

Eating for Success

By Brian Copeland, RKC

Not losing the fat quick enough? Not gaining the muscle you want? Feel like you don't recover quickly? Get sick a lot? Feel an intense burning when you go to the toilet.... whoa, kinda carried away there!

Having an effective training plan that meets YOUR goals is critical to reaching them, however, nutrition can play a huge part in ensuring your success. For example, losing body fat is 60-70% eating habits and 30-40% training.

First let me give some rough general nutrition advice, and then I'll cater it a little to fat loss or muscle gain.

Eat Every 2 ½ to 3 hours:

Often called the diabetic diet, this method of eating keeps your blood sugar levels stable throughout the day and feeds your body a consistent stream of nourishment.

An example eating schedule would look like this:

7:00 AM breakfast and multi-vitamin/mineral
10:00 AM mid-morning snack
1:00 PM lunch
4:00 PM afternoon snack
7:00 PM dinner and multi-vitamin/mineral
10:00 PM pre-bedtime protein snack (if trying to gain muscle)



That may seem like a lot of meals but those meals will probably be smaller than you are used to. Most people starve themselves all morning long and then eat a large lunch. Their blood sugar rises and the body releases the fat storing hormone insulin to lower the blood sugar. This causes you to feel that post-lunch afternoon energy crash. They then eat nothing until a late night dinner, which they are normally very hungry by then so they eat a huge dinner along with little nasties like ice cream, chips or chocolate; sound familiar? I have a friend who eats a bowl of cereal before bed every night... go figure.

So, watch the clock and time your eating; a little discipline goes a long way.

Don't Skip Breakfast:

Everyone is in a hurry and skips breakfast or worse yet; they replace it with a doughnut, bagel and coffee. Crap, crap and more crap! You need a small amount of protein, fat and carbohydrates to get you started in the morning. Some scrambled eggs and a little oatmeal are just what the doctor ordered. If you don't feel well eating in the morning... get over it. No seriously, start out with very small portions.



Eat Smaller Portions:

You are eating a lot more meals so they will not need to be as large of meals or you will not be able to digest your food in time for your next meal, you won't be hungry and you will skip it. A good way to gauge your meal portions is as follows, for fat loss, eat one portion of protein that is about the size of the palm of your hand. Eat one portion of carbohydrates about the size of the palm of your hand. That is it.

What To Eat:

First off, eat as natural as possible. Avoid processed foods such as fast food, bleached flour and pretty much anything that wouldn't have existed 200 years ago! Eating organic food, free range cattle and cage-free chicken and eggs is a good idea as well.

Most of our vegetables are covered in pesticides and chemicals that are intended to kill insects and make the vegetables color look more appealing. That sh*t gets in you and does bad things! Eat organic vegetables that are free of that stuff.

Our animals are crammed in small quarters and not fed what they would eat in the normal world. Cattle are fed grains, antibiotics and growth hormones. This is likely the cause of mad cow disease, I'm not joking! In the natural world a cow would eat grass. A free range, organic meat cow will not have that crap in them and will be higher in healthy omega 3 fatty acids.



Chickens are crammed so close together in little cages that they have their claws removed so they don't claw each other. They are also fed hormones to grow faster and antibiotics to keep from getting sick in those unhealthy conditions. For ethical reasons alone you should eat cage free eggs where the chickens can roam around and do whatever chickens do all day, not to mention health reasons.

Proteins:

Protein is the building block of the body. If your protein is too low you will never be as healthy as you could be. Have protein with each meal, it helps your blood sugar stay even.

Eggs (most complete protein in nature)	Steak/ red meat esp. organic	Skinless boneless chicken breast
Ground turkey breast	Buffalo	Lamb
Turkey breast	Tuna	Cod
Low fat cottage cheese	Protein powders	Protein bars <i>(careful in quality)</i>
Red Snapper	Veal	Meal Replacement Packs
Salmon	Halibut	Grouper

Carbohydrates:

Try to get most of your carbohydrates from vegetables. Limit fruit intake, as fruit is very high in sugars. Limit grain intake to whole grains; avoid processed carbohydrates like the plague and you will melt body fat away! Don't eat fruit by itself, always have it with protein!

