



# **Power Hour**

## **Nutrition Handbook**

*(Vegetarian Specific)*

**Written by:**

**Nicole Marchand Aucoin, MS, RD**

**Owner of Healthy Steps Nutrition**

**Registered/Licensed Dietitian**

**Certified Health Coach**

**CrossFit Level 1 Trainer**

**Certified Personal Trainer**

**and**

**Caroline Waters, RDN, LD/N**

**Registered and Licensed Dietitian Nutritionist**

# Goal Setting

**You want to set yourself up for success by setting SMART Goals!**

- S: Specific
- M: Measureable
- A: Attainable
- R: Realistic
- T: Time Sensitive



## Tips when setting your goals:

1. Look at the big picture first. What are your health/ fitness/ weight/ financial/education/family goals in a specific amount of time- 1, 5, 10 years down the line?
2. Set smaller goals for what you would like to accomplish 1, 2 3, 6 months.
  - Have a to-do list
  - Use a calendar
  - Prioritize
3. Set performance goals (ie: lifting weights, weight loss) that will motivate you. Write down WHY it is important for you.
4. Always have an action plan. Write down the steps you are *realistically* going to take to achieve your goals.
5. Stick with it! By telling your family and friends, you will have someone to stay accountable to and keep you motivated.

# Your Goals

**Goal #1:** \_\_\_\_\_

**Steps to Achieve Goal:**

1. \_\_\_\_\_

2. \_\_\_\_\_

**Goal #2:** \_\_\_\_\_

**Steps to Achieve Goal:**

1. \_\_\_\_\_

2. \_\_\_\_\_

## Nutrition 101: Food4 Fuel

1. **Carbohydrates** are our body's main source of fuel; spares protein from being used as energy and aids with the oxidation (breakdown) of fat. Carbohydrates should comprise about 40% of our diet. **Vegetarian diets are naturally higher in carbohydrates and lower in protein. Track your intake through MyFitnessPal to ensure you aren't getting excess amounts of carbohydrates.**

- **Fiber** is a non-digestible carbohydrate, delays glucose absorption, helps you stay full, decreases cholesterol levels, and aides with reducing triglyceride levels. Fiber is found in fruits, veggies and whole grains.
- **Glycemic index (GI)** tells us how fast our blood sugar will rise after eating a food (stick with low glycemic foods index foods). GI indicates how much of an insulin response are body will have to produce to breakdown what we just ate. Remember, insulin response is an inflammatory response. After your exercise is the best time to have any higher glycemic foods.
- Limit fruit to 2 servings a day. Stick to low glycemic fruits such as all berries, apples, pears, peaches and nectarines.
- Try to avoid the excess use of *artificial sweeteners*. Studies show an increase in weight gain, body fat, and calorie/carbohydrate intake with high levels of artificial sweeteners. The also cause increased "sugar cravings." Stevia is a more natural form of a non-calorie sweetener and is made from a plant.
- What about the different types of sugar? Agave, honey, raw sugar, sugar cane, dextrose, maltose.... Sugar is sugar in our body and it all goes through our lymphatic system and is an inflammatory response... If we don't burn it off, it turns into FAT!
- Soy is the #1 genetically modified food. Be sure to purchase organic, non-GMO brands, such as Amy's brand.
- Sources: starches (bread, pasta, **rice, quinoa**, beans, **oatmeal, steel cut oats**), starchy veggies (potatoes, **butternut squash, sweet potato**, peas, corn), fruit, juices, dairy

2. **Protein** is made from amino acids that provides our body's structure, regulates body function, components of enzymes, immune system health, and aids hormone regulation. Protein should comprise about 30% of our diet.

- **Essential amino acids** can't be synthesized by the body therefore we need to obtain these proteins from food sources (**eggs and quinoa** both contain all essential amino acids and are great non-meat sources of protein).  
**Complementary proteins** are two or more foods that when are eaten together they provide all essential amino acids (ie: legumes & rice, mushrooms & broccoli).
- **Conditionally essential amino acids** are amino acids that our body can make the precursors but under some conditions we can't make enough (ie: glutamine and arginine during stress).
- **Vegetarian Protein Sources:**
  - **Lean Protein:** Nuts, seeds, legumes, cottage cheese, triple zero greek yogurt (carb and protein), tofu, tempeh, seitan, quinoa, edamame, soy milk, buckwheat
  - **Medium Fat Protein (1 Protein + 1 Fat):** cheese (cottage and grated parm)
  - **High Fat Protein (1 Protein + 2 Fats):** full-fat dairy, most cheese
- **Tips to get more protein in the vegetarian diet:** add chia seeds to smoothies, pumpkin seeds to oatmeal, hemp seeds to salads, edamame to stir-fries, and quinoa in place of rice.
- **Supplements:**
  - Whey protein isolate (for vegetarians) is the best source of protein powder
  - 100% pea protein isolate (for vegans) is the best source of protein powder that is meat, dairy, and egg-free.
- Try to choose soy foods no more than 2-3x per week and track your foods in MyFitnessPal to ensure you are meeting your needs. Be sure to purchase non-GMO, organic tofu and tempeh as possible.

