

FitTec

Fitness Training

How Your Trainers Eat-This is not a prescribed diet. It is an educational tool describing how your trainers eat.

Dietary Practices for Performance and Good Health; following the Harvard Healthy Plate.

Seek out a registered dietitian for a prescribed diet if you have any medical problems or allergies.

Male Version

Prepared by: Chris Morin

RULES

FOLLOW THESE RULES AS MUCH AS POSSIBLE.

- Try not to eat the same foods each day, vary your diet.
- Try to have a good breakfast.
- Try not to eat a meal 1-2 hours before bed, a snack is o.k.
- Try to drink 6 to 8 - 8 oz. servings of cold water daily
- No regular sodas, but occasional diet sodas/seltzer water is acceptable.
- If you can no alcoholic drinks, but if you must don't exceed 3 drinks a week
- Caffeinated, calorie free drinks, such as coffee, are OK, but if you must don't exceed 2 drinks a day.
- Try not to have high saturated fat or trans fat foods, such as fried foods, cheeses, cream, butter, fatty meats, and palm and coconut oils as well as processed baked goods. The acceptable fats are from poly-monounsaturated oils such as canola, safflower, or olive oil, as well as nuts (unsalted and non-sugar coated), olives, and natural peanut butter.
- Try not to have juices have fruit instead; fruit have more fiber and nutrients with less calories.
- Try not to have sweets
- Try to have 1 to 2 pieces of fruit a day; 3 to 5 servings is a good range; if trying to lose weight keep to 3 a day due to sugar content.
- Try to eat more vegetables, especially green, at least 5 to 9 servings a day; a serving is 1/2 cup except for lettuce and greens which is 1 cup. Increase vegetable consumption slowly to avoid gastrointestinal stress; try 1/2 cup additional every third to fifth day working up to 5 to 9 servings. Limit simple sugars to no more than 100 calories, or 25 g from added sugar per day for women and 150 calories, or around 38 g per day for men, the American Heart Association recommends.
- Try not to have raisins or dried fruit, high caloric food items.
- Try to only consume 100 calories a day from sugar for women and 150 calories for men.
- If you must have pork or beef choose a lean type, but no more than 0-2 meals a week. Try to limit red and processed meats.
- Try to have only nonfat or low-fat dairy products (skim-1% milk, nonfat yogurt, and nonfat cottage cheese), at least 1-2 a day. Low-fat dairy is a good source of protein.
- If you want take a multi-vitamin and/or vitamin D.
- It is a good idea to take fish oil for most people.

FitTec

Fitness Training

- You can cheat/treat at 1-2 meals a week and have whatever you want within reason.
- Only consume the amount of foods listed, don't stuff yourself, portion control is key to success with the plan.
- Eating at a slow to moderate pace allows your stomach and intestines time to send messages to the brain they are full.
- Minimize temptation by keeping unhealthy or high calorie food out of your house.
- Try to eat small and frequent meals or snacks every 2 to 4 hours. In other words
- **Eat 3 meals + 2 snacks a day. Low Training Days**
- **Eat 4 meals + 2 snacks a day. High Training Days**

Meals are simply designed by choosing 3-4 selections at each meal

- 1) vegetable or fruit source selection at every meal
 - 2) protein source selection at every meal
 - 3) complex carbohydrate source selection at every meal
- and
- 4) fat source selection

See below for the various types and amounts for each selection.

1) VEGETABLES OR FRUIT SOURCE SELECTIONS

• VEGETABLES

Try to have vegetables at all meals during the day, except breakfast. Have 1/2-2 cups of assorted vegetables per meal (assorted equals 2 or more types). All types are permitted, except legumes (considered a protein source in this plan) and potatoes and corn (considered more of a complex carbohydrate source in this plan-starchy vegetable). Try to have some green vegetables in the assortment.

• FRUIT

Have a piece of fruit as a substitute for a vegetable at breakfast and as a snack. Have 1-3 servings a day (all type are acceptable: apple, 1/2=small banana, orange, peach, plum, nectarine, 2 slices of melon, 1 cup of berries, 1 cup of any other type). Berries are a nutrient loaded fruit which are low in calories.

