





# Protein

- **Description:** Protein is essential to human life. Your skin, bones, muscles and organ tissue all contain protein. Protein is found in your blood, hormones and enzymes, too. Protein sources include both plant and animal products. Legumes, poultry, seafood, meat, dairy products, nuts and seeds are your richest sources of protein.
- **Recommendation:** Get **10 to 35 percent** of your total daily calories come from protein. Based on a 2,000-calorie-a-day diet, this amounts to about 50 to 175 grams a day. Emphasize plant sources of protein, such as beans, lentils and soy, choose lean meats, and try to include seafood twice a week.

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# Fat

- **Description:** Fats are not necessarily your enemy. They help your body absorb essential vitamins, maintain the structure and function of cell membranes, and help keep your immune system working. But fat is a very concentrated energy source. That means it packs a lot of calories per gram — twice as many as carbohydrates and protein, for example. And too much of certain types of fat — such as saturated fat and trans fat — can increase your blood cholesterol levels and your risk of coronary artery disease.
- **Recommendation:** Limit total fat intake to **20 to 35 percent** of your daily calories. Based on a 2,000-calorie-a-day diet, this amounts to about 44 to 78 grams of total fat a day. Emphasize fats from healthier sources, such as nuts and olive, canola and nut oils.

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# 10 Nutritional Guidelines

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## Tip 1: Eat six meals a day

- Researchers and others experts advise active people to eat frequently (about every three hours) to accelerate metabolism and maintain steady energy levels throughout the day.

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## Tip 2: Combine carbohydrates and protein at every meal

- The simple fact is, our bodies work better with a balance of carbohydrates and protein. 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.

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## Tip 3: Choose “appropriate” portion sizes

- USDA 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 an extra 15 lbs. 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. At home, use measuring cups!

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## Tip 4: Plan meals ahead of time

- Experiment with different seasonings, try a variety of vegetables, and find which microwave settings work best for preheating food. By meal-time, you'll have the supplies you need and the confidence that you know what you're doing. Fix your meals in advance and refrigerate or freeze them. It's important to shop at least once a week. If you forget, you'll run out of good food and be tempted to cheat on your diet.

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## Tip 5: Get containers to store your food

- Purchase plastic storage containers, sports bottles, a water jug and a cooler to store and carry your food. Having nutritious meals within reach during a hectic day can keep you on track.

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## Tip 6: Drink 10 glasses of water every day

- It's especially important to stay well hydrated when following a comprehensive training and nutrition program. Drink at least one glass of water with each of your six meals, and four more throughout the day. If you have an occasional diet soda, coffee or tea, you may need to drink an additional glass to compensate for the diuretic effect of these beverages.

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## Tip 7: Consume a protein-rich supplement within 30 minutes of exercise

- Your muscles are primed for nutrients immediately after an intense workout, but within two hours, your body's ability to refuel decreases. Taken within 30 minutes of your workout, high-quality protein helps you refuel and build muscle.

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## Tip 8: Use high-quality supplements

- Supplements can help make up for any nutritional deficiencies and enhance performance. When purchasing supplements, look for companies that invest heavily in research to maximize the effectiveness of their products.

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## Tip 9: Find your “emotional reason” for staying on track

- 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.

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## Tip 10: Strive for consistency, not perfection

- You can be sure there will be the occasional meal or snack that's not on the recommended food list. When you get off track in this way, don't allow it to slow you down. Enjoy the divergence, recommit to your goal, and get back on track with your next meal.

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## Sample Meal Plan

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## Sample Meal Plan

### • Day 1

7am	10am	1pm	4pm	7pm	10pm
Six egg-white omelet, 1/2 cup (dry measure) oatmeal, prepared with water	Nutrition Shake	Grilled fresh tuna with broccoli and roasted new potatoes	Nutrition bar	Eye of round steak with sweet potato and green beans	Cottage cheese with blueberries

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## Sample Meal Plan

### • Day 2

7am	10am	1pm	4pm	7pm	10pm
Breakfast wrap (low-fat sausage, scrambled egg whites, low-fat cheese, salsa, whole wheat tortilla)	Ready-to-Drink	Teriyaki salmon with cooked spinach and brown rice	Nutrition Shake	Pork tenderloin with asparagus and baked potato	Cottage cheese with strawberries

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# Sample Meal Plan

## • Day 3

7am	10am	1pm	4pm	7pm	10pm
Egg-white pancakes (six egg whites, 1/2 cup oatmeal, 1/2 T pancake mix, mix in blender), serve with sugarless fruit spread	Nutrition Shake	Chicken fajita wraps (grilled chicken breast, grilled vegetables and a whole wheat wrap)	Ready-to-Drink	Sushi made with brown rice, seaweed salad	Green salad with cottage cheese

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# Sample Meal Plan

## • Day 4

7am	10am	1pm	4pm	7pm	10pm
Scrambled egg whites, one slice whole wheat toast	Ready-to-Drink	Southwest chicken salad (chicken, lettuce, brown rice, black beans, tomatoes, onions, avocado)	Nutrition bar	Tofu-vegetable stir fry with brown rice	Cottage cheese and grapes

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# Sample Meal Plan

## • Day 5

7am	10am	1pm	4pm	7pm	10pm
Six egg-white omelet, oatmeal	Nutrition Bar	Turkey burger on whole wheat bun with lettuce and tomato	Ready-to-Drink	Grilled salmon with cucumber-dill dressing, green salad and baked potato	Cottage cheese with an apple

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# Sample Meal Plan

## • Day 6

7am	10am	1pm	4pm	7pm	10pm
Egg-white pancakes (see Day 3); sugarless fruit spread	Nutrition Shake	Chili (made with lean ground turkey, kidney beans, salsa), green salad	Nutrition Bar	Rosemary chicken with mushroom gravy, snap peas and whole wheat pasta	Cottage cheese and yogurt

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# Sample Meal Plan

- Day 7

	7am	10am	1pm	4pm	7pm	10pm
	Free Day	Free Day	Free Day	Free Day	Free Day	Free Day

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# Substitution Please!

Replace this...	With this
whole milk	skim (0%), low-fat (1%), reduced fat (2%)
ice cream	low-fat/fat-free yogurt or ice milk or sorbet
cheese	reduced fat cheese
pasta with white (cheese) sauce	pasta with marinara (vegetable) sauce
bacon or sausage	Canadian bacon or lean ham
eggs	egg whites or egg substitutes
croissants, brioches	hard French rolls or soft "brown-n-serve"
white bread	whole-wheat
cake (pound, chocolate, yellow)	angel food or gingerbread
cookies	reduced fat, ginger snaps, fig bars
mayonnaise	reduce calorie, fat-free or mustard
regular salad dressings	reduced fat/calorie dressings
guacamole	salsa
creamed soups	broth-based soups
butter, oil or shortening	non-stick cooking spray, applesauce or prune puree

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