

# NUTRITION PROGRAM PHASE I

The logo features the letters 'ED' in a large, stylized, blocky font with a wood-grain texture. To the right of 'ED', the word 'FIT' is written in a smaller, similar wood-grain font. The entire logo is set against a light-colored wooden background that is tilted slightly to the right.

ED  
FIT



# INTRODUCTION



**“Let Food be Thy Medicine and Let Medicine be Thy Food”  
-Hippocrates**

*The goal of the Phase I Nutrition program is to begin the transition to food choices that enhance your exercise program, impact your health positively and improve your energy, focus and clarity to sustain busy and productive lives.*

*With endless “diets” and get thin quick schemes constantly being recycled, the program focuses on two primary areas.*

*1. What makes sense over time (Nutrition is a lifestyle choice)*

*2. What works with your body and supports health, based on what we know from the scientific disciplines of:  
physiology, nutrition, medicine, psychology and exercise science*



Your specific goals for why you train will vary. Regardless of how you train and eat for appearance, we must consider the impact of supporting health and longevity. Building or maintaining lean muscle is a vital part of being healthy over time, and a solid nutrition approach can support both appearance and health.

Our body is a remarkable machine, designed to extract what it needs from its immediate environment while storing things that can be used in the future and eliminating what is bad or toxic. Oxygen from the air, hydration from water, nutrients and fuel from food sources allow the body to perform necessary functions. Although a relatively simple concept, the process and all of the biochemistry and physiology involved is incredibly complex. Optimizing our body's ability to perform is directly related to nutrition and hydration.



# CHOICE DISCIPLINE

The difference between eating good and bad food in modern society is simply based on choice discipline.

Deciding what we buy and make available to ourselves and what we select when options are made available to us is one way to consciously improve health.

The goal is to restructure eating choices and habits in an effort to control sugar levels in your blood, reduce excess fat and associated inflammation, which impact your risk for developing a variety of disease processes and directly impact how you feel.



# INSULIN AND GLYCATION





Insulin is a protein released from the pancreas in your abdomen when sugar in the blood stream is present.

Insulin and sugar levels in the blood are directly related.

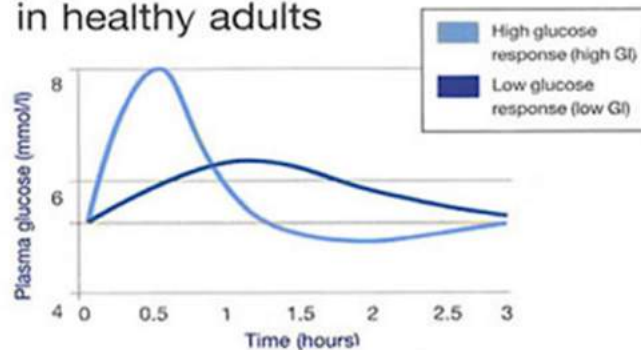
When carbs or sugars are eaten, Insulin is released and this allows your cells to absorb the sugar as an energy source.

Insulin also prevents your cells from using fat for energy, which is not necessary when sugar is abundant, so fat remains stored. Over time, continued fat storage leads to an increase in visceral (abdominal) and general body fat.

Associated with excess body fat is chronic inflammation.

As the cells absorb the sugar, the sugar levels in the blood fall. Unlike sugar, Insulin takes longer to clear from the blood stream, so this process continues for a while once the blood sugar levels have dropped. The brain can only use sugar as an energy source, so as blood sugar levels fall, it triggers the brain to signal food cravings and the sensation of low energy levels. This creates the crash you feel mid-afternoon after eating a high carb lunch.

### Glycemic response in healthy adults



Plasma glucose response (mmol/L) from a high vs low GI food. The change in blood glucose concentration over time is expressed and calculated as the area under the curve (AUC) (Wolever et al, 1991).



***With repeatedly high levels of sugar in the bloodstream related to a high carb and sugar diet, excess blood sugar binds to proteins and fats in our bodies – a process called Glycation. Proteins can become malformed from Glycation and then do not work properly. The sugar-protein structures are known as Advanced Glycation End-Products or AGEs, which research suggests correlates with chronic disease and aging. Most of what is known is from research with diabetes, where the body cannot release insulin and blood sugar levels are excessively high. Poorly controlled diabetics are known to be at premature risk for heart disease, stroke and circulation problems among other chronic health issues.***



***During a dietary transition from a high to low carb diet, your body will take time to adjust to the changes.***

***It's likely you'll experience periods of low energy, until the body and brain adjust to the lower insulin levels.***

***Eating frequent, small and disciplined meals and providing adequate water intake will limit and speed the adjustment period.***

