



FitWit Nutrition Guide

Consider this: 50%-80% of your body composition is determined by what you eat. By what you eat! Not by your cumulative hours of cardio and not by genetics. We are thrilled that you are at FitWit to improve your strength, conditioning, lean muscle mass, and to lose body fat. The extent to which you achieve those things depends largely upon what you do and eat when you are NOT at FitWit. You cannot out-train a poor diet! The guidelines below will help you get the most out of your workouts and recovery so you can achieve your fitness goals.

This Nutrition Guide provides the “what” of eating real food. For the “why”, we encourage you to attend the FitWit Nutrition Talk, conducted at the beginning of each camp. Then, spend some time reading with the Additional Resources and take advantage of supplemental nutrition coaching. FitWitters have access to encouraging support through our nutrition advisor, fellow campers, blog posts, food centered events, and in a more limited extent from the lead trainers, but you must do your part. Each FitWit camper who attends the Nutrition Talk has access to specific nutrition guidance, consisting of two weeks food log evaluation and feedback from our nutrition advisor. We will help you get on the right path with your food to make the most of your FitWit experience.

Back to Basics

Eat real food. Real meat and fish. Real vegetables. Real fruits. Real fats. Real food doesn't have ingredients. Real food does not come in geometric shapes. Real food spoils. Real food grows on trees or from the ground. Real food eats it's natural diet. Real food is found on the perimeter of your grocery store. Real food is sold at farmers' markets. Real food is NOT sold at gas stations, fast food chains, or convenience stores. Real food has transparent packaging, if any at all. Real food takes time to prepare. Real food exists in nature.

Eat when you're hungry. Don't starve yourself needlessly. Be prepared and have real food on hand to eat when you're hungry.

Stop eating when you're about 80% full. No need to stuff yourself. Don't try to clean your plate. Slow down. Chew your food. Stop eating before you feel completely full.

What to Eat

Paleolithic or Paleo Food (aka Primal, Caveman, or Real Food):

The recommended foods are based on the premise that the human body hasn't changed in the past 10,000 years. However, the food sources that fuel our bodies have changed, and they've changed for the worse. What kept us alive and well before the advent of grain agriculture will do the same for us now. More than that, our bodies are optimally suited for the foods on this list. A paleo diet is high protein, moderate fat, and moderate carbohydrate. Whenever possible, for optimal health, eat USDA certified organic, locally sourced foods. Note, none of the lists below are considered to be exhaustive.



Eat Abundantly

Eat as much of these foods as you can. Base all your meals and snacks around these foods and you will do wonders for your health and fitness goals.

Meat, fish, and eggs—chicken, grass-fed beef, turkey, pastured pork, game meats, whole eggs, organ meats, wild salmon, sardines, herring, anchovies, mackerel, mahi mahi, Pacific halibut, pollack, white sea bass, and shellfish (e.g., oysters, calamari, and lobster).

Non-starchy vegetables—brightly colored vegetables and dark leafy green vegetables: spinach, broccoli, celery, Brussels sprouts, cauliflower, eggplant, garlic, kale, onions, peppers, all kinds of squash, lettuces, artichoke, etc.

Fruits—berries (all varieties), cherries, prunes, apples, peaches, pears, figs, grapefruits, kiwis, apricots, tomatoes, etc.

Nuts and seeds—macadamias, pecans, almonds, walnuts and their nut butters; pumpkin seeds, sunflower seeds, and sesame seeds.

Good fats—animal fats, avocados, butter (from grass-fed cow milk is best, European brands), ghee, coconut oil, olive oil, palm oil, marine oils, avocado oil, macadamia oil, high omega-3 oils.

Eat in Moderation

There are various interpretations of what constitutes a paleo or traditional diet, which is okay because none of this is an exact science. Paleo eating is not one formula or a fad diet. It is highly customizable within the framework of real food. While some living a paleo lifestyle would strictly avoid a few of the foods listed below, we maintain that these foods have a place in healthy diet when eaten in moderation. Use your head and intuition when eating these foods. Listen to your body. You will find what works for you and what doesn't. Do NOT rely on the foods below as significant sources of protein or other macronutrients. Treat them as condiments--consuming them primarily for flavor—or as indulgences consumed only once in a while.

Dairy—yogurt, kefir, butter and cream, raw milk and cheese; whenever possible, go for USDA certified organic, pastured grass-fed sources, hormone- and antibiotic free dairy.

Legumes—peanuts (and natural peanut butter), beans, peas, lentils, and soybeans.

Alcohol—red wine is best because of the high antioxidant content, but only drink it if you like it, not because it's "good for you." All alcohol is a neurotoxin. Any alcohol consumption will retard fat loss.

Coffee—try to keep to one to two cups per day, preferably before noon. Do not use caffeine as a crutch to raise energy levels.

Dark chocolate—choose high-quality chocolate that is above 70% cocoa to obtain the antioxidant benefits. One to two squares, not the whole bar!



Tubers—(in order from not-so-bad to bad due to starch content): sweet potatoes, yams, and other potatoes.

Other fruits and vegetables—the ones listed below elicit a high insulin response similar to processed carbohydrates (sugar, sweeteners, grains) and should be consumed with caution if weight loss is your goal: carrots, bananas, oranges, watermelon, grapes, dried fruits, plums, and pomegranates.

Strictly Avoid

Processed Carbohydrates—breads, pasta, rice, cereal, tortillas and all processed sugar. We cannot stress this enough. Cut processed carbs and sugar and all of their myriad of products out of your diet entirely. Now and forever.

