

NUTRITION BASICS

Nutrition can be a confusing subject with so much contrasting information out there.

Below is some information provided by CrossFit. These guidelines prioritise Health. Tweaking it for performance is a different discussion.

Performance could be outlined as someone who is training 1.5 hours a day for 4-5 times a week. If you train for 1 hour a day 4-5 times a week, health guidelines will most likely be more applicable.

There is definitely a place for almost any food within a healthy and balanced diet, but this does complicate things. The info from CrossFit below keeps things as simple as possible if you are looking for direction and your goal is health. Prioritise whole foods, but it's important to realize almost any food can be part of a healthy overall intake.

Where to start? It can be overwhelming. Personally, I think a great starting point to begin is, for 2 weeks:

- Track all the food you consume (Use something like MyFitnessPal)
- While tracking, ensure you consume 2g of Protein per kg of Bodyweight per day.

Don't overcomplicate things; just focus on that first - further steps can be taken later. The reason for tracking is primarily awareness, not to stick to a strict prescription.

After those 2 weeks, you will get some crucial information, such as:

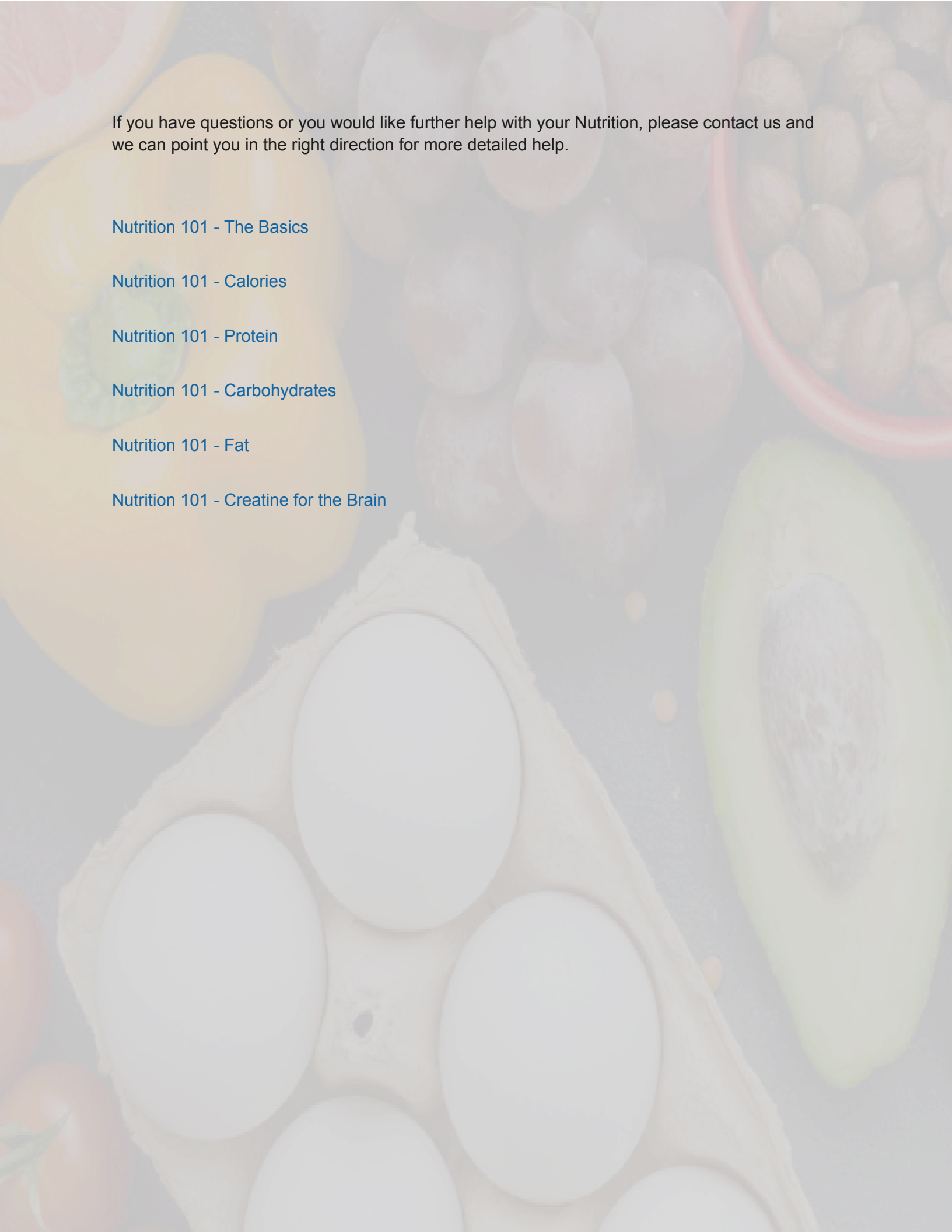
- Total Calories consumed
- Macronutrient breakdown.

This will help you make decisions later on. By reading the links below it will help you apply this information written by someone with a Master's degree in Nutrition.

Some basics regarding training nutrition:

Pre-workout: Ideally, 30-60 minutes before, consume some high-GI carbs such as a Banana, Rice Cakes or some liquid carbs eg dextrose.

Post workout: A protein shake is convenient and will help recovery, along with some carbs once again to help replace glycogen for your next workout.



If you have questions or you would like further help with your Nutrition, please contact us and we can point you in the right direction for more detailed help.

[Nutrition 101 - The Basics](#)

[Nutrition 101 - Calories](#)

[Nutrition 101 - Protein](#)

[Nutrition 101 - Carbohydrates](#)

[Nutrition 101 - Fat](#)

[Nutrition 101 - Creatine for the Brain](#)