



A Trainer Talks Nutrition: What Works?

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Today...

- ✓ **Develop a better understanding of the “average” client.**
- ✓ **Discuss practical strategies to increase compliance with healthy eating.**
- ✓ **NOT a discussion on dietary trends/dogmas**



How do/should our clients eat?

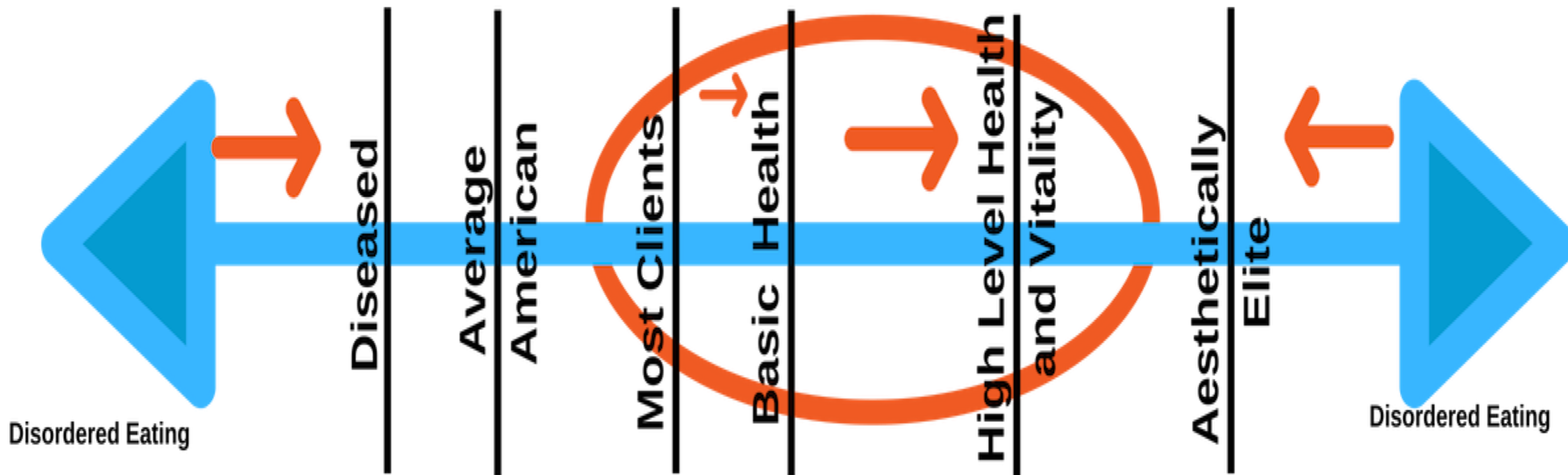
- Personal habits
- Family traditions
- Neurochemistry
- Physiology
- Vocation
- Genetic profile
- Current health
- SES
- Geographical location
- Access



DEVELOP A NETWORK OF CREDENTIALLED, CERTIFIED PROFESSIONALS!



Client Nutrition Continuum



Basic Guidelines (DGA)

Calories: (Sedentary adult)

Male: (2,000-2,600 cal/day)

Female: (1,600-2,000 cal/day)

 **(3600/cal/day)**

Macros:

10-35% Protein **(15%)**

20-35% Fat **(34%, 700 cal/day vegetable oil)**

45-65% Carbohydrate **(50%, 600-800 cal/day added sugar)**



Basic Guidelines (DGA)

Other

5-13 Servings of fruit/vegetables (90% don't)

Less than 6 teaspoons of sugar (17 tsp average)

Limit alcohol to 1-2 drinks/day (40% of Americans exceed, 10% 10+ drinks/day)



What Should We Shoot For?

- ↓ Sugar intake
- ↑ Whole food intake
- ↓ Alcohol intake
- ↑ Portion awareness
- ↑ Taste awareness
- ↑ Vegetable intake (Plants)

Lifestyle!



Research suggests...

1. Self monitoring of food intake

- Awareness
- Journaling
- Education

2. Controlling the urge to eat

- Proper macro combinations
- Strategic food intake

3. Make nutrition choices relevant to individual

- Cultural
- Likes/dislikes
- Context



5 Factors to Consider

1. **Key motivator (the WHY?)**
2. Practicality
3. Economics (time, money, energy)
4. Lifestyle impact



Start with the Why!

1. Provide as many clear, objective metrics as possible
2. Identify barriers (no judgement)
3. If I continue my current habits without change,
 - My health will....
 - My loved ones will...
4. Change is important to me because...



Increase Portion Awareness

5 Handfuls (3 meals/day)

👉 1-2 Protein (Thickness/size of palm)

👉 1-2 Whole grain

👉 2 Full Handfulls fruit/vegetable (Increases vegetable intake)

👉 Thumb of added fat

↑ breakfast, ↓ dinner



Increase Portion Awareness

3-4 O'clock Snack

Protein/fat

Cook larger portions


Portion for other meals



Decrease Sugar

Label reading

Handful exchange:

 *Grain for a serving of a “treat”*

Introduce food combining protein, fiber, fat

Buy an expensive water bottle

 *Water intake*  *Sugary drinks*

Holiday vs. Habit



Increase Whole Food Intake

Recipes: *America's Test Kitchen Family Cookbook*

Aps: *Fit Men Cook*








Cooking demo (video or live)

Ingredients journal

Taste journal (food like wine- taste awareness)



Overall Adherence

-  **Food journal (7 days)**
-  **Constantly assess barriers**
-  **“What did you have for breakfast?”**
-  **“How did you feel?”**
-  **Visible “If I don’t change...”**
-  **Resources (recipes, grocery lists, cooking demos)**
-  **Socialize**



5-4-3-2-1

- 5.. Handfulls**
- 4.. Pints of water**
- 3.. O'clock snack**
- 2.. Ingredients or less on label (unless recognized seasoning)**
- 1.. Serving of what they want**



Thank You!!

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SPIDERfit Kids on Facebook!

www.spiderfitkids.com

