

Nutrition Guidelines

Drink 80 oz water

Good hydration helps regulate hormones, flush toxins from our bodies and increases digestion. Drink a glass of water as soon as you wake up in the morning to activate your digestion.

Eat Breakfast

Activate your digestion and supply your body with energy for the day. This is the best time to load up on carbohydrates. Ensure that you are getting enough protein. Eat within one hour of waking up in the morning.

Eat Every 3-4 Hours

It's better to have small meals consistently throughout the day. Your body can only absorb so much at one time. This will keep your blood sugar from dropping or spiking.

Eat 25-30 grams fiber

Fiber helps slow down slows digestion so glucose is slowly released into the bloodstream. Fiber binds to bad bacteria and cholesterol and removes it from the body while facilitating the growth of good bacteria.

Eat Protein

Eat at least .5-.9 grams of protein/ pound of body weight daily.

Eat Fat

10%-35% of your daily calories should come from fat.

Eat Before and After a Workout

Exercising hungry is less effective you need adequate fuel and recovery nutrients

- Pre workout meal should be carbs and a little protein, at least 45 minutes before
- Post workout meal should be carbs and protein within 30 minutes after

- Avoid high fiber and fat foods pre and post workout so they don't overly slow digestion
- 2 grams of carbs to 1 gram of protein/100 calories burned, if you're feeling sore, increase protein

Eat Full Fat

Healthy fats help lube the intestinal tract and help absorb fat soluble minerals. When fat is removed from a product the sugar increases.

Make SMART Choices

- Specific
- Measurable
- Action
- Realistic
- Timed

Be Particular When Eating Out

Look for items that are poached, steamed, roasted, baked, sauteed or grilled. Avoid things that are fried or battered. Ask for sauces and dressings on the side. Try to choose vinaigrettes rather than cream based dressings. Ask to substitute salads, vegetables, sweet potato, brown rice or fruits as sides instead of potatoes or fries.

Keep Alcohol and Coffee to a Minimum

Part of health is happiness but limit your intake of these stimulants. Try green or black tea. Drink water before and after each alcoholic beverage.

Limit Sugar

Limit added sugar to 10% of your daily caloric intake. This includes natural sweeteners like honey or maple syrup.

Chew your food

Digestion starts in the mouth, chew your food into a paste before swallowing. Improperly chewed food requires more energy to digest. Large chunks of food can ferment in the intestines which can lead to gas, bloating and constipation. Chewing will allow you to eat less food and feel more full.

Avoid Drinking Large Amounts of Liquid Before or During Eating

Liquid dilutes the digestive enzymes your body secretes. Sip warm water or herbal teas with meals

Avoid Overeating

Overeating place excessive strain on the digestive system. Food in the stomach needs to be churned. It takes about 20 minutes for your stomach to signal to your brain that you feel full. Be mindful of how long it takes you to eat and always wait before having seconds.

Bacteria is Your Friend

Good bacteria from live foods like kombucha, sauerkraut or yogurt help you digest and prevent bad bacteria from thriving and overly acidifying your stomach. Eat well balanced meals with lots of fiber and eat live foods. You cannot lose weight if you have an unhealthy gut. Ghrelin, the hormone produced in the stomach lining and pancreas stimulates hunger and readies the body for digestion.

Probiotics

Take a healing dose of probiotics 30-200 billion/day and increase to a maintenance dose 1-15 billion/day. Look for the micro-organism identified by genus and species, minimum number of viable cells, expiration date and storage recommendations