***Over a short period of time, hunger and food cravings will decrease and improve, compared to higher carb diets.***

***Energy will increase and be more sustained and consistent through the course of the day.***

**THE FOUNDATIONS OF BUILDING GOOD NUTRITION CAN BE SIMPLIFIED AND ARE DESIGNED TO PROVIDE THE BODY WITH WHAT IT NEEDS QUICKLY AND EFFICIENTLY.**



# HEALTHY FATS

*Fats are a necessary part of cellular function.*

*They are stored inside cells as fatty acids, which can be used as an energy source in the absence of sugar.*

*Fats contribute to the sensation of feeling full, protect internal organs, maintain healthy skin and help with nutrient transport throughout the body. In addition to protein, fats help to maintain healthy hormone levels.*

*There are different types of fats, which can have profoundly different effects on our health.*

*Typically, fats found in natural food sources are healthier than fats found in processed food.*

*Fat sources high in unsaturated fatty acids (monounsaturated fatty acids) are liquid at room temperature, like olive or avocado oil, and are the healthiest fat sources.*



# HEALTHY FATS

***Omega 3 fatty acids are vital to maintaining cellular function.***

***Visual acuity and brain function in particular require these healthy fat sources and stores.***

***Research suggests the potential for reduction in cardiovascular disease risk and a role in lowering blood triglycerides (an unhealthy fat at high levels).***

***They are also linked to reducing risk of blood clotting, supporting healthy brain function, reducing cancer risk and reducing general inflammation. This is a pretty impressive list of health promoting benefits!***

***Fish oils are the preferred source of Omega-3 fats as they are rich in this fat source and are easy to digest in whole fish. They support immune function and have been shown to have an anti-inflammatory effect in the body.***

***Omega 6 fatty acids have mixed benefit, with some forms contributing to health and others working against it. Vegetable oils and soy are higher in Omega-6 fats.***

***Most modern diets contain 20 times the amount of omega-6 fatty acids compared to omega-3 fatty acids.***

***Omega-6 fatty acids may suppress immune function and increase inflammation in the body.***



# UNHEALTHY FATS

*Saturated fats are solid at room temperature, like cheese or butter, and can promote unhealthy cholesterol production. Trans-fatty acids or hydrogenated fats are artificially processed and not found in nature.*

*These fats have been linked to increasing bad cholesterol and impaired heart function.*

*Your body is able to synthesis these saturated fatty acids on its own (“Non-essential” fatty acids), so they don’t need to be derived from the diet.*

*Polyunsaturated fats are cholesterol free, but are unstable when exposed to the environment and when they destabilize can be pro-inflammatory and harmful to cells.*

*Two primary types of polyunsaturated fats are common: Omega-3 and Omega-6 fatty acids.*

*Your body does not produce Omega-3 fatty acids, so they are referred to as “Essential” Fatty acids and need to be derived from the diet.*



## **FAT SOURCE RECOMMENDATIONS:**

### **MONOUNSATURATED FATS: USE Daily**

*Unprocessed nuts & seeds (Flax and Hemp)  
Olives, olive oil, avocado, avocado oil  
Fish (wild caught) Mackerel, Herring, Salmon, Tuna Sardines  
Grass-fed meats  
Grapeseed oil  
Peanut oil  
Egg yolks*

### **SATURATED FATS: KEEP LIMITED**

*Coconut oil  
Butter  
Cheese  
Cream  
Grain-fed meats  
Full fat dairy products*

### **TRANS AND HYDROGENATED FATS: AVOID**

*Fried Foods  
Margarine  
Baked goods  
Processed snack foods  
Vegetable oils*





# PROTEIN



# PROTEIN

**The soft tissues of our bodies are made of proteins, fats and connective tissue.**

**In fact, protein is in virtually every cell in our body.**

**Proteins and amino acids (the building blocks of proteins) are key parts of almost all physiologic processes that occur in our bodies (including maintaining healthy hormone levels).**

- ***Our bodies can produce twelve of the amino acids needed to form proteins (non-essential amino acids).***
- ***The other nine we must get from our diet or supplementation (essential amino acids).***

**Eating lots of protein maintains muscle mass and the stores necessary to keep the body operating.**

**If protein is deficient from our diet, we begin to breakdown muscle (our largest protein store) to produce protein for other bodily needs.**

- ***This process is called catabolism (or catabolic “breakdown” state).***
- ***The opposite to catabolism is anabolism (or anabolic “buildup” state).***

**With exercise (particularly resistance exercise), muscle tissue is broken down initially, increasing the protein needs to rebuild muscle stronger to adapt to the repetitive loading of exercise.**

**This first catabolic state is followed by signals for the muscle to grow stronger (anabolic signal) –protein availability (from diet) drives the process!**





