

	<p>The “Fuel It” program is designed to support the “It (Independent Training) program” by emphasizing the importance of proper nutrition for maintaining good health and enhancing physical training outcomes. Simply put a healthy diet should include a variety of fruits and vegetables, whole grains, lean proteins, healthy fats, and low fat dairy or dairy alternatives, with appropriate daily servings tailored to men and women. Try to meet these suggestions to Fuel Your Training.</p>	<p>Daily Servings: These recommendations are general guidelines, and individual needs may vary based on factors such as age, activity level, and specific health conditions. It's always a good idea to consult with a healthcare provider or a registered dietitian for personalized nutrition advice.</p>
<p>Water</p>	<p>Water: Staying hydrated is vital for overall health. Aim for at least 8 glasses of water per day, or more if you're active or live in a hot climate.</p>	<p>An easy suggestion is to drink more water daily so that your urine is pale, but not clear.</p>
<p>Fruits and Veggies</p>	<p>Fruits and Vegetables: Rich in vitamins, minerals, and antioxidants, fruits and vegetables should form a significant portion of your diet. Aim for a variety of colors to ensure you get a wide range of nutrients. Sweet potatoes, leafy greens, broccoli, cauliflower, tomatoes, and berries are some of my favorites.</p>	<p>Male: 2 cups of fruit and 2.5 cups of vegetables per day Female: 1.5 cups of fruit and 2 cups of vegetables per day</p>
<p>Lean Protein</p>	<p>Lean Protein: Incorporate sources like chicken, turkey, fish, tofu, beans/legumes, lentils, and low-fat dairy (whey protein) for muscle repair, hormone production, and overall body function. Two or more x a day. Highly suggest at each meal.</p>	<p>Aim for 20-30 grams of protein at 2-4 meals a day. This could look like a 4-ounce cooked chicken breast, a 4-ounce cooked salmon fillet, or 3 large eggs (1 yolk and 2 egg whites). Ounce of meat or fish is around 6-8 grams protein. Alternatively, you could have a cup of Greek yogurt, a cup of cottage cheese, or half a block of tofu. Plant-based options include a cup of cooked lentils or chickpeas. For convenience, a scoop of whey protein powder typically provides 20-25 grams of protein. Incorporating these into your meals helps ensure you're meeting your protein needs.</p>
<p>Healthy Fats</p>	<p>Healthy Fats: Opt for sources such as avocados, nuts, seeds (examples flax and chia seeds), fatty fish, olives, and olive oil. These fats are crucial for brain health, hormone regulation, and absorption of fat-soluble vitamins.</p>	<p>For men, a healthy fat portion per meal is roughly equivalent to 1-2 tablespoons of olive oil, a small handful (about 1 ounce) of nuts, or half an avocado. For women, a suitable portion might be 1 tablespoon of olive oil, 2-3 tablespoons of seeds, or a quarter to half of an avocado. These portions provide the necessary healthy fats to support nutritional balance and overall well-being.</p>
<p>Whole Grains</p>	<p>Whole Grains: Foods like brown rice, quinoa (seed), oats, and whole wheat provide fiber, B vitamins, and minerals. They help regulate digestion and keep you feeling full.</p>	<p>Male: 6-8 servings per day (1 serving = 1 slice of bread, 1/2 cup of cooked rice or pasta) Female: 6-7 servings per day</p>
<p>Dairy</p>	<p>Dairy or Dairy Alternatives: Choose low-fat or non-fat options like yogurt, milk, or fortified plant-based unsweetened alternatives for calcium, vitamin D, and protein.</p>	<p>A healthy serving of low-fat dairy, such as milk or yogurt, typically ranges from 1 cup (240 ml) to 1 ounce (28 grams), depending on the product. Non-dairy alternatives like almond milk or soy yogurt can also be part of a balanced diet, with similar serving sizes providing calcium and other nutrients.</p>
<p>Healthy Plate: Balance and Variety</p>	<p>Balance and Variety: Variety ensures you get a wide range of nutrients, and balance ensures you're not overloading on any particular food group. Try to have every meal to follow the Healthy Plate or 2 meals a day.</p>	
<p>Moderation of Added Sugar and Processed Foods</p>	<p>Limit Sugars and Ultra-processed foods: Limit intake of sugary drinks, snacks, and ultra processed foods high in unhealthy fats, sodium, and sugars. One or two servings a day is reasonable.</p>	<p>In a healthy diet, added sugar intake should generally be limited to no more than 10% of your total daily calories. For someone on a 2,000-calorie diet, this translates to about 50 grams of added sugars per day. However, the American Heart Association recommends even stricter limits, suggesting no more than 25 grams (6 teaspoons) of added sugars per day for women and 36 grams (9 teaspoons) for men. I suggest working to the AHA guidelines. When it comes to ultra-processed foods, it's ideal to minimize their consumption as much as possible. Ultra-processed foods are typically high in added sugars, unhealthy fats, and sodium, and are low in essential nutrients. They include items like sugary snacks, fast food, sugary drinks, and ready-to-eat meals.</p>
<p>Portion Control</p>	<p>Portion Control: Even healthy foods can lead to weight gain if consumed excessively. Pay attention to portion sizes to maintain a healthy balance.</p>	
<p>Fatty Fish</p>	<p>Also consider couple servings of Fatty Fish per week, if not talk to your doctor about fish oil: Salmon, trout, mackerel, sardines, and other fatty fish are rich in omega-3 fatty acids, which are essential for heart health and brain function.</p>	<p>Two Servings a week.</p>
<p>Fermented Foods</p>	<p>Maybe also consider Fermented Foods: Yogurt, kefir, sauerkraut, kimchi, and miso contain probiotics that support gut health. A healthy gut microbiome is linked to improved digestion, immunity, and even mental health.</p>	<p>Maybe one serving a day. Do with caution. Fermented foods are not for everyone.</p>
<p>Alcohol</p>	<p>Alcohol: While moderate drinking may offer some cardiovascular benefits, the negative effects, including increased risks of liver disease, certain cancers, mental health disorders, and accidents due to impaired judgment, clearly outweigh any positives. It is recommended to avoid alcohol, but if consumed, limit it to up to one drink per day for women and up to two drinks per day for men.</p>	
	<p>I would suggest reading over our educational booklet, which is being updated regularly, or watch our video on nutrition (see Nutrition 101) if you would like more nutrition information.</p>	