

Nutrition



Welcome



Hi There!

Welcome to the Online Coaching Kick Starter. I have written and crafted together 8 chapters for this all with the intention of setting you up in the best possible position to kickstart your health and fitness journey.

Each chapter is tailored to a topic, breaking it down and giving you important information regarding nutrition, exercise, motivation and overcoming struggles along the way.

Working through these chapters will give you clarity, guidance and the knowledge to execute your program and smash your goals.

Let's do this!

Andrew Caine PT

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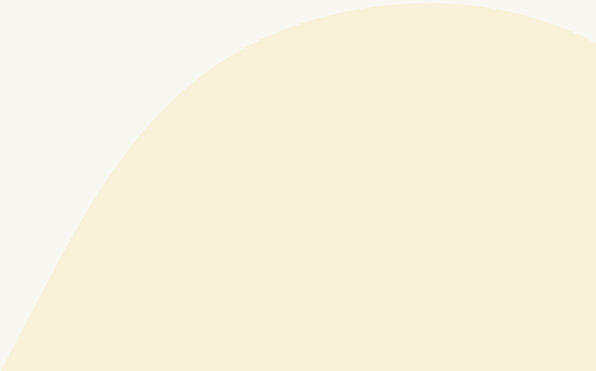
What to Expect in Chapter 2: Nutrition Explained

- ✓ Importance of Nutrition
- ✓ Basic Nutrition Principles
- ✓ Nutrition and Fitness Goals
- ✓ Practical Tips for Healthy Eating
- ✓ Supplements



Importance of Nutrition

Proper nutrition provides the essential nutrients your body needs to function optimally, support physical activity, and recover from exercise. Here are some key reasons why nutrition is important for fitness:

- **Fuelling Your Workouts:** Carbohydrates are your body's primary source of energy during exercise, while proteins support muscle repair and growth. Adequate nutrition ensures you have the energy and nutrients necessary to perform at your best.
 - **Supporting Recovery:** After a workout, your body requires nutrients to repair damaged tissues and replenish glycogen stores. A balanced diet rich in protein, carbohydrates, and antioxidants can expedite recovery and reduce muscle soreness.
 - **Promoting Muscle Growth:** Protein is essential for building and repairing muscle tissue. Consuming an adequate amount of protein throughout the day, especially post-workout, supports muscle growth and enhances strength and endurance.
 - **Maintaining Overall Health:** A nutritious diet contributes to overall health and well-being, reducing the risk of chronic diseases such as heart disease, diabetes, and obesity. Nutrient-dense foods provide vitamins, minerals, and antioxidants that support immune function and protect against illness.
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Basic Nutrition Principles

To optimise your nutrition for fitness, it's essential to understand the basic principles of a balanced diet:

Macronutrients are nutrients that provide energy and include carbohydrates, proteins, and fats.

- **Carbohydrates:** 4 calories per gram. Serve as the body's primary fuel source, particularly during high-intensity exercise. Choose complex carbohydrates such as whole grains, fruits, and vegetables for sustained energy.
- **Proteins:** 4 calories per gram. Essential for muscle repair, growth, and maintenance. Include lean sources of protein such as poultry, fish, tofu, beans, and legumes in your diet.
- **Fats:** 9 calories per gram. Provide energy, support cell function, and aid in nutrient absorption. Opt for healthy fats found in avocados, nuts, seeds, and olive oil.

Micronutrients are vitamins and minerals that are essential for various physiological functions.

- **Vitamins:** Contribute to overall health and well-being, playing roles in energy metabolism, immune function, and tissue repair. Eat a variety of fruits, vegetables, and whole grains to obtain essential vitamins.
- **Minerals:** Important for bone health, muscle function, and electrolyte balance. Incorporate foods rich in minerals such as calcium, magnesium, potassium, and iron into your diet.

Basic Nutrition Principles

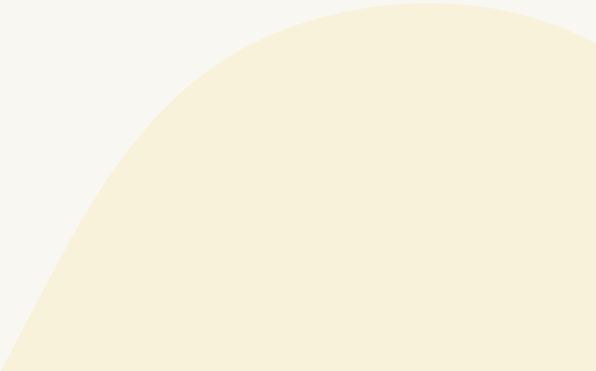
Hydration: Proper hydration is crucial for optimal performance and recovery. Drink water regularly throughout the day, especially before, during, and after exercise. Monitor your urine colour and aim for pale yellow, indicating adequate hydration.

