

Summary of Nutrition Information

- Typical person needs 7-8 hours of sleep. Athletes require 8-10 for optimum body recovery. Cheat sleep you cheat your body's ability to recover. This can affect the way you think, mood, and ability to train at best levels. Poor sleep affects agility and coordination negatively. Poor sleep can also depress body's ability to fight and recover from sickness. Poor sleep habits also contribute to weight abnormalities.
- Caffeine dehydrates the human body.
- Carbon gas can cause cramping in athletes.
- One 12oz can of soda provides 40 grams of sugar x 365 days a year is 14.6 kg or 32 lbs which is 55000 calories or 16 pounds of fat. That is just a 12 oz can, in a land of super sizing is it any wonder why people are fat?
- Refined sugars (sugar, high fructose corn syrup, etc) are a poison to the human system and can produce quite a few negative results (Before 1900 the US consumed 5 lbs per person per year it is now over 100 pounds). Sugar raises insulin levels which stresses the body, inhibits growth hormones and vitamin/mineral absorption, depresses the immune system, and promotes the storage of fat.
- Dietary fiber both soluble and insoluble helps to clean the colon and blood whether directly or indirectly. The typical person can have a bowel movement 3 times a week to 3 times a day.
- Athletes need a higher protein diet to help with muscle building and recovery. However, there is a limit and there is a plateau for effectiveness. Athletes should for muscle gain and recovery have 2 grams of protein per kg of weight. Amino Acids normally do not stay in the system more than 3 hours, after this your body will enter a catabolic state and start breaking down muscle tissue to meet your bodies need for protein.
- Eating lean meats i.e. fish, poultry, and lean beef are better than fatty meats or processed meats.
- The more a food is processed the less nutritive value it holds. Avoid white bread, fast food, white flour, white sugar, white rice, etc. Basically any food that has been processed using high heat will reduce the nutritional value of food. What is left after the body processes food? Conversely, some foods such as eggs need to be cooked for safety and making them more easily digestible.
- Eating vegetables and fruits raw is best. Steaming is second. Microwaving or boiling vegetables destroys or leaches most nutrition from source.
- Vitamins to supplement foods is fine but be cautious of companies with cheap vitamins. Some vitamins are petroleum based and are unable to be absorbed by the human system, natural vitamins/minerals in liquid form are best.
- Eating smaller meals 5 - 6 times a day is better than large meals 1-3 times per day. Eat like a king for breakfast, a prince for lunch, and a pauper for dinner. It is not enough to know what to eat, but when and how as well. Carb heavy in a.m. light fat and light protein, reduce carbs as day progresses and increase proteins, fats stay light all day.
- Fat free is dumb. Men and women both need fat for hormone production. No fat = no testosterone.

- Chewing food a minimum of 20 times is important; however, 30-40 times is ideal, some say food should turn to a liquid is best.
- Avoid drinking any excess fluids during meals. This dilutes the stomach acids and reduces the body's ability to digest food properly. Stop drinking 30 mins prior to meals and start 1.5 to 2 hours after meals.
- Avoid physical exertion after meals for at least an hour. Approximately $\frac{1}{2}$ of your blood supply is used by the digestive organs.
- Drink at least a half to a full gallon of water per day. This has several positive effects. Creates an optimal pH balance in body and helps recovery from injury and sickness. Dehydration even by 1% will decrease a body's ability to perform. Dehydration by 3% reduces strength by 10% and speed by 8%.
- Alcohol consumption suppresses anti-diuretic production which means less water is absorbed which means dehydration – see above for negatives. Alcohol is a depressant which means it affects the nervous system i.e. blurred vision and reduced motor control. It also irritates the stomach, causing nausea, and stomach pain, and eventually vomiting. A little can relax a person, a lot can cause unconsciousness.
- Fat: 1 gram = 9 calories; Protein: 1 gram = 4 calories; Carbohydrates: 1 gram = 4 calories
Alcohol: 1 gram = 7 calories. Alcohol is the purest form of the empty calorie for it is the only one that is not a nutrient. Protein and high fibrous vegetables have the highest thermic values.
- Stop eating when you are satisfied; do not go until you feel full.
- There are general nutrition rules and then specific. Know your body!