4 ; Fat (g): 0.4 ;
Calories: 86

Soy, Nuts, Eggs, Beans

9. Black beans, canned
Amount: 1/2 cup
Protein (g): 7 ; Fat (g): 0 ; Calories:
80

10. Boca Burger, Vegan

Amount: 1 patty
Protein (g): 18; Fat (g): 2.5 ;
Calories: 130

11. Egg, hard boiled

Amount: 1 large
Protein (g): 6.2 ; Fat (g): 5 ; Calories:
74

12. Egg, white only

Amount: 1 large
Protein (g): 3.5; Fat (g): 0 ; Calories:
17

13. Peanut butter, creamy

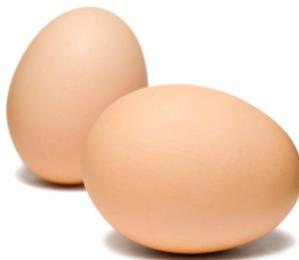
Amount: 2 tablespoons
Protein (g): 7.9 ; Fat (g): 16;
Calories: 188

14. Soybeans, green, boiled, drained

Amount: 1/2 cup
Protein (g): 11.1 ; Fat (g): 5.8 ;
Calories: 127

15. Tofu, raw, firm

Amount: 1/2 cup
Protein (g): 19.9 ; Fat (g): 11 ;
Calories: 183



CARBOHYDRATES!

If you've forgotten everything you ever learned in biology, just remember this and "own" it:

Carbohydrate drives insulin, insulin drives fat to be stored in the body (Cahill 1965, and Taubes 2007). The idea is to **limit your carbs to only those you need to provide glucose for the brain and for some reasonable amount (certainly less than an hour) of occasional anaerobic exercise.** Ideally, we would like most of our daily energy to come from dietary or stored fats (therefore you are actually using the body fat you want to get rid of on your stomachs, thighs, butts etc.)

Typically, (if you are at an ideal body composition now) I use a rule of thumb that 100-150 grams of carbohydrate per day is plenty to keep you out of ketosis (and ketosis is NOT a bad thing) but away from storing the excess as fat if you are the least bit active. Don't forget that your body can make up to 200 grams of glycogen from fats and protein every day, too. On the other hand, **if you are looking to lose body fat, keeping carbs to under 80 grams per day will help immensely in lowering insulin and taking fat out of storage.** On the other hand, if you are insistent on training hard for long periods of time, you would add more carbs (say, 100 per day extra for every extra hour you train hard ie 2+ hours of training). It becomes a matter of doing the math and experimenting with the results.

Ironically, it's tough to exceed 100 grams of carbs even if you eat tons of colorful vegetables – as long as you eat well and consume little or no grains, no sugars and few starchy vegetables (potatoes, yams, beets, legumes, etc). Even if you eat a ton of vegetables AND a fair amount of fruit, you'll be hard pressed to exceed 150 grams of carbs on average per day. At 4 calories per gram that's only between 400 and 600 calories per day. Add that in to the protein above and our sample is barely at 1,000 calories on the high end. So where does the rest of the fuel come from? Fats and Proteins.



Let's take a look as to what happens when you eat carbs and what you have to do to in order to access stored body fat...

If You Consume 300 or More Carbs per Day – “I Keep Gaining Weight” Zone:

One's body, especially those with low activity levels (less than one hour of intense physical activity per day) will continue to gain weight each year. Not only will the weight continue to pile on but people who eat more than 300 grams of carbs per day are never able to access stored body fat as a fuel source and therefore never able to release unwanted body fat. “All but the most extreme exercisers will tend to produce excessive insulin and store excessive fat over the years at this intake level. Increases risk for obesity, Metabolic Syndrome and type 2 diabetes.”^[ii] **Leads to Weight gain, diabetes, excess fat storage, toxin build up, inflammation, increased disease. Requires 4-5 hours of cardio per day to continue eating this way**

Examples of carbs this group eats: bread, cereal, pasta, rice, waffles, pancakes, soft drinks, juices, flavored drinks, ice cream, chips, packaged snacks, sweets, desserts, etc. Most of the carbs consumed by this group are unhealthy, highly processed carbs with little or no nutrient value.

If You Consume 150 – 300 Grams of Carbs per Day – “I Can't Lose the Weight” Zone

This group has tried every diet on the planet. They tend to be “stuck” at a certain weight and gain and lose the same 5 lbs over and over again. They are continually frustrated with their body and how much they are working out. This group is usually more active but can't seem to lose the weight because they are eating what they are burning in exercise. They lead a moderately active lifestyle but continue to crave carbs no matter what they do. Sometimes the sugar cravings can be very intense and they feel they have no choice but to satisfy it with an ice cream or sweet treat on a daily basis. The continued sugar and carb intake leads to insulin release which is preventing their body from **ever burning fat**. Continue to lead to many diseases as stated above. **Requires 2-3 hours of cardio per day to continue eating this way**

Example of carbs this group eats: whole wheat breads, high fiber cereals, whole wheat pastas, tropical fruit in large quantities, multigrain bagels, granola bars, bran muffins and they still consume their treats but not as frequent as the 300 carb zone people. A bigger problem is they generally lack enough protein and healthy fat intake to offset their carb craving which means they are still having sugar or “hunger” cravings when they are not hungry.