Fibre: A healthy fibre intake can help to promote digestive regularity, supports gut microbiota, regulates blood sugar levels, and lowers cholesterol levels. According to the NHS, adults are consuming 20g of fibre a day on average. The recommended amount is 30g for adults.

To increase fibre intake try to include foods from whole grains, fruits and vegetables, legumes, nuts and seeds. However, a dramatic increase of fibre intake can leave you feeling bloated and gassy. Try to steadily increase fibre intake. Drink plenty of water, consume a variety of different foods, and be sure to check the food labels to see what you're getting.

Meal Timing: Timing your meals and snacks around workouts can enhance performance and recovery. Consume a balanced meal or snack containing carbohydrates and protein 1-3 hours before exercise to provide energy and support muscle repair. Refuel with a post-workout meal or snack within 30-60 minutes after exercise to replenish glycogen stores and promote muscle recovery.

Meal Frequency: There is no golden rule for meal frequency. It often comes down to preferences, routine and lifestyle. When it comes to weight loss or weight gain, the frequency of meals doesn't have an impact. Those changes will happen depending on your energy balance.





Nutrition & Fitness Goals

Food and drink plays a massive role in our lives, it can affect how we look and how we feel. Everyone wants to look and feel great but not many of us know what to do or what steps to take. It doesn't help that there is contradicting information being put out to the public everyday by health care professionals on 'bad food' and foods you should stay away from.

I stay completely opened minded when it comes to diet and training, I don't obey a one fits all approach and I find pros and cons in each and every strategy. With the amount of diets out there, it can become overwhelming and can be confusing on what one is right for you. I take a far simpler approach, because at the end of the day it all comes down to energy balance.

Energy balance can be broken down into calories in vs calories out. All calories we consume come from food and drink. We use the calories we consume for energy. We burn calories 24/7, every single person burns a certain amount of calories each day. Burning calories through sleep, through digestion, breathing, exercising, getting dressed, walking, we burn calories all the time throughout the day. But, everyone's needs vary based on factors like gender, age, and activity level.

To gain weight, you must consume more than you burn. Conversely, to lose weight, you must burn more than you consume, causing your body to use stored fat for energy. The term BMR (basal metabolic rate) refers to the calories your body burns at rest, while TDEE (total daily energy expenditure) encompasses all your calorie-burning activities.

By calculating TDEE (e.g., 2800 kcal) and adjusting it by 200 to 300 kcal, you can create a calorie deficit to lose weight. You can adjust by increments of 100 to 200 kcal to avoid over-restriction, leading to more sustainable and successful weight loss. This more balanced and gradual approach can lead to long-term calorie deficit and better weight loss results, contrary to quick-fix diets that often fail.

Practical Tips for Healthy Eating

Meal Planning: Plan your meals and snacks ahead of time to ensure you have nutritious options readily available. Include a variety of foods from all food groups to meet your nutritional needs.

Portion Control: Pay attention to portion sizes to avoid overeating and support weight management. Use visual cues, such as your hand or plate size, to estimate appropriate portion sizes.

Mindful Eating: Practice mindful eating by focusing on your food, chewing slowly, and savouring each bite. Listen to your body's hunger and fullness cues to guide your eating habits.

Quality Over Quantity: Prioritise nutrient-dense foods that provide essential vitamins, minerals, and antioxidants. Limit processed foods, sugary beverages, and high-fat snacks that offer empty calories and little nutritional value.

Balance: With everything that has been spoken about in this chapter, balance is absolutely key. I take a very holistic approach to nutrition for myself and for my clients. 9 times out of 10 diets fail, why? Because diets often restrict food groups and go to extreme measures. This practice is not sustainable which is why it never works.

We go for the 80/20 rule. 80% of your diet should be based around healthy foods. 20% remaining can come from foods you enjoy that can be consumed in moderation and be managed into your calorie intake. Taking this approach, your diet is not going to suck, you'll be feeling better from the healthier foods you're consuming, you'll enjoy the 20% more because you're allowing yourself to have it in moderation. All in all will create sustainability.



