

GENERAL NUTRITION CONSIDERATIONS

1. Calculate the number of calories you need per day based on the following general formula:
 - $\text{Weight (lbs)} \times 10 = \text{Basal Metabolic Rate (}\# \text{ of calories the body burns to stay alive)}$
 - $\text{Calories to fuel physical activity} = \text{BMR} \times (\text{one of 4 numbers below})$
 - 0.2 – if you hardly ever exercise
 - 0.3 – perform light exercise, like walking, for no more than 2 hours daily
 - 0.4 – perform moderate exercise and rarely sit during the day
 - 0.5 – active in sports or have physically demanding job
 - $(\text{BMR} + \text{Physical activity calories}) \times 0.1 = \text{number of calories burned to digest food and absorb nutrients from food}$
 - $\text{BMR} + \text{Physical activity calories} + \text{Digestion calories} = \# \text{ of calories needed per day to maintain weight}$
2. The calories you consume should be “clean” calories. Eating “clean” is term used by body builders to denote eating only high quality foods. In other words avoid simple sugars (soda/candy) and high fat foods (fast food, deep fried foods, pizza, etc.)
3. Eat 5-6 small meals per day. This will keep you metabolism up throughout the day, thus avoiding peaks and valleys. You always want to be in an anabolic state, in other words building muscle. If there are large gaps between meals you will slip into a catabolic state and begin breaking down the precious muscle you are trying to acquire.
4. Consume 1 gram of protein per pound of body weight. The only way you will know if you are doing that is to physically write down what you eat. Start a fuel journal. *See attached Fuel Log.*
5. Ideal percentages according to the RDA are Fat 25-30%, Carbs 55-60%, Protein 12-15%. For athletes involved in intense activity/strength training, we feel you need to alter those numbers slightly. You should shoot for: 20-25% protein, 50-55% Carbs, 15-20% Fat. On days that you lift try to consume more protein.
6. Make sure you consume enough water during the day. I would recommend 1 fluid ounce per pound of body weight. Water is extremely important for protein metabolism and for maintaining/building muscle.
7. Timing of meals:
 - If you workout in the morning try to have a little something 45 minutes before (i.e. a piece of peanut butter toast with cranberry juice). Should be easily digestible.
 - You need to try and eat within 20-30 minutes after workout. That is when your body will absorb the most nutrients.
 - Eat a small meal (200-300 calories) right before bed. Contrary to popular belief this will delay catabolism while you sleep. Again you are eating “clean” so these are good calories not pizza.
 - Sample schedule: Early morning – mid morning – lunch – mid afternoon, supper, before bed.
8. Take a multi-vitamin. This should be the only supplement you need.
9. Sample clean foods: Protein: Egg whites, tuna, chicken, 95% or more lean ground beef, ground turkey, nuts
Carbs: Most pasta, fruit, vegetables
Fat: Mono / Polyunsaturated fats (sunflower seeds, olive oil)