If You Consume 100-150 Grams of Carbs per Day “The Maintenance Zone-Happy Healthy Body”

This group watches what they eat, consumes only healthy carbs except for the occasional cheat day and chooses foods that are nutrient based. When this group combined with exercise, they can enjoy the benefits of their body burning fat effectively and still see continual muscle mass improvements. Their results are gradual; .5-1 lbs weight loss per week or they are maintaining a healthy body weight. This group can sustain high levels of intensity in fitness because they are using the fuels in their body efficiently. This group feels vibrant, healthy and full of energy. Going for a run or bike ride is enjoyable because their body utilizes their energy properly and makes them feel good. Their body is not toxic so extreme exercise or intervals do not make them sick.

Examples of carbs this group eats: Dark leafy greens, nutrient packed fruit with low a Glycemic index, beans, lentils, legumes, seeds, nuts, an abundance of fish and healthy proteins. They stay away from most breads, cereals and pastas but do enjoy the occasional carb meals. They also eat very little processed foods because their carbs come from healthy sources so it would be hard to find a bag of chips or chocolate bar stashed in their house.

If You Consume 50-100 grams/day – Primal Sweet Spot for Effortless Weight Loss

Minimizes insulin production and **ramps up fat metabolism**. By meeting average daily protein requirements (.7 – 1 gram per pound of lean bodyweight formula), eating nutritious vegetables and fruits (easy to stay in 50-100 gram range, even with generous servings), and staying satisfied with delicious high fat foods (meat, fish, eggs, nuts, seeds), you can lose one to two pounds of body fat per week and then keep it off forever by eating in the maintenance range.

Examples of carbs this group eats: dark green vegetables, low Glycemic fruits, nuts, seeds. This group will consume a higher amount of protein and healthy fats such as, eggs, chicken, turkey, nuts, tofu, varieties of fish etc. The increased protein wards off cravings and the body starts to feel better soon.

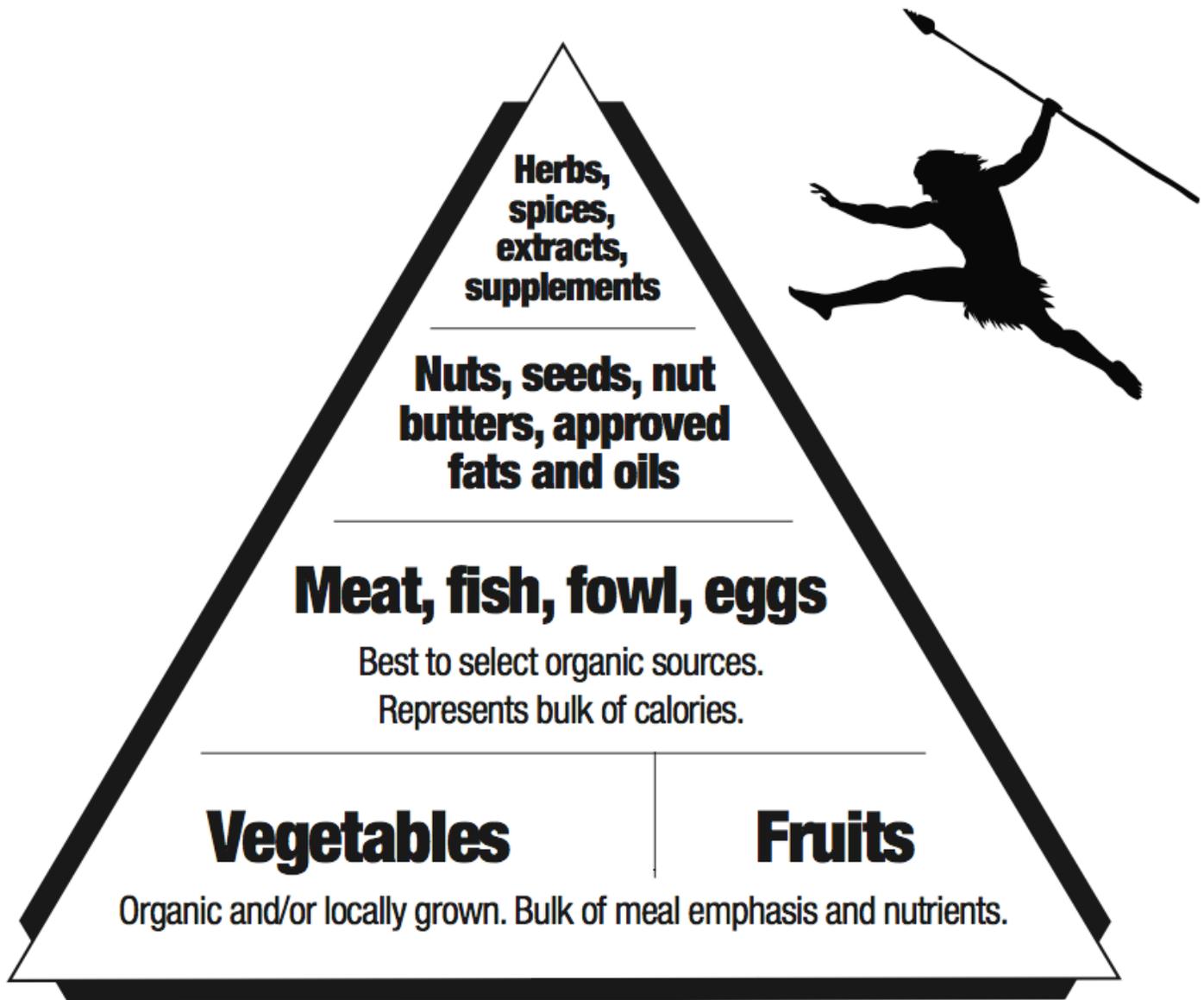
If You Consume 0-50 grams/day – Ketosis and Accelerated Fat Burning

