



Training With DB

Nutrition Guidelines

This manual is designed to set you on the right path towards achieving your goals.

It provides the necessary guidance to **improve your eating habits.**

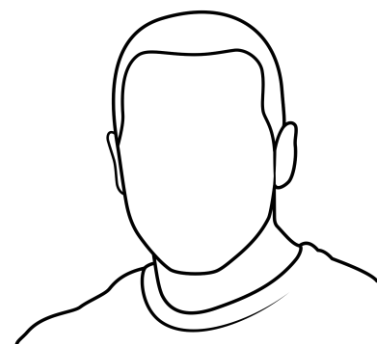
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Overview

Consider these pages your compass for navigating the complex world of nutrition. As you read on, you will gain valuable insights and practical tips that can improve your body composition, performance, health and well-being. Here are some general recommendations to get you started:

Eat your vegetables, and some fruit.

A diet rich in vegetables and fruits will provide your body with important vitamins, minerals, antioxidants, and fibre, promoting improved digestion and general well-being.

Consider spending a little extra on locally sourced, in-season produce if you can, as it tends to be higher quality and more packed with nutrients.

Get plenty of protein.

Consuming sufficient protein aids muscle recovery after exercise, helps maintain a healthy body composition, and keeps you feeling fuller for longer, preventing overeating.

Vary your protein sources to include lean meats, poultry, fish, dairy products, legumes, nuts, and seeds, catering to both animal-based and plant-based preferences.

Fuel your body with carbohydrates.

Carbohydrates are your primary source of energy, necessary for physical and mental performance, both inside and outside the gym. As a result, when your activity levels increase, so does your body's need for carbohydrates.

You can get carbs from a variety of foods, but for better health and a steady supply of energy, opt for complex carbohydrates from nutrient-dense sources like whole grains, fruits, and vegetables.

Keep an eye on your fat intake.

Fats are essential for hormone production, nutrient absorption, and brain function.

However, it's crucial to be mindful of saturated and trans fats, often found in processed foods, as excessive intake can negatively impact your body. Instead, prioritise healthier options like monounsaturated and polyunsaturated fats found in olive oil, avocados, nuts, and fatty fish.

Stay hydrated.

Hydration is the foundation of good health, ensuring optimal body function and peak performance. It enhances concentration, assists in recovery, and boosts overall vitality.

How much water you need can vary based on a range of unique factors, so the most effective way to figure out your personal requirements is to simply listen to your body and drink when thirsty.

Customised Plan

Now that you know the basics, we can explore the specifics and create a more comprehensive course of action. These next steps will show you how:

01 Assess current situation

By gaining insight into your health status, including medical conditions and dietary restrictions, while reviewing your daily habits and behaviours, you will gain a clearer understanding of your unique starting point.

02 Establish clear objectives

Setting SMART goals, which are specific, measurable, achievable, relevant, and time-bound, will help guide you toward your desired outcomes and increase your chances of success.

03 Personalise your approach

The key to an effective diet is consistency, so make sure your plan is easy to follow and fits into your daily routine without distracting from work, family or fun.

04 Implement Strategy

Translate your plan into action by making sure you have the necessary resources and support to follow through. Start by taking specific actions, such as grocery shopping, meal prepping, and organising your kitchen.

05 Monitor and make adjustments

Regularly evaluating progress not only keeps you motivated and focused on your goals. It also helps determine whether your strategies and actions are effective or need fine-tuning.

06 Reward Success

Recognise and celebrate your wins, both big and small. This can boost your motivation, reinforce positive habits, and serve as a reminder that your efforts are paying off.

“By failing to plan,
you are planning to fail.” – Benjamin Franklin

Common Terminology

Diet

The way someone eats and drinks on a regular basis.

Balanced diet

A diet that provides all of the nutrients necessary for maintaining good health.

Calorie

A unit of measurement for energy.

Calorie intake

The total number of calories consumed in a day.

Energy balance

When calories in and calories out are equal.

Calorie deficit

A state in which a person consumes fewer calories than they expend, resulting in weight loss.

Calorie surplus

A state in which a person consumes more calories than they expend, leading to weight gain.

Macronutrients

The three major nutrients needed for the body to function properly: carbohydrates, proteins, and fats.

Micronutrients

Essential vitamins and minerals needed in smaller quantities for various bodily functions.

Calorie-dense

Foods or beverages that contain a high amount of calories, in a relatively small serving size.

Nutrient-dense

Foods or beverages that provide a high concentration of nutrients, for a relatively low amount of calories.

Meal plan

A schedule outlining what and when a person will eat over a specific period of time.

Additional Suggestions

01 Eat balanced meals

Filling your plate with vegetables, lean protein, healthy fats, and complex carbohydrates will provide your body with the nutrients it needs. This approach delivers sustained energy, aids muscle recovery, boosts metabolism, and stabilises blood sugar, leading to improved health, mood and cognitive function.

02 Seek out nutrient diversity

Incorporating a wide range of foods ensures a varied intake of vitamins, minerals, and macronutrients, resulting in an enhanced state of well-being. Besides lowering the risk of chronic diseases, exploring new foods keeps your meals interesting, prevents taste fatigue, and makes your diet more satisfying overall.

03 Limit liquid calories

By choosing water or low-calorie beverages over sugary drinks and high-calorie smoothies, you can significantly reduce your intake of empty calories. This practice makes weight management easier, and promotes a diet that leaves more room for nutrient-dense foods.

04 Focus on whole foods

For a healthier diet, focus on whole, minimally processed foods. These choices are typically higher in nutrients, closer to their natural state, and keep you feeling fuller for longer. As you shift away from processed foods, you can expect fewer cravings for unhealthy snacks, contributing to positive changes in your appearance.

05 Listen to your body

Pay attention to your body's hunger and fullness cues. This will teach you to eat more slowly, savour each bite, and stop when satisfied rather than full. Recognising patterns of habitual or emotional eating can enhance your relationship with food, empowering you to make more conscious and thoughtful decisions moving forward.

These practices can be tailored to suit different lifestyles and dietary preferences.

Frequently Asked Questions

Which diet is best?

There is no single diet that can meet the needs of everyone, given our individual preferences and nutritional requirements. However, most diets recommend focusing on minimally processed, nutrient-dense, whole foods, which is good advice no matter who you are.

What do you think about supplements?

While supplements can have a role in supporting health, they should be seen as a complement to a balanced and varied diet, not a replacement. If you are considering the benefits of certain supplements, do your research first, weigh up the pros and cons, and make sure they align with your goals.

Is it true that muscle weighs more than fat?

No, it's a misconception. Just like a ton of feathers and a ton of bricks both weigh the same, so does a pound of muscle and a pound of fat. The biggest difference is that muscle takes up less space. As a result, two people of the same height and weight can look drastically different.

Does muscle turn into fat if you stop working out?

No, muscle and fat are different types of tissue, and one cannot transform into the other. But if you exercise less and don't adjust your calorie intake to match, you will naturally experience a decrease in muscle mass and an increase in body fat. It's not a case of one replacing the other. Rather, one has gone up and the other gone down.

How many meals should I eat a day?

This will vary depending on your goals. If you want to gain weight, you will need to eat more and if you want to lose weight, you will need to eat less. But generally speaking, you should aim for 3-6 meals, allowing you to evenly distribute your protein intake throughout the day.

Can I drink occasionally and still get results?

Alcohol affects everyone differently, so it's difficult to give blanket recommendations, but the dose makes the poison. Of course, drinking a little will have less of an impact than drinking a lot, while regularly abusing alcohol will be more problematic than having the occasional binge. Ultimately, it's up to you where you draw the line.