

TORQUE

NUTRITION GUIDE

A COMPLETE GUIDE TO BASIC HUMAN NUTRITION AND HOW
TO MAXIMIZE YOUR FITNESS RESULTS

TORQUE BARBELL INC.

www.torquebarbell.com

253 Norseman St. Toronto

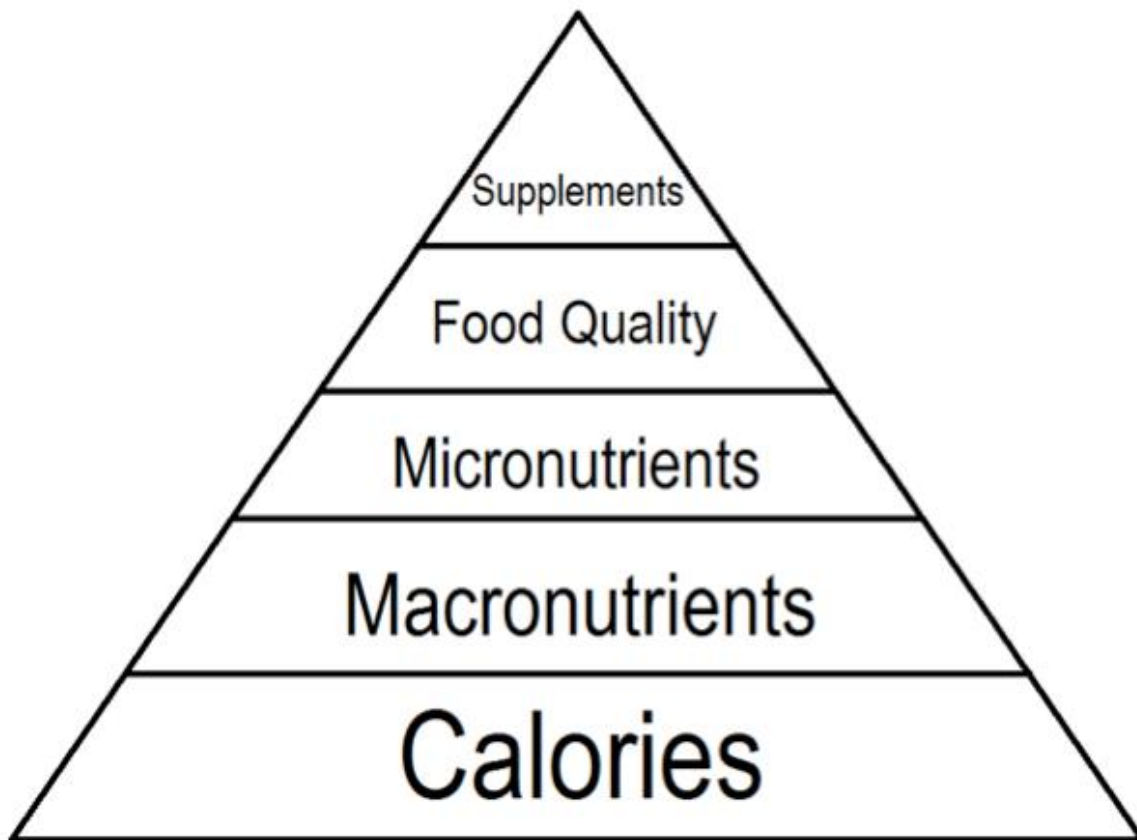


Nutrition Information

There are many different ways we can alter and monitor our diet. And many different types of diets to follow - low fat, low carb, macro counting, all organic, carb back-loading etc.

None are right, or wrong. In the end, we have to find something that works for US as individuals. It has to be in line with our goals and WE HAVE TO BE ABLE TO STICK TO IT. Yes, a low fat diet may get us the results we want, but if we can't stick to it, then it's pointless. And if our goal is to be as healthy as possible, then a low fat diet probably isn't for us either.

Here is a chart outlining what makes the biggest difference in our bodies when our goal is to shift our body composition (lean muscle to fat ratio):



Focusing on any of the above elements will likely lead to composition changes. However, the items closer to the bottom will make the biggest changes in the shortest amount of time.

Let's break each one down.