Acceptable for a day or two of Intermittent Fasting towards aggressive weight loss efforts, provided adequate protein, fat and supplements are consumed otherwise. May be ideal for many diabetics. **Not recommended as a long-term practice for otherwise healthy people due to resultant deprivation of high nutrient value vegetables and fruits.** High protein and fat consumption is crucial to this category.

How many grams of carbohydrates are you consuming? That's easy, write down everything you ate the past three days ... It is crucial that you have an understanding of what your past food looks like

Day 1	Day 2	Day 3
Total Carbs:	Total Carbs:	Total Carbs:

What A Healthy Food Guide Actually Looks Like ...



Nutrition: Reviewing the Basics

Eat: Meat, fish, eggs, vegetables, fruit, nuts, seeds, high-fat dairy, fats, healthy oils and maybe even some tubers and non-gluten grains.

Don't Eat: Sugar, HFCS, wheat, seed oils, trans fats, artificial sweeteners, "diet" and low-fat products and highly processed foods.

Foods to Avoid: You should avoid these 7 foods, in order of importance:

- **Sugar:** Soft drinks, fruit juices, agave, candy, ice cream and many others.
- **Gluten Grains:** Breads and pastas.
- **Trans Fats:** "Hydrogenated" or "partially hydrogenated" oils.
- **Artificial Sweeteners:** Aspartame, Saccharin, Sucralose, Cyclamates and Acesulfame Potassium. Use Stevia instead.
- **"Diet" and "Low-Fat" Products:** Many dairy products, cereals, crackers, etc.
- **Highly Processed Foods:** If it looks like it was made in a factory, don't eat it.
- **Take Out Foods:** Restaurant foods is full of hidden calories, sodium and carbs.

Foods to Eat: You should base your diet on these real, unprocessed, low-carb foods.

- **Meat:** Beef, lamb, pork, chicken and others. Grass-fed is best.
- **Fish:** Salmon, trout, haddock and many others. Wild-caught fish is best.
- **Eggs:** Omega-3 enriched or pastured eggs are best.
- **Vegetables:** Spinach, broccoli, cauliflower, carrots and many others.
- **Fruits:** Apples, oranges, pears, blueberries, strawberries, lots of berries
- **Nuts and Seeds:** Almonds, walnuts, sunflower seeds, etc.
- **High-Fat Dairy:** Cheese, butter, heavy cream, yogurt.
- **Fats and Oils:** Coconut oil, butter, lard, olive oil and cod fish liver oil.
- **Tubers:** Potatoes, sweet potatoes and some others.
- **Non-gluten grains:** Rice, oats, quinoa and many others.
- **Legumes:** Lentils, black beans, pinto beans, etc. (If you can tolerate them).
- You can have **these in moderation** if you want:
 - **Dark Chocolate:** Choose organic brands with 70% cocoa or higher.
 - **Wine:** Choose dry wines with no added sugar or carbs - BUT LET'S BE HONEST - Cut Down Drinking

The Scale

Weighing yourself is going to be a crucial accountability tool in your weight loss tool kit. Track your weight daily either with an app or with the chart below. The weight will have little ups and downs but you are looking for the scale to be heading in the right direction. If it isn't, you know you need to get right with your nutrition and workouts. You cannot wish the weight away, but you can take charge. **YOU GOT THIS!**

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