

LIVE ACTIVE 563

# NUTRITION E-BOOK

THE ART OF  
LIVING WELL

# WELLNESS PYRAMID



**” MOTIVATION IS WHAT GOT YOU STARTED .  
HABIT IS WHAT KEEPS YOU GOING! ”**

Welcome to Live Active 563's Nutrition E-Book. With this free guide we hope you will find some answers you are looking for. You've probably heard the old adage "You can't out exercise a bad diet."

Well, it's true! Nutrition is the foundation of the pyramid because it's the foundation of our health.

It helps regulate hormones, digestion, energy levels and our overall mood. We need to be aware of everything we put in our bodies and understand the purpose behind it. Are our food choices fueling us or are they feeding disease? Every time we make a food choice we should be asking ourselves that question.

# WHERE WE START!

## DETERMINING YOUR BASELINE

At Live Active 563 we use an Inbody Scanner to determine your baseline and track your progress. The Inbody will break down your body fat, skeletal muscle and water percentages allowing us to track progress over a duration of time.

# BASELINE



# PROGRESS

## TRACKING YOUR PROGRESS

We recommend tracking more than just your body weight as weight measurements only do not take into consideration your body composition. Tape measurements and progress photos are a great way to see results that may not be visible on the scale!

# WHAT ARE CALORIES

The easiest way to define a calorie is that it is a measurement of the energy we need to fuel our bodies.

Most of us have "counted calories" before and often times it has not led to feel good all over results.

What's important to know is that calories are comprised of macros and getting the correct kind of calories for your body composition vs. just counting calories will ensure you get amazing results, you will feel amazing and you will learn more about nutrition than you thought possible.

## KNOW YOUR MACROS

Essentially macros are what calories are made of! All 3 macronutrients are essential. We are not afraid of any of them and in fact we encourage you to incorporate all 3 in almost every meal and snack! Doing so will help keep you full and satisfied.

1g carb =

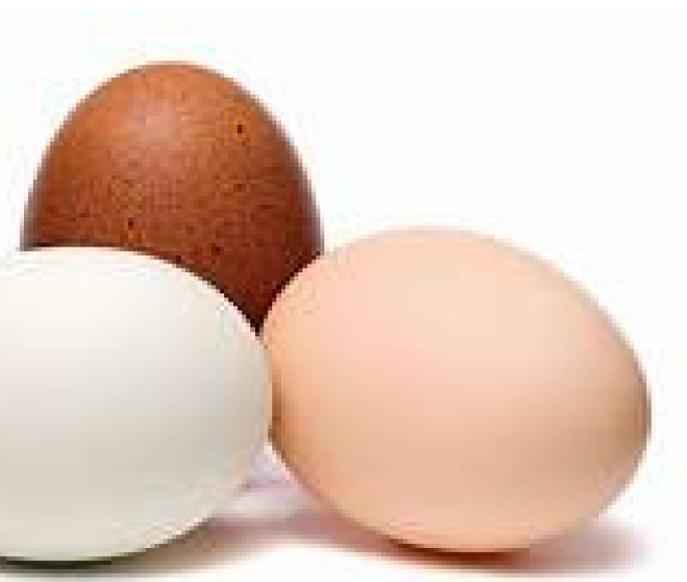


1g protein=



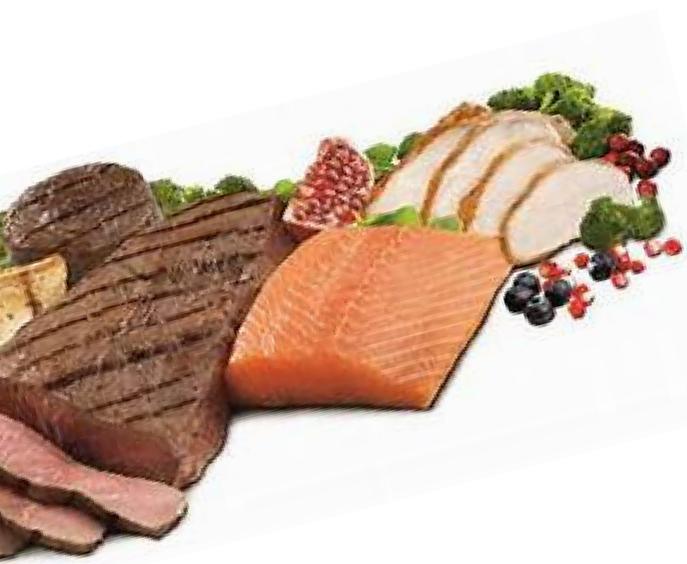
1g fat =





# PROTEIN

Protein is found in every part of your body including your organs, tissues, muscles and even your hormones. Here are a few cool things to know about protein:



- PROTEIN has the highest thermic effect of food, which is a fancy way of saying that it uses the most energy to digest.



