



7 STEPS TO SUCCEED IN EATING RIGHT

Real life, real foods,
real results.

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Seven steps to success

You want yourself to succeed. The good news is: you're already on your way. The fact that you're already working to hit your goals means the hardest step, committing, is already behind you.

WHEN IT COMES TO NUTRITION, WHAT'S THE BEST WAY TO ENSURE YOU'VE GOT EVERYTHING YOU NEED TO SUCCEED?

1. Keep it simple

As we've already talked about in our **What is Nutrition** guide, there is a lot of misinformation and noise out there. Virtually everyone who walks into a gym can give you some sort of advice on what to eat, when to eat, how cavemen lived, why fish are never fat,..... the list goes on. But, as we've outlined, real nutrition is fairly simple. No matter what you hear, read, find on a blog, whatever — it's critical to return to the basics. **This is about making a change that will last**, but you won't want to take it on if it's too complicated or confusing.

2. Stay consistent

Just like you can't buy a set of dumbbells and walk away, you can't just print out a meal plan and expect results. Put in regular effort and celebrate your wins.



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3. Use your trainer

You came to them because of their expertise, but they're also there to be your coach. You've paid them with your hard-earned money, so ask them for help, tell them what you think, and use them to get what you want:

Tell them how well you are following it.

This is about your trainer grading you on your homework; this is a chance to celebrate any change you're making.

Tell them how you're feeling.

What do you like, what you don't like, if you are sleeping better, whether or not you have more energy — anything, really. You are making a lifestyle shift. There are going to be changes. Acknowledge that, focus on your wins, and your trainer will help you adapt your plan as needed going forward.



Tell them what you like and don't like about the plan.

There's no way for them to make the changes you want unless they know what is and isn't working for you.

4. Be your own cheerleader

Remember: just like working out, this is not about doing it perfectly; **it's about doing it better than you were doing before.** With each new small

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step, you're heading towards the overall goal, which is a change that will last forever. Don't focus on the days you cheat, or the things you don't like.

Celebrate the fact you're doing this. Over time, you'll learn to love the change and be more and more committed to the details.

5. Follow the program

You know what exercises you're doing each week, and why. The same goes for your meal planning. Remember: the combination of exercise and nutrition is more than 400% more effective than exercise alone, so if you're going to succeed, you've got to tackle your nutrition too. Luckily for you, we've given you the framework.

6. Build on the changes you're making

Example: if you typically don't eat breakfast but are starting to now, keep it going, and focus on the next change. What's the only way to eat an elephant? One bite at a time.

7. Keep the momentum going

This is not a diet with an end point, this is a new approach to healthy living, and you want to ensure you keep the momentum going. If you're seeing results, the decision should be a simple one. Keep working out and keep eating right.

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NOW FOR A DEEPER DIVE INTO THE SCIENCE BEHIND YOUR MEAL PLAN.

Your meal plan falls within the Acceptable Macronutrient Distribution Range (AMDR) outlined by The Institute of Medicine of The National Academies, as referenced in the Dietary Reference Intakes (DRIs). This is a fancy way of saying they have the right things in them, in the right amounts.

They also subscribe to the accepted approach of **No Bad Foods.**

“Remember, there are no bad foods, just healthier ones to eat regularly. Weight loss requires a commitment to change your lifestyle. Keep up the exercise as it increases your metabolic rate and helps maintain your muscles, which burn more calories than body fat does.”

Jaime Ackerman Foster, MPH, RD, LD
Extension Nutrition Associate, The Ohio State University

This is the big one. You shouldn't be worried about the occasional treat, or, barring real health issues, even carbs, gluten, soy, or whatever the latest blog has told us to fear. The real impact of food comes from regular patterns and behaviors. A slice of cake now and then is a great thing to enjoy, but cake for breakfast everyday wouldn't be the way to go.

Nutrition, like exercise, takes effort if you're going to get results. **Your job is to do better today than yesterday.** Keep it simple, and keep moving forward, and you'll make changes that will last a lifetime.



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Definitions

ASPECTS OF NUTRITION

Balance

You're getting the right amount of the right things and limiting the things that can have a negative effect on your health.

Calorie Control

This isn't about just reducing calories; it's about making sure you have the right amount of calories throughout the day to keep your system working effectively.

Moderation

You don't take in an excess amount of those things that can have a negative impact on your health.

Variety

Ensure proper nutrition, but also eliminate the monotony of a diet. Variety is the spice of life!

Adequacy

Make sure you're getting all of the essential nutrients you need to maintain health and replace what is lost on a daily or weekly basis.

Chapter 2: Definitions

NUTRITIONAL MACRONUTRIENTS

Macronutrients are any of the nutritional components of the diet that are required in relatively large amounts: protein, carbohydrate, fat.

Carbohydrates

The main purpose of carbohydrates is to give us the energy we need to fuel our activities. This energy comes from the breakdown of starches and sugars to their simplest forms, which your cells can then easily convert to usable power. Although protein and fat can also supply you with energy, your cells prefer the calories from carbohydrates.

Remember: carbs can come from fruits, vegetables, grains — not just the doughnut everyone's afraid of. In fact, some organs (your brain and kidneys, for example) have a specific need for a carbohydrate fuel source.

Protein

Found in meats, milk, eggs, soy, legumes and whole grains, protein supplies your body with a pool of amino acids, which are the building blocks of all your cells. As part of muscle, bone and skin tissue, it supports your body's structure. It also repairs cells if they become damaged and provides antibodies to cope with inflammation and infection. Your dietary protein helps keep your cellular machinery running smoothly.

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Fat

Fat supplies more than twice the calories per gram as protein or carbohydrates and is a highly concentrated source of energy your body can store for later. It provides structure to cell membranes and cushions your internal organs to help prevent damage to tissues. Fat serves as a vehicle for delivering vitamins, and it can store these nutrients as insurance against a deficiency. Dietary fats can come from both animal and plant sources, with plant-based foods, nuts and fish offering a healthier version.

VITAMINS

an organic compound essential in minute amounts essential to general growth and health.

Vitamins and Minerals

These are small-molecule food components you need in order to support your health. Vitamins are involved in energy production, healing wounds, eye and skin health, bone formation and immunity. Minerals provide structure to your skeleton, maintain your cardiovascular health, and help



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maintain your nervous system. Eating a well-balanced diet with a variety of fruits and vegetables helps ensure you have plenty of these nutrients in your body.

WATER AND FLUID

Of all the nutrients in foods, the most important is water or fluid. It assists with maintaining normal body temperature, lubricates and cushions your joints, protects your spinal cord and removes wastes through urination, perspiration, and bowel movements. You need water to replace what your body loses through normal everyday functions.