Supplementation: The point of supplementation is to supply our body with the nutrients it is lacking. When our body has proper nutrients it's able to function better - meaning it can more easily do the tasks it is supposed to do.

For example, if you can't sleep at night, it could be because you're lacking melatonin. (High stress levels or looking at bright screens in the evening can cause this.) Your body needs sleep to restore and rejuvenate, to grow muscle, repair tissue, and synthesize hormones. If you're not getting proper sleep then your body isn't functioning at its optimal capacity. To avoid this you could try to supplement with melatonin at night.

When our body is able to function more properly we are more likely to have more energy, sleep better, have less joint pain/inflammation, gain more muscle mass, and lose more fat.

Other common supplements include: Multivitamins, Vitamin D, Vitamin C, BCAAs, Iron etc.

Food Quality: Although this item is close to top of the pyramid for a body composition goal, if our goal is to become as healthy as possible, then this would likely become the foundation of the pyramid.

Food quality has so many effects on the body besides composition. When we nourish our body with high quality food, we're making it easy for our body to function. We will likely see the same sort of results mentioned above in supplementation without actually supplementing because we are providing our bodies with nutrients through food rather than supplements. High quality food will likely have all the nutrients we need and lead to less overeating because our body is satisfied.

Often when we eat poor quality food, we overeat. This is because when we are hungry it is our body's way telling us we need nutrients. If we respond by eating poor quality food that has next to no nutrients then our body is never satisfied and we will still experience that same hunger, even though we just ate 800 calories in pizza.

Every single thing we put in our body either helps us or hinders us. When it comes to food quality we should focus on making our calories count (by eating natural foods, rich in nutrients) instead of counting our calories.

Micronutrients: There are 2 types of micronutrients, vitamins and minerals. Both are required by our bodies in small amounts to ensure normal human growth, aid in digestion, they contribute to well-being, bone density and many more regular bodily functions. See https://en.wikipedia.org/wiki/List_of_micronutrients for a full list. To help us get the proper amounts of each we can look at the 2 items mentioned above: supplementation and food quality.

Here is an article that outlines the most common nutrient deficiencies, how to avoid them and the symptoms that can indicate their presence: <https://authoritynutrition.com/7-common-nutrient-deficiencies/>

Macronutrients: These are the major nutrients that supply our body with energy: proteins, fats and carbohydrates. Both proteins and carbohydrates have 4 calories per gram and fats have 9 calories per gram.

Each macronutrient is digested differently and plays a different role within our body. Determining the proper balance for each of us is important and will ultimately lead to sustainable success.

Carbohydrates primary role is to supply our bodies with energy. For certain body functions this is the preferred and ideal energy source. Our bodies either use these calories to supply us with energy or store them as fat when we already have a sufficient energy supply.

Proteins are the building blocks to all our muscles, organs and tissue. Our body has 3 options with protein: it can use it for energy (when we don't have enough carbohydrate or fat calories necessary for our daily energy), use for bodily functions such as repair old cells, build muscles, organs, blood, hair, nails, skin and tissues (when there is sufficient energy through carbohydrates and fats) or store it as fat when sufficient energy is supplied and all bodily tasks are completed.

Fats are probably the most misunderstood macronutrient. While they provide more than double the amount of calories per gram, they also provide us with longer lasting satiety - which means you feel full for longer periods of time. Fats are used as an energy source, they surround and protect vital organs, contribute to cellular function and structure, regulate hormone production (this is an important one) and transport fat soluble vitamins.

Calories: The unit of measure for energy. The reason this is the foundation of the pyramid when it comes to body composition is because in order to gain weight we need to have a surplus of calories and in order to lose weight we need a deficit of calories. And the makeup of our calories will determine the makeup of our bodies. End of story.

All of the other factors mentioned above will likely lead to us controlling our calorie count and making our bodies burn calories more efficiently. For example, by focusing on supplementing or eating high quality food we are like to consume less calories and burn more by providing our bodies with the proper nutrients, leading to a calorie deficit.

The one component that is missing from the pyramid and will get you results faster than any item mentioned above is, **CONSISTENCY**. This is the absolute foundation of every single program and the one thing that will make the biggest difference. Just because we ate a low calorie diet for 1 day or 1 week doesn't mean we will see changes. We have to be consistent, otherwise none of the above information will make any difference.