2) PROTEIN SOURCE SELECTIONS

CHOOSE 1 OF THE FOLLOWING AT EACH MEAL

•DAIRY

- skim or 1 % milk-1 1/2 cup
- nonfat light yogurt-<120 calories=1 container
- non/low-fat cottage cheese-3/4 cup
- nonfat/low fat/light cheeses-1 oz.=1 1/2 slice
- feta cheese-2-3 oz.

•EGGS

- egg whites-3-4 (1 yolk on occasion)
- egg beaters (egg substitute)-4 oz.

•LEGUMES

- 1/3 cup of beans (all types-kidney, red, gobanzo, etc.)

FitTec

Fitness Training

- 1/2 cup of peas
 - 1 1/2 veggie patty
 - NUTS
 - 2 oz of any type of un-salted nut
 - 2 TBS. natural peanut butter
 - POULTRY-3-4 oz
 - skinless chicken and turkey breast
 - lean ground chicken and turkey (< 8 % fat).
 - 2-3 OZ. OF MEAT OR SEAFOOD IS EQUIVALENT TO THE SIZE OF A DECK OF PLAYING CARDS*
 - SEAFOOD
 - all types of seafood, baked or broiled not fried
 - cod, schrod, sole, haddock, flounder, scallops, shrimp, lobster
 - 2-3 oz.
 - tuna-1/2 of a can
 - PROTEIN POWDER
 - 80 to 100 calorie serving of a quality powder (whey or egg or combination)
 - BEEF
 - lean selections-3-4oz. lean ground beef, top, round *
 - PORK
 - lean selections-3-4 oz. pork roast or 3-4 slices of lean ham or fat trimmed porkchop *
- * LIMIT BEEF OR PORK TO 0-1 MEALS A WEEK

3) COMPLEX CARBOHYDRATE SOURCE SELECTIONS.

-CHOOSE 1 OF THE FOLLOWING AT EACH MEAL

- GRAINS-**all whole grain**
 - whole wheat pasta/noodles-1 1/2 cup cooked
 - rice-1 cup cooked
 - brown rice cakes-4-6
 - pancakes-from light, whole grain mix-5-6, 4" in size
 - waffles-2 nutri grain
 - 5 to 6 melba or low fat crackers
- BREADS-**all whole grain**
 - light/reduced calorie bread-3-4 slices, regular calorie bread-3 slices
 - pita bread-1/2 large loaf or 1 1/2 small
 - english muffin-1 1/2
 - bagel-1 1/2 (Lender's bagel size=small)
 - medium roll
- CEREALS-**all whole grain**-very low in sugar (sucrose), salt, (sodium), and fat
 - COLD CEREALS
 - shredded wheat
 - cheerios
 - total
 - wheaties

FitTec Fitness Training

kashi-go lean
-1 1/2 cups or 2-3 servings
puffed wheat-3 cups
2/3 of a cup of grape nuts
-HOT CEREALS
oatmeal-no added sugar
cream of wheat or rice
wheatena-2 servings (no sugar or salt added)

- VEGETABLE
potato (white or sweet)-1 large size
mashed with lowfat milk-1 cup

4) FAT SOURCE SELECTIONS

These fat selections are all low in saturated fats (heart unhealthy fats).