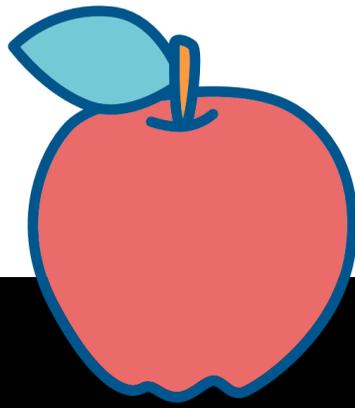
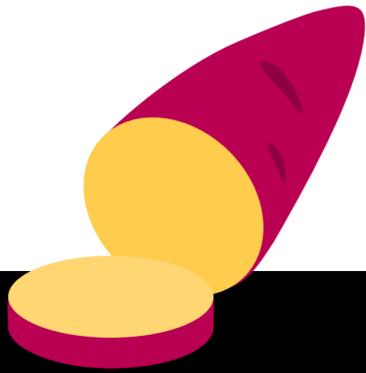
- PROTEIN supports lean muscle retention when your goal is to lose body fat and promotes muscle growth when you're trying to get stronger. (Yes, you can have both at the same time!)



- PROTEIN is made up of amino acids, which are essential for the building of muscle in the gym and the repairing of muscle on recovery days. The creation of protein from these amino acid building blocks is referred to as protein synthesis.

- PROTEIN keeps your body healthy, strong and in a constant state of repair and renewal so you can bounce back from any tough physical challenge thrown your way.

# CARBOHYDRATES



## VEGETABLES

Broccoli

Spinach

Onion

Sweet Potato

Squash

Carrots

Sweet Peppers

Brussel Sprouts

## FRUITS

Apples

Bananas

Pears

Oranges

Pineapple

Blueberries

Raspberries

Blackberries

## WHOLE GRAINS

Breads

Quinoa

Pastas

White Rice

Brown Rice

Oats

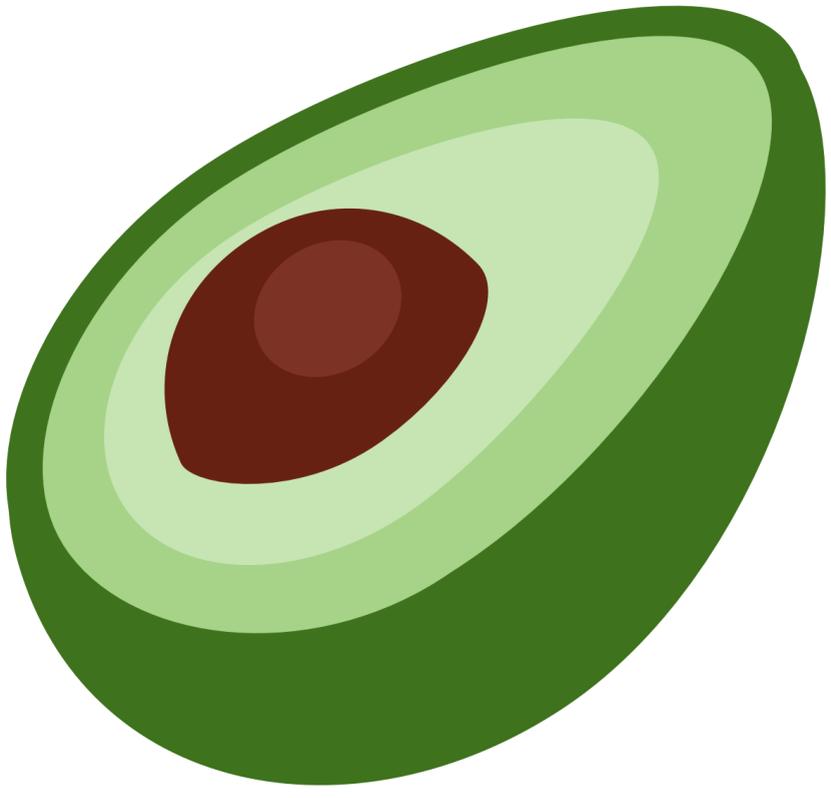
Corn

FlatOut Wraps

*\*this is a small list- many more acceptable options*

Carbs are the gas in your tank and the fuel to your fire. Carbs are stored in your muscles as glycogen. Eating carbs in the right proportion will keep your brain and muscles feeling strong!