Now, let's look the different types of diets.

Diet Options

Low Fat Diets: There is no doubt that low fat diets work in the short term. They get people lean. Since fat is the macronutrient with the most calories, by eliminating it you are able to keep your calories low, while consuming as much food as possible.

However, since fats are important for hormone production and transporting nutrients, a diet without fat can have negative impacts in the long run. And since they provide more satiety, people on low fat diets often feel more hungry.

Low Carb: Examples of low carb diets include Atkins and the Paleo diet. Both encourage eating lots of meats, fats and vegetables. These are great for some people because they feel satisfied and get to eat the types of foods they enjoy. However, since a lot of these foods are high calorie,

people typically need to reduce the amount of food they are consuming to maintain or lose weight.

IIFYM: 'If It Fits Your Macros' is the biggest trend right now. It's basically calorie counting, through tracking the grams of each macronutrient you are eating each day. There is a base calculation you can do (find below) to determine how much protein, fat and carbohydrates you should be eating each day. Through trial and error you can determine the ideal balance for you and your goals.

How to Calculate Macros

Option 1: Figure out how many calories you're eating now. Keep a food journal for three days. Write down everything you eat and drink. Eat the same as you normally would, don't change anything. Then write down all the nutrition info – how many calories/protein/carbs/fat was in each meal, then total them up for the day. Use My Fitness Pal or Google to calculate. From there you can try to rearrange your protein/fat/carb ratio to see if composition changes happen OR you can add or subtract a couple hundred calories and see if that makes a difference you'd like to see.

Option 2: Another (less accurate) method is to multiply your lean body mass (LBM) by 17 to get an estimate of your caloric intake. LBM is calculated by multiplying your bodyweight by your body fat percent, then subtract that number from your total bodyweight. This should give you an approximate number of calories needed to maintain your current weight. To lose weight - subtract 300-500 calories from this number.

Example

- Body Weight = 150lbs
- Body Fat Percent = 23% ($150 \times 0.23 = 34$ lbs of body fat)
- Lean Body Mass = 116 pounds ($150 - 34 = 116$ lbs)
- Baseline Calories = 1972 calories (116×17)

Let's use the following the calorie ratio of 40/40/20 - meaning 40% protein, 40% carbs, 20% fat.

- Total Baseline Calories = 1,972
- Total Daily Protein = 197g ($1,972 \times 0.40/4$ calories per gram)
- Total Daily Carbs = 197g ($1,972 \times 0.40/4$ calories per gram)
- Total Daily Fat = 43g ($1,972 \times 0.20/9$ calories per gram)

Then break it down into meals. Let's assume 5 meals per day.

Protein = 40g per meal (197g/5)

Carbs = 40g per meal (197g/5)

Fat = 9g or less per meal (43g/5)

From there you can make up your own meal plans and adjust your percentages based on what you feel and perform best with.

Sample Meal Plans

The plans provided are sample plans are are pretty low calorie. They can be followed and WILL provide results. However, they are not tailored to you. To create a plan that is more specific to you, you can do 1 of 3 options:

1. Use the macro calculation methods above to determine appropriate numbers for you. Then increase or decrease portion sizes and meals accordingly.
2. Choose one of the meal plans below and follow your progress. Based on how you feel and look, make the necessary adjustments.
3. Set up an appointment with a nutritionist to create a customized plan.

Sample Meal Plan 1

151P - 28.5F - 109C (1,296 Cal.)

POST WORKOUT MEAL	26P - 4.5F - 31C
1 Scoop Protein	25P
1 Handful Spinach	1P - 1C
Ice & Water to Blend	-
Coffee w 1 tsp Coconut Oil	4.5F
2 Rice Cakes w 1 Tbsp Jam Or ½ Cup Oatmeal	30C
MEAL 1	32P - 5F - 20C
1 Whole Egg	6P - 5F
1 Cup Egg Whites	26P
5oz Fibrous Vegetables	5C
¼ Cup Oatmeal OR 1 Slice Whole Wheat Bread (Ezekiel)	15C
MEAL 2	30P - 5F - 33C
4oz Meat (Chicken OR Fish)	30P - 5F
5oz Fibrous Vegetables	5C
1/2 Cup Brown Rice OR 3/4 Quinoa OR 1 Whole Sweet Potato	28C
MEAL 3	28P - 10F - 5C
4oz Meat (Ground Turkey or Beef)	28P - 10F
5oz Fibrous Vegetables	5C
SNACK 1	10P - 4F - 20C
1 Cup Plain Greek Yogurt (Plain)	10P - 4F
1/2 Cup of Berries OR 1 Apple	20C
SNACK 2	25P
1 Protein Shake	25P