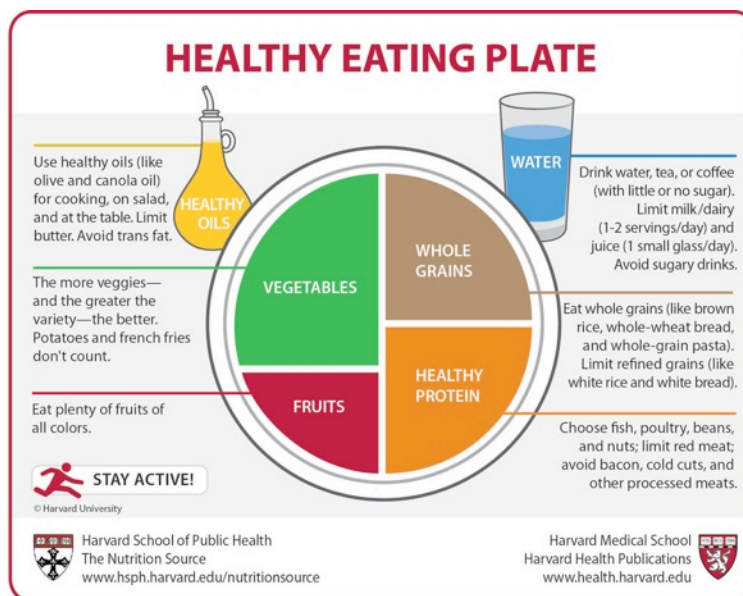
- PEANUT BUTTER OR SOY BUTTER-1 1/2 TBS.
- OILS-OLIVE, CANOLA, SAFFLOWER, FLAXSEED, SOYBEAN ARE ARE GOOD OILS-1-1 1/2 TBS.
- HUMMUS-4-5 TBS.
- SALAD DRESSINGS-2 TBS. OIL BASED, NOT CREAM BASED.
- OLIVIO or LOW TRANS AND SATURATED FAT SPREAD-1 TBS.
- OLIVES-2-4 olives
- LIGHT MAYO-1 TBS.

MEAL ADDITIVES

USED TO ENHANCE THE FLAVOR OF FOODS.

various spices, 1/4 cup of plain healthy type of tomato sauce, 1-2 tbs. light soy sauce, mustard, light syrup, all fruit (spreadable fruit)

[Go to Harvard Healthy Plate.](#)



This is not a prepared diet plan for an individual. It is a training tool to understand how your trainers eat. 4

FitTec

Fitness Training

Followed the Harvard Healthy Plate.

As you can see, it is real easy to design your meals.

Example breakfast-apple (fruit), yogurt (protein), whole grain bagel (carbohydrate), and olivio (fat)

SNACK SELECTIONS

A snack should be less than 100 calories, along with being very low in fat, sugar, and salt

Examples

- 3 cups of air popped popcorn,
- 2 cups of light microwave popcorn
- 1 piece of fruit
- 1 nonfat light yogurt
- 2 rice cakes
- 1 slices of light whole grain bread with spreadable fruit
- 3 to 4 melba or low fat crackers
- 2 cups of vegies,
- juice popsicle
- 5-6 small pretzels
- 1/2 ounce of nuts
- 100 calorie serving of a lowfat/low sugar healthy food item

EATING OUT OR QUICK MEALS

It's easy to eat out on this plan. Make sure your meal consists of the 4 food selections and it's prepared in a healthy fashion (less oil and very little use of or any butter and lard).

- McDonalds' or Burger King grilled chicken sandwich, no mayo
 - Salad with light dressing with whole grain bread
 - Subway lowfat 6 inch sandwich with whole grain bread, no mayo.
 - Healthy soup with salad or half of sandwich
 - Make your own shake-protein powder, 2 fruits, 1-2 cups of ice - blended
 - MET RX shake *
 - Power bar or equivalent, less than 300 calories *
- * Food is always better than packaged meals.

WEEKLY SHOPPING LIST

fruits + vegetables

fruit- (enough for 1 to 3 pieces a day)

vegetables (all types, especially green)(enough for 5-9 servings a day)-fresh or frozen

dairy + meats + seafood

skim or 1 % milk

nonfat light yogurt

FitTec ***Fitness Training***

nonfat/lowfat/light cheeses, cottage cheese, etc.

egg beaters or eggs

turkey + chicken breast

seafood

tuna

whole grain products

healthy cereal-shredded wheat, cheerios, wheaties, kashi

oatmeal or other hot cereals

rice cakes

rice

whole wheat pasta/noodles-spaghetti, ziti, etc.

whole wheat or grain bread-whole grain breads (light or regular), pocket/pita bread, bagels, english muffins

light pancake mix, waffles (nutra grain or special k)

miscellaneous-snacks and meal additives

light stir fry sauce, soy sauce, tomato sauce (healthy version), nonfat/light mayo., all fruit or spreadable fruit, salad dressing (light would be the best choice), low fat crackers, popcorn (light microwave), juice popsicles, light syrup, nonfat spread, oil (canola, safflower, etc.), pretzels, pam cooking spray