Partially hydrogenated oils and trans fats.

Polyunsaturated fatty acids—canola oil, cottonseed oil, corn oil, safflower and sunflower oils. The "yellow seed oils." They are not "heart healthy." Cook with the fats listed in the above section on what to eat.

Margarine and vegetable shortening.

How Much to Eat

The amounts here are what we consider optimal to maintain a healthy physique while participating in the FitWit workout regimen.

Protein—Protein needs are dependent on your size, body composition, and activity level. Depending on your activity level, you needs range between 0.7g and 1.0g of protein per pound of lean body mass per day. For the average FitWitter who works out four times per week, we recommend keeping it simple and consume an average daily protein intake of 1g of protein per every 1 pound of current body weight. This is quite a bit more protein than most people eat, but you need it for proper recovery, lean muscle mass, and satiety.

Carbohydrates—Carbohydrate needs are far fewer than most Americans consume.

- o To maintain a healthy weight (and avoid gaining the national average of 1-3 lbs. per year for adults), you should average 100-150g of approved carbohydrates per day, i.e. not from grains and starches. If your carbohydrates consist of mostly vegetables and a little fruit, 150g of carbohydrates will seem like a lot. If you're still eating starchy, processed carbs, 100g will not be very much at all.

- o For FitWitters whose goals include weight loss and body composition change, we recommend an average daily intake of 50g-100g of approved carbohydrates. Limiting carbohydrates to this amount greatly accelerates fat burning without creating a full ketosis state. When you have reached your desired weight and body composition, return to the average daily intake range of 100g-150g to maintain your weight and body composition.



Fats—Healthy fats are a powerhouse of energy and cell structural material. You need more fat when the carbohydrate intake is kept in check per the above guidelines. We recommend starting with a daily average of 60g-100g. As you become more experienced with the eating real food this way, experiment with the amount of fat you consume. If you feel stuffed or that you're eating too much throughout the day, cut back on the fat. If you feel low on energy or hungry, increase the fat. Fat consumption is where you have the greatest flexibility and can make changes in a healthful way without negatively impacting your goals. Eating good fats doesn't make you fat, it's an excess of carbohydrates/sugar that gets stored as fat. There are essential fats, there are no essential carbohydrates!

How and When to Eat

Eat breakfast and drink 32 oz. of water within one hour after waking. This is to literally break the fast ("break-fast") you've been on since before you went to bed. If you workout first thing in the morning, eat amounts and at times that work well with your body for a workout. For example, if having food in your stomach makes you feel sick during a workout, wait until after the workout to eat something.

For meals, use the **Hand-Eye Method** to balance lean protein, vegetables, fruits and healthy fats.

- o "Hand"—Start with a palm-sized portion of lean protein. This portion covers about 1/3 of the plate.
- o "Eye"—Look at the plate, and fill the remaining 2/3 of the plate with vegetables and fruits. For example, have a side vegetable or fruit, and a delicious salad.
- o Use good fats for cooking and to add flavor to the meal.

Eat five times per day: three full meals using the hand-eye method and two snacks throughout the day.

Eat when you're hungry. Try to allow no more than five hours between meals.

Track your macronutrient intake with an online food journal. Many are free and also have apps for smart phones. Find one you like but we recommend a few listed below that have thousands of foods preloaded for your convenience. Do this for as long as you need to and no more. For most people, tracking their daily food intake for one to two weeks is adequate to establish baseline levels. Pay less attention to calorie numbers and more attention to grams of fat, protein, and carbohydrates.

Even if you just use paper or a blank document, recording what you eat will help you stay on track for your goals and make it harder to "cheat." If you are keeping an electronic food log, you won't need paper as well. A paper version is useful because there is no weighing or measuring, or semi-useless calorie counting. People reach their goals more quickly if they write down everything they eat, even if no one else ever looks at it.



Additional Resources

All of the information above is derived from the sources listed below. We consider the resources noted here to be current health and fitness best practices. We highly recommend that you read these books and do additional research on your own. Doing so will help you fully understand why FitWit recommends the paleo/primal way of eating, as well as provide you with extra motivation.

Whole9 www.whole9life.com. Online content, both free and paid, plus live seminars.

The Paleo Solution by Robb Wolf and blog, www.robbwolf.com. Robb's book is a witty look at both the biochemistry and the how-to of paleo living, but you can skip the "Geek-speak" if you prefer.

The Primal Blueprint by Mark Sisson. Also check out Mark's extensive blog and other resources at www.marksdailyapple.com. This is one of our favorite nutrition websites. Mark makes great nutrition fun, interesting, and most importantly, livable!

The Paleo Diet by Loren Cordain, PhD. This is the seminal book on eating for maximal gene expression. Learn what foods to eat and avoid for optimal health. Be sure to get the 2nd edition. www.thepaleodiet.com.

Enter the Zone by Barry Sears PhD. Learn the method of eating in blocks to perfectly balance macronutrient intake. Dialing in your Zone block requirement is one way to achieve your peak fitness and performance goals. www.zonediet.com.

There are a slew of more good paleo food blogs with recipes and excellent posts, easily found via Google. Watch for links in the weekly food blog posts and via our Facebook page.

Online Food Journals

www.sparkpeople.com
www.fitday.com
www.loseit.com

Nutrition Coaching

Personal nutrition coaching is available through FitWit at an additional fee. Our resident nutrition advisor can give you more focused attention to help with food log evaluations, accountability, cooking & shopping, body recomposition, answer questions about how to transition to a real food diet, etc. See the page on our web site for current coaching options or contact jenn@fitwit.com.

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