Supplements

Whey Protein

Whey is derived from milk and is a fast digesting form of protein which makes it ideal post workout helping with muscle recovery. However, it can be consumed during the day to up your daily protein intake. An ideal whey protein product would have minimal carbs and fats and high protein content. Consume anywhere from 20 – 40 grams of whey protein post workout if you are taking it after training. Always look at the suggested consumption and calorie/ nutrient breakdown.

Casein Protein

Casein is the same as whey protein but it's a slower digesting form of protein. This can also be ideal during the day to increase protein intake or before bed to help with slow releasing protein through the night to help with recovery.

Pre- Workout

Pre workouts are hot right now and there are tons of different fancy products out there, but be careful what you are actually consuming. Always check the ingredients and the caffeine content, you may be sensitive to caffeine and consuming more than 150mg of caffeine could leave you with some bad side effects. Such as headaches, increased heart rate, sickness and forms of anxiety. They are not necessary and not needed, if you need a pre workout try save your money on expensive fancy products and try having a black coffee or espresso.

BCAA's

These aren't necessary if you're consuming a sufficient amount of protein already. However, they can help with performance in the gym to help feed the muscle with protein. There are 20 basic amino acids which are building blocks for new proteins, there are 9 essential amino acids which means they cannot be made by the body. These 9 are histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. If you do have a BCAA product it is ideal to consume it during training.

Supplements

Fat Burners

The main ingredients are caffeine, green tea and b vitamins. There is nothing special about these and taking fat burner won't magically speed up fat loss. The key for fat loss is being in a calorie deficit.

Multivitamin

Having a good quality multivitamin can ensure you are having an optimal amount of vitamins and minerals daily. Stick within the recommended guidelines if you are consuming these products, over consuming micronutrients can have some side effects.

Omega/ Fish Oils

If you don't consume enough fish in your diet you could be deficient in omega fatty acids 3, 6 and 9. Having an omega/ fish oil supplement can help you consume a healthy intake, again stick within the recommended guidelines if you are consuming a product of this nature.