Grains:	Veggies:	Fruits:
Buckwheat Oats	Asparagus	Grapefruit
Oatmeal (unflavored)	Artichoke	Apples
Brown rice	Cauliflower	Oranges
Ezekiel Bread	Cabbage	Kiwi
Whole grain bread	Spinach	Blueberries <i>(High in antioxidants)</i>
Man's bread	Green beans	Peaches
Yams	Onions	Apricots
Beans	Peas	Pears
Lentils	Peppers	Tangerines
Black eyed peas	Tomatoes	Cherries <i>(High in antioxidants)</i>
	Carrots	Bananas <i>(sparingly)</i>
	Broccoli	Mangoes <i>(sparingly)</i>
	Squash	Figs <i>(sparingly)</i>
	Mushrooms	Pineapples <i>(sparingly)</i>
	Cucumbers	Dates <i>(sparingly)</i>
	Lettuce	

Fats:

Say what, eat fat! Heck yes! If your body does not get enough healthy essential fat it will suffer from all kinds of ailments from dry skin, loss of athletic performance (including in the sheets guys), loss of hair and many other bad things. Fat is an essential nutrient, just get healthy kinds.

Avoid trans fats, hydrogenated or partially hydrogenated fats like the plague; there is nothing natural about them. Use butter instead of margarine.

Flaxseed Oil	Organic Almond butter	Fish Oil
Olives	Avocados	Extra virgin olive oil
Organic butter (in moderation)	Almonds	Cod liver oil
Cashews	Extra virgin coconut oil	

Drink A Lot of Water:

Getting adequate hydration is key to losing body fat and gaining muscle and just plain being healthy. At least 12 glasses of water per day; ideally drink half of your body weight in ounces of water. If you weight 200 lbs divide that by 2, that is 100 ounces of water per day.

Some interesting facts:

- 75% of Americans are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even mild dehydration will slow down one's metabolism as much as 3%.
- One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- Lack of water is the number one trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

Are you drinking a healthy amount of water each day? Carry a water bottle around with you all day long. Tap water, filtered, whatever just drink it. Avoid the soda, coffee, lemonade (just sugar water) and all of the other junk. Water baby!

Have One Cheat Day Per Week:

If you are too strict your taste buds will rebel against you and stage a nutritional coupe! You will be likely to binge on bad foods. Give yourself a break and one day per week let yourself eat whatever you want. Make sure that day of the week is always the same day, such as always on Saturdays or Fridays (happy hour after work right?) If you don't set the day in stone then you will end up taking more than you should.

Keep a Food Log:

Don't get too complicated, just buy a little spiral notebook and write each meal down every single day. That way when your body fat isn't going down you can look at the book and see proof that you were not eating as you should be.

Take a High Quality Multi-Vitamin Multi-Mineral Every Day:

Bottom line is that our foods today do not have the nutrients that we need. Take a high quality one. Place the pill in a glass of water and it should dissolve within 20 minutes, if it sits overnight without dissolving you will just poop it out anyway. Did you know that a lot of septic tank clogs come from undigested multi-vitamins?!

To prove the value of a high quality multi, consider world-class sprinter Asafa Powell from Jamaica. *"Taking Double X® was the only change I made to how I had been training. After I started taking it, I felt I had more energy to train harder and run faster."* Asafa had never broke a world record or won an Olympic medal. 3-months after beginning to take Double X® multi-vitamin/mineral from Nutrilite he set a 9.77-second world record in the 100-meter sprint.

If you need a good quality multi contact me for advice, they are hard to find and you sure won't find them at the grocery store.



Holy Organic Cow Batman!

...Ok that was cheesy, oh cheese is generally good also. Pumpkin seeds make a great snack, they are high in protein and good carbohydrates (fiber) and healthy fats. Almonds make a good snack to for the same reason. Stick to organic, non-salted.

Gaining Muscle:

Follow all of the above advice, but try increasing your carbohydrate portions to the size of your fist instead of just your palm. Also eat a small protein meal before bed; cottage cheese is perfect because it digests slowly overnight and provides constant protein all night.

Folks these are just some basics of effective nutrition, to learn more or if you are ready to make real progress, contact me for some personal training program designs. If you feel guilty forking out a little dough, then consider that my services generally cost less than you spend eating out for lunch in a 2-week period. And now that you save money by eating out less you will have the extra dough ...er cash.

What do you have to loose except some unwanted body fat and a lot of bad lifting habits?

Brian Copeland is a Denver, Colorado based strength and conditioning coach, personal trainer and Certified Russian Kettlebell Instructor. Brian specializes in functional strength and athletic training, conditioning for martial artists, kettlebell lifting, fat loss and muscle gain. Brian has also rehabilitated several severe lower back injuries, including his own, through the use of “proper” strength and flexibility training.

Brian is available for private and group lessons and personal program design. If you are tired of not seeing results contact Brian, he will design a personalized program based on YOUR goals, YOUR time and YOUR lifestyle.

Visit me today at www.bccorefitness.com