Notes: This is a very low fat diet. Some people enjoy them and others don't. If you feel spacey or more forgetful, you likely need more healthy fats in your diet. For example, add avocado into your meals, or olive oil on your salad/vegetables or nuts/nut butters into your snacks.

Sample Meal Plan 2

106P - 71F - 85C (1,403Cal.)

POST WORKOUT MEAL	12P - 8F - 22C
1 Cup Greek Yogurt (Plain)	10P - 4F
6 Almonds	2P - 4F - 2C
1 Apple	20C
MEAL 1	25P - 30F - 20C
2 Tbsp Udo's Oil	30F
1 Cup Berries	20C
1 Scoop Greens Powder	-
1 Scoop Protein Powder	25P
MEAL 2	25P - 15F - 6C
2 Cups Spinach/Mixed Greens	2C
½ Cucumber (OR Other Veg)	2C
½ Pepper (OR Other Veg)	2C
4oz Chicken	25P
1 Tbsp Olive Oil	15F
1 Tbsp Vinegar (Balsamic, Apple Cider, Lemon)	-
1 Tsp Mustard	-
MEAL 3	30P - 5F - 33C
4oz Chicken OR 6oz White Fish	30P - 5F
1/2 Cup Brown Rice OR 3/4 Quinoa OR 1 Whole Sweet Potato	28C
5oz Fibrous Vegetables	5C
SNACK 1	2P - 3F - 4C
1 Cup Vegetables	-
2 Tbsp Hummus	2P - 3F - 4C
SNACK 2	12P - 10F
2 Hard Boiled Eggs	12P - 10F