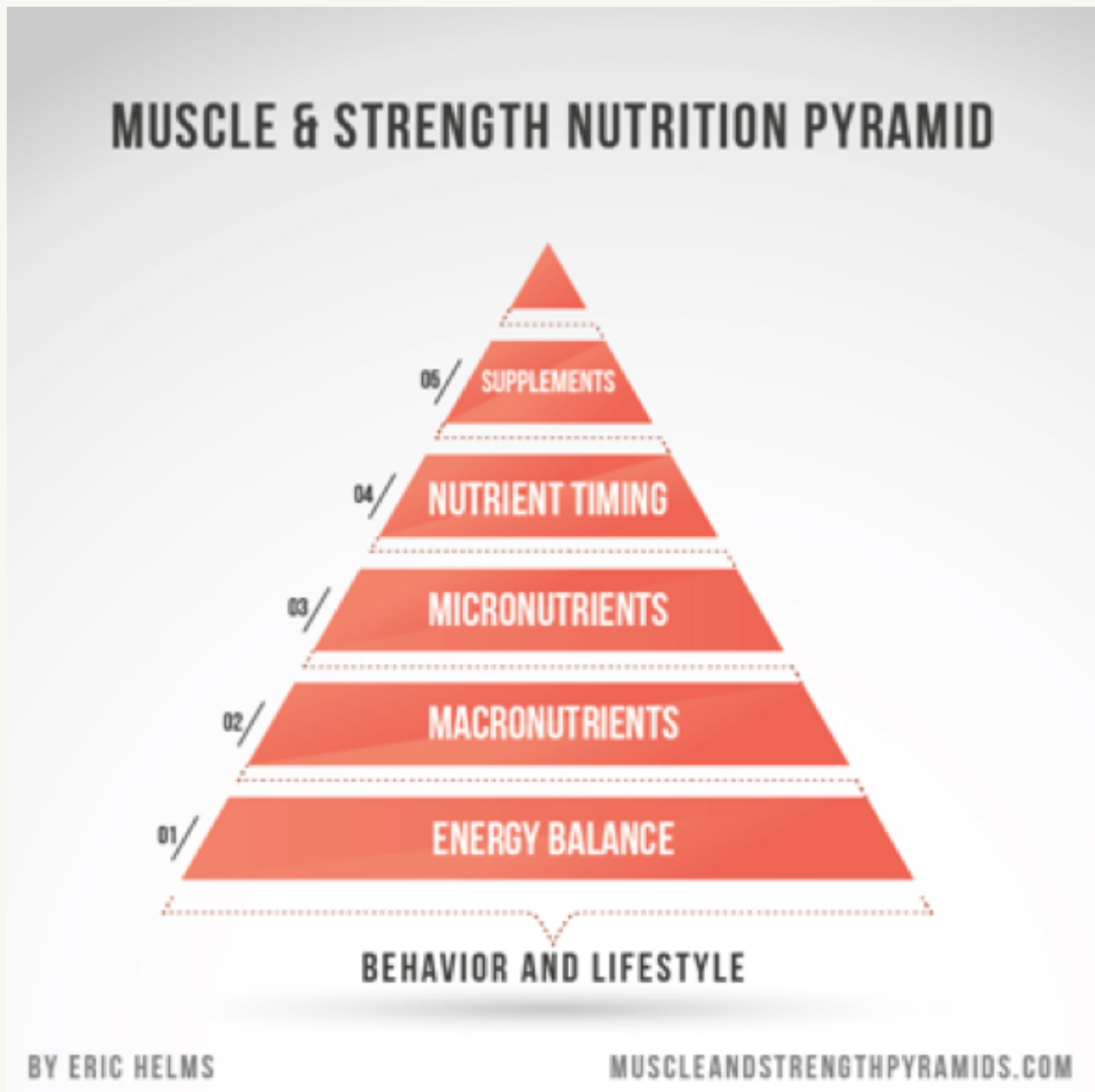
Creatine

Creatine is one of the most studied supplements in sports science with hundreds, thousands of studies showing positive results for strength and endurance. Therefore, this a great supplement to consume and can assist your training. Creatine is a natural energy source in the body used in explosive movements.

Consuming added creatine can fill up your ATP stores so you have more energy reserves, assisting your performance in the gym. As creatine gets saturated into the muscles over a period of time, consume 5 grams daily at a time that is convenient for you, every day. Research shows it can increase body mass by either muscle gain and/ or water retention. So don't be too worried if you gain an extra few pounds whilst consuming creatine as it may just from the side effects of the supplement rather than fat gain.

What to Focus On

I love using this diagram to highlight the importance of what should be the main focus of your diet, and what you shouldn't worry too much about when it comes to weight loss or weight gain.



Conclusion

Understanding nutrition is essential for optimising your fitness journey and achieving your health and performance goals.

By following basic nutrition principles, including consuming a balanced diet rich in macronutrients and micronutrients, staying hydrated, and practicing mindful eating, you can fuel your workouts, support recovery, and maintain overall health and well-being. Incorporate practical tips for healthy eating into your daily routine to nourish your body and enhance your journey.



Tools & Resources

01

Andrew Huberman Podcast

An informative podcast covering all things health and fitness related.

03

Examine

This website covers nutrition and supplements using scientific research to show what's effective and what isn't.

02

YouTube

Can be a great platform to gain further insight to exercises and dieting.

04

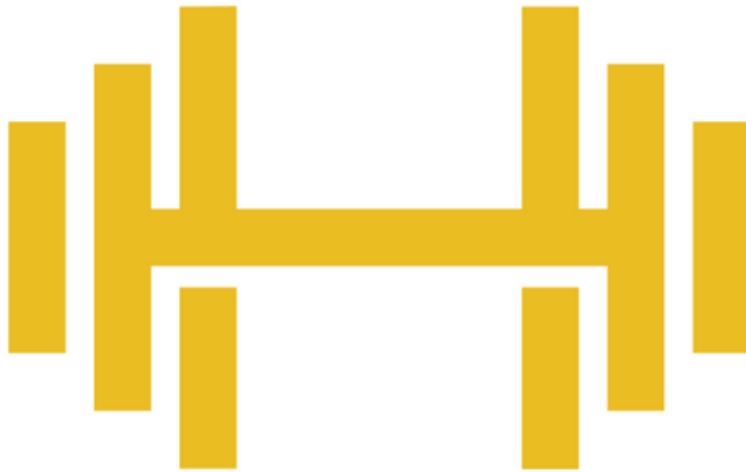
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Using my videos and posts on my instagram to gain further knowledge on exercise and nutrition.

how to reach me

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THANK YOU!

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