

Nutritional Guidelines

Eat six meals a day

According to scientists at Georgia State University, active people who go easy on calories and eat infrequently (only three times a day) may be training their bodies to get by on less energy and therefore more readily storing unburned calories as bodyfat. Instead, these researchers and many others advise active people to eat frequently (about every three hours) to accelerate metabolism and maintain steady energy levels throughout the day.

Combine carbohydrates, fats and proteins at every meal

The simple fact is, our bodies work better with a balance of carbohydrates, fats and proteins. Not only is protein essential for building healthy muscle and maintaining a strong immune system, it stabilizes insulin levels, which leads to steady energy throughout the day. One more benefit: eating protein has been shown to reduce your appetite. So, avoid high-carbohydrate nutrition plans and instead balance your protein and carbohydrate intake. Do not go to extremes. Let the carbs be mostly complex carbs. Do not consume highly processed branded fats but use cold expelled fats from natural sources only. Avoid heating fats to very high temperatures. Let there be variety.

Choose smaller portions

Statistics show that because of increased portion sizes, the average total daily calorie intake has risen from 1,854 calories to 2,002 calories over the last 20 years. That increase—148 calories per day— theoretically works out to nearly 7 kilos extra every year. Portion size is important to weight management. Employ a common sense approach, such as using the palm of your hand or your clenched fist for gauging the portion sizes of food.

Drink plenty of water every day.

It is especially important to stay well hydrated when following a comprehensive training, nutrition, and supplementation program. Drink at least 3 - 5 of water each day evenly spread out. Water means plain water and does not include fancy drinks or tea, coffee or other beverages. Many of them are diuretic and deplete your body water balance and disturb your electrolyte equilibrium.

Other suggestions

- Do not eat just before any strenuous activity. There must be at the least 1.5 – 2 hours gap.
- Do not rush through the meal.
- Eat calmly, keep your mind on the food
- Reduce your carbs intake after sunset.
- Avoid deep fried or micro-waved items
- Avoid eating right before going to bed at night, there should be at the least 3 hours gap.
- Avoid midnight snacking.
- Avoid binge eating or fasting, both produce negative results.

This strategy has shown good effect in maintaining a healthy body.

Find your 'reason'

Researchers at George Washington University discovered that people who successfully transform their bodies are set in action by some sort of 'emotional trigger' that helps to clarify their reasons for deciding to make change. In the study, researchers found that any event which elicited strong emotions such as alarm, embarrassment, shame and/or fear actually inspired people to transform their bodies for the better. Take a moment to consider your 'emotional trigger' and use it to stay committed to your nutrition program. You should also rationalize your commitment and be convinced that this is the correct way to good health. Good health is not a commodity that is sold and not surprisingly the wealthy people are not always healthy people.

You can be sure there will be the occasional meal or snack that is not on the recommended food list. You may not be able to strictly adhere to the nutritional plan when traveling or attending social get-togethers.

When you get off track in this way, do not allow it to slow you down because of guilty feelings. Enjoy the divergence, recommit to your goal, and get back on track with your next meal.