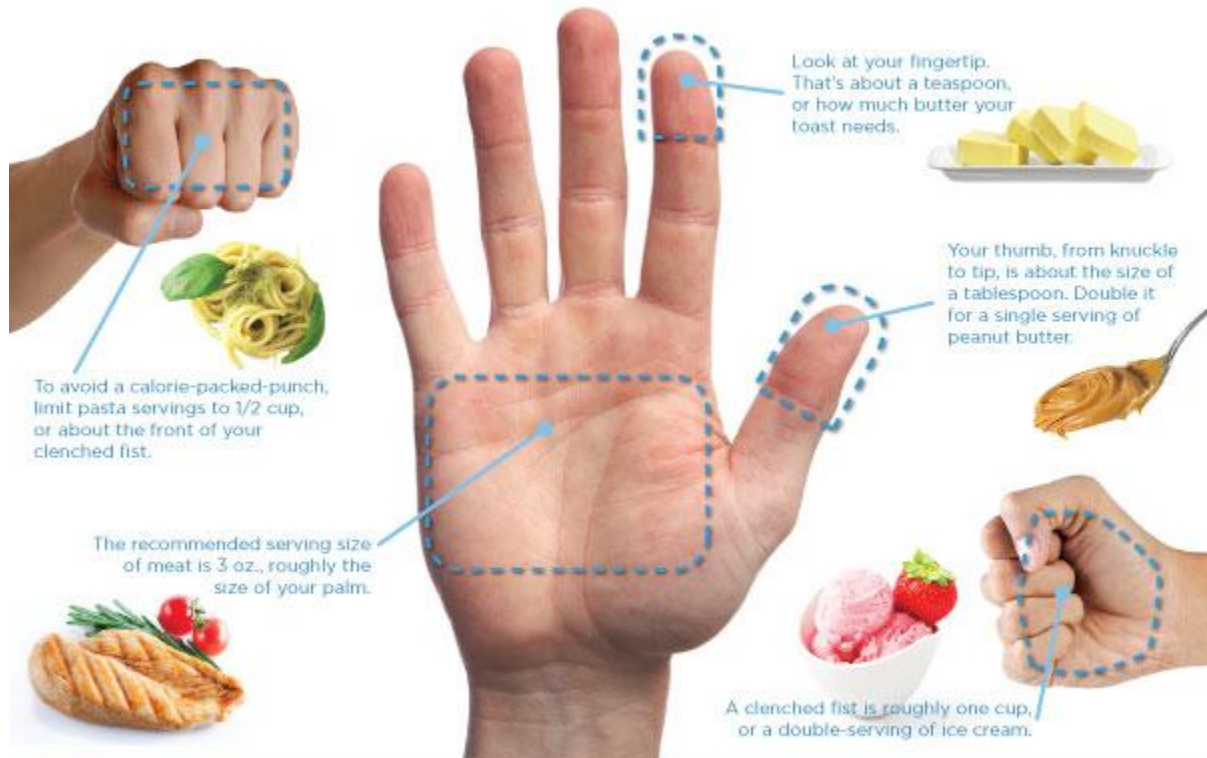
Grocery List

PROTEIN	VEGETABLES	FRUIT	FATS
Fish	Spinach	Raspberries	Avocado
Chicken	Kale/Swiss Char	Blueberries	Almonds
Ground Turkey	Peppers	Blackberries	Coconut Oil
Beef	Cucumbers	Grapefruit	Butter (Organic)
Pork	Carrots	Apples	Eggs
Eggs	Broccoli	Lemon	Oil
Whey Protein	Cauliflower	CARBS	SUPPLEMENTS
Plain Greek Yogurt	Tomatoes	Rice, Rice Pasta	Omegas
	Zucchini	Quinoa	Magnesium
	Onion/Garlic	Oatmeal (Wheat-Free)	BCAAs
		Sweet Potato/Squash	Greens Powder

Tips for Success

- 1) Try to avoid sugar at ALL costs. It is addictive. Once we have one bite, we likely want more. Plan 1 cheat MEAL a week (not a cheat DAY). Make sure these are meals out and the food doesn't linger in your house.
- 2) Try to stay within the suggested macros (P - F - C). If we're out and can't eat our own food, we should stick to the same amount of macros mentioned in the plan. The plan works. Don't make excuses.
- 3) Track everything you put in your mouth on MyFitnessPal (It works).
- 4) Try to drink 3-4 Liters of water per day. Have a water bottle on you. Keep a glass of water at your desk. When you drink the last drop, get up right away and fill it again. And always try to drink a glass of water before you eat.
 - a. it will keep you hydrated and
 - b. you will not confuse your thirst for hunger 📱
- 5) If you're hungry, EAT. Do not let yourself starve. Try to eat every 3 hours to avoid getting hungry.
- 6) Eat your protein and fat before your carbs to keep your hormones more stable. Plus, save the best part for last.... obviously.
- 7) Try to include lots of dark coloured vegetables at every meal. You can eat as many as you'd like. They will have minimal impact on your daily calories.
- 8) Feel free to add onion, garlic and mushrooms to your meats.
- 9) Don't be afraid of salt - reducing your salt intake is only a concern if you're eating a lot of processing or fast food. They will also have minimal impact on your daily calories.
- 10) Portion control is important. If you can't measure all your food, here are general rules of thumb:

Hand Guide to Portion Control



Sources:
<http://www.cncp.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf>
<http://www.healthycanada.ca/healthyarkansas.gov/programs/Services/ChronicDisease/Nutrition/Pages/ServingSizes.aspx>

www.GuardYourHealth.com

More Information

To learn more, check out these books OR to get a more specific or customized program, reach out to katy@torquebarbell.com.

Book List

1. Discover the Power of Food, by Janet Jacks
2. The Big Fat Surprise, by Nina Teicholz
3. The Whole 30 OR It Starts with Food, by Dallas and Melissa Hartwig
4. Sugar Nation, by Jeff O'Connell
5. Oh She Glows Cookbook, by Angela Liddon
6. Joyous Health, by Joy McCarthy
7. Wheat Belly, by William Davis

Podcasts

1. The Ultimate Health Podcast
2. Balanced Bites