# PROTEIN

*The healthiest forms of protein are eaten in their natural state.*

*Fresh, organic, lean meats are best. This unprocessed form is less likely to have associated toxins and are less likely to create an inflammatory reaction.*

*As our digestive system breaks down protein, levels of amino acids in our bloodstream increase.*

*This stimulates protein building or anabolism in our muscles. Intense training also stimulates muscle building, so naturally, the two elements combined lead to muscle development and growth.*



# VEGETABLES/FIBER

*I can't think of too many people or resources that would suggest vegetables should be avoided in a most any diet approach. They have a negligible impact on blood sugar, and are loaded with nutrients and fiber. In addition, they contain plenty of anti-inflammatory material and anti-oxidants to support the intent of this phase of your diet plan.*

*Green, leafy vegetables have generous amounts of iron and calcium (important in high-protein diets). More fibrous vegetables like broccoli and cauliflower via their bulk can create a sensation of fullness when added to meals or as snacks.*

*Generous servings of vegetables should be a part of every primary meal. Fresh, washed, raw veggies are best.*

*Be careful when cooking vegetables: maintain lower temperatures to maintain the nutritional content. If sautéing, use healthy oils like olive or avocado oil. With salads, understand the content of salad dressings. High levels of sugar and saturated fats are a part of many dressing options.*



## **EATING FREQUENCY RECOMMENDATION:**

***Eat small to moderate portions every 3-4 hours during waking hours.***

- ***Maintain 3 primary meals: breakfast, lunch and dinner***
- ***Maintain protein and healthy fat targets listed above***
- ***Minimize unhealthy fats, sugar and carbohydrate (for this phase)***
- ***Ad 3-4 snacks with macronutrients composed of protein, healthy fat and veggies***

## **HEALTHY SNACK OPTIONS:**

- ***Lean meat, raw nuts, eggs, low fat cheese, Greek yogurt, nut butter, raw vegetables with hummus***
- ***Fruit: while packed with vitamins, nutrients and fiber, most fruits have a generous amount of sugar. The berry group (blueberry, strawberry, blackberry, etc.) have a more favorable Insulin effect than citrus fruits or apples, pears, bananas.***



## **PROTEIN SOURCE RECOMMENDATIONS:**

### **ORGANIC LEAN MEATS:**

*Red Meats: Beef, veal, bison, elk (lean cuts)*

*Poultry: chicken, turkey (organic)*

### **FISH:**

*Salmon (wild caught), Cod, Tuna, Halibut*

### **Other Healthy Sources:**

*Eggs - organic, omega 3, cage free, vegetarian fed, Grade A*

*Greek yogurt*



# SUGAR



*Although I stated that sugar is the preferred energy source of muscle and brain (primarily due to efficiency of getting it from the blood to cells), there is simply no health-related benefit to any significant amount of direct sugar intake in our diets. Sugar for brain function can be manufactured by the body from other food sources.*



# WATER

**Our bodies are made of 50-65% water. Most resources suggest a target water intake of 8 glasses or 2 liters (68 ounces) per day. This can of course vary based on many factors like climate, exercise/exertion, body size and diet.**

**I am 6'3" and vary between 215-225 lbs. depending on training.**

**When I am training hard (and considering that I live at altitude in a very dry climate) my target is a gallon of water/d. It is a necessity, and is required (especially with...diet) to maintain healthy kidney function.**

**Water should be consumed at the recommendations above consistently throughout the day.**

***Bail on the soda, the juice, the sports drinks. Drink water, or unsweetened carbonated water to change it up.***

**This no longer is a 'diet' that you start and stop, and then need to get back on, rather it's a mental shift to a 'lifestyle'. Unfortunately, there will be some things you sacrifice in order to improve the quality of your life. The latter is the best exchange you can make.**



## **RESTRUCTURE YOUR APPROACH TO NUTRITION - EATING PSYCHOLOGY:**

*What is your opinion/understanding about what food actually does to your body?*

- *Do you eat to satisfy emotion or do you eat to fuel your body, like gas in an engine (high octane or regular)?*
- *When do you find yourself eating?*
- *What is the environment and what are the triggers?*
- *When do you stop eating?*
  - When all of the food on your plate is gone?*
  - When you're no longer hungry?*

*It deserves mention that our culture is socially connected to eating. Cleaning up your diet doesn't negate this important element with friends, family and traditions.*

*Eating at a restaurant doesn't mean that you have to order only what is on the menu! You can order what you want and most if not all quality restaurants will work with you to find something that works.*



***I hope this plan will help you to begin  
your journey to Improving your Lifestyle!***

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me any of your questions  
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***I look forward  
to seeing your  
progress!***



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