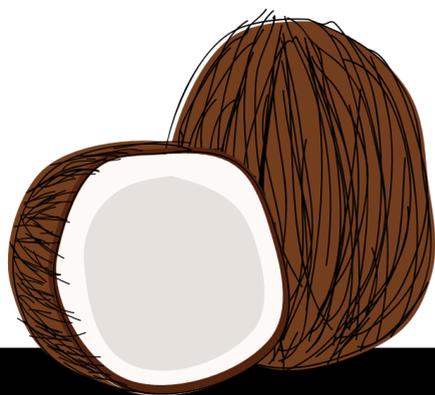
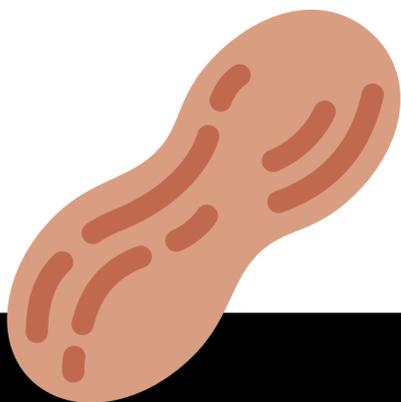
- The bodies main source of energy
- Spares protein from being used as energy
- Aids in the breakdown of fat
- Stick with low sugar (less than 4g) high fiber (more than 3g) minimally processed options
- Eat a variety of fruits, vegetables and whole grains



# FATS

## WHAT DO THEY DO?

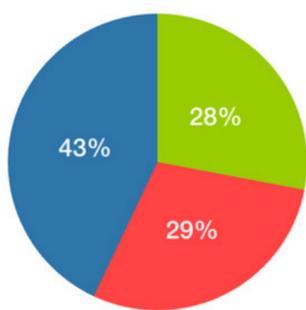
- Helps keep us full and satisfied for hours
- Fat insulates your body and organs & also assists in brain function
- Fat slows the absorption of your food helping avoid the "carb crash"
- Is used as an energy source & helps transport vitamins A, D, E & K
- Sources in moderation: avocado, grass-fed butter, nuts, nut butters, seeds, olive oil, coconut oil, olives, seeds



# WHAT DO I EAT?

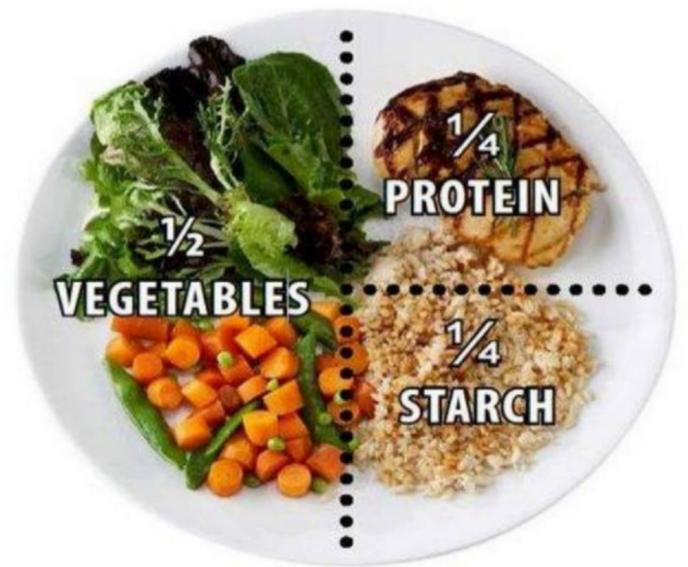
Using the plate method is the simplest way to tackle eating out or even eating at home in order to create a healthy balanced meal.

Fill 1/2 your plate with vegetables, 1/4 plate with a lean protein, and 1/4 plate with a starch. Add a little grass - fed butter for a healthy fat option!



	Total	Goal
Carbohydrates (115g)	43%	40%
Fat (34g)	29%	30%
Protein (74g)	28%	30%

# PLATE METHOD



## TRACKING YOUR FOOD

We recommend tracking your food. We use My Fitness Pal and it familiarizes you with serving sizes and portions. It also shows you exactly what you're putting into your body.

# TRACKING BASICS

- Scan the code: You can use MFP to scan the barcode of your food into your diary. This will allow you to pull up the nutrition information quickly and log it into your day. Always check this against the label... it is often not accurate!
- Select wisely: There are a TON of different entries for a food when a barcode is unavailable. Simply use the manual search bar. **SELECT THE MOST ACCURATE OPTION!**
- The Green Check: MFP puts green checkmarks next to “verified” entries that have the full, correct nutritional information listed. This doesn’t mean that entries without check marks are inaccurate. It just means check them for accuracy. We also recommend using the USDA data base whenever possible (especially with whole, fresh foods that have no labels!) for accuracy and consistency.
- Check your work: Double check any entries you use for accuracy. There are a lot of entries in the food database and they are often wrong or incomplete.



*When scanning entries into MFP, make sure the entry matches the nutrition listed on the package since packaging changes occasionally. Also verify the serving size, because those can definitely be sneaky.*

## TRACK ACCURATELY

The weight of your food will almost always be more accurate than the cup or spoon measurement. Use a scale to get the most accuracy. Scales come in all shapes and sizes. Many can be purchased at Amazon, Target or Walmart.



# A LITTLE ABOUT PROTEIN SUPPLEMENTS!



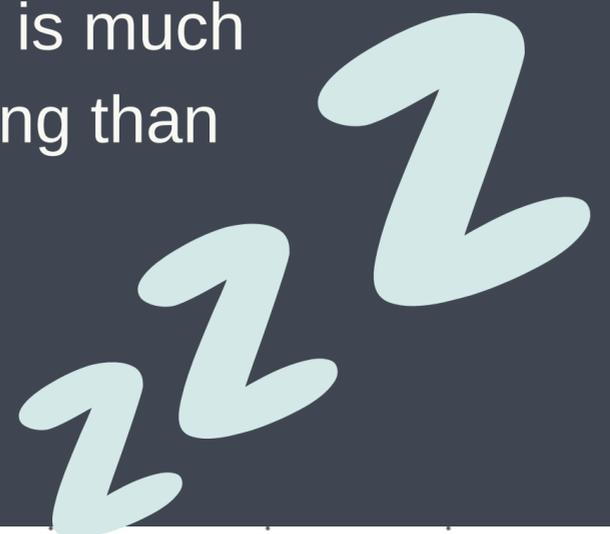
Protein supplements are fine if they are used in the correct circumstance. They can be a quick convenient way to hit your protein target and recover from a workout, however they should not be relied upon for all of your protein. Getting protein from whole food sources first should be the primary goal!

## WHEY

Perfect for after workout as it is quick to digest!

## CASEIN

Perfect for use before a longer fasting period like bedtime. It is much slower absorbing than whey.



# GOAL SETTING 101

SET YOURSELF UP FOR SUCCESS BY SETTING LONG AND SHORT TERM GOALS.



Look at the big picture first. What are your health/fitness/weight/family goals in a specific amount of time - 1, 5, 10 years down the line.



Set smaller goals for what you would like to accomplish

- Have a to-do list
- Use a calendar
- Prioritize your goals



Set performance goals that will motivate you! Figure out WHY it's important. Want to lose 10 lbs? WHY. What will happen or how will you feel when you lose the weight?



Always have an action plan. Write down the realistic steps you're going to take to achieve your goals.



Stick with it! By telling your family and friends, you will have someone to stay accountable to and keep you motivated.

# NEED HELP LOSING FAT, GAINING MUSCLE OR BOTH?



## PROVEN RECORD OF SUCCESS

Stop wasting your time with FAD diets, let us lead you in the right direction to help you achieve your health and fitness goals. Check out our Instagram Story for just a few of our success stories.



## EDUCATION & ACCOUNTABILITY

Our program is written and overseen by a R.D. who provides education about macronutrients & the role they play in the body. Your wellness coach provides accountability to help you stay on track & working towards your goals.

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