3. **Fat** is a component of our membranes particularly in the brain and nervous system, aides in the absorption of fat-soluble vitamins and is used as a source of energy. WE NEED FAT. Healthy sources of fat from nuts and seeds should comprise of about 30% of our diet.

- **Limit the saturated and stay away from trans fats** (increase your LDL/bad cholesterol, trans fats also decrease HDL/good cholesterol)
- **Vegetarian diets tend to be lower in fat due to elimination of animal products. Don't forget we need some healthy fat.**
- **Increase Omega 3 intake** (sources: canola oil, olive oil, flaxseeds, **chia seeds**, fortified eggs, **supplements**). Omega 3 supplements are recommended to ensure that you are consuming adequate amounts of DHA and EPA.
- **Sources:** fats, dairy, nuts/ nut butters, avocado, olives, butter, cream, coconut milk

#### Extra Considerations:

- **Vegetarians and vegans may be lacking essential nutrients that can only be found in animal products, such as:**
  - B12, Folic Acid, B6, Zinc, Iron, Calcium, Vitamin D
  - Be sure to regularly include non-dairy sources of calcium and vitamin D, such as almond milk, broccoli, greens, and other fortified foods. Also include vegetarian sources of iron such as spinach, nuts, and beans.
  - Be sure to consult your doctor regarding your specific needs.

# ReShape Your Plate

## 1. Drink Up

- Hydration is extremely important, and your choice of fluids can make or break you
- Focus on WATER!
- Cut back on the sugar sweetened beverages (soda, juice, sweet tea)

## 2. Make it Lean

- Watch out for the added fat when cooking (grill, bake, or broil)
- Beware of whole milk and dairy products, they can provide excess saturated fat and calories
- Vegetarian protein sources such as tofu, tempeh, soy and seitan are naturally lower in fat

## 3. Load up on the **WHOLE** foods

- Whole grains, fruits and vegetables provide you with the fiber, vitamins and minerals that your body needs
- Fiber plays many different roles in the body to help you stay full, keep your regular and aids in lowering cholesterol levels

## 4. Cut back on the **SUGAR**

- Causes an inflammatory response
- Beware of hidden source of sugar in juices, granola bars and processed foods

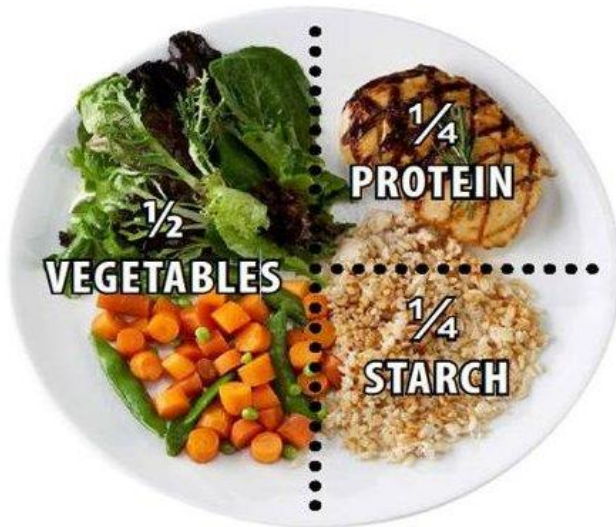
## 5. Limit the processed junk!

- Try to shop the perimeter if the grocery store of 90% of your groceries
- Look at the ingredients label, if you can't read what's in it, put it down



## The Plate Method

This is one of the *simplest methods* looking to change your diet and eat quality foods.



- $\frac{1}{2}$  of the plate = Non-starchy Veggies
- $\frac{1}{4}$  of the plate = Lean Protein
- $\frac{1}{4}$  of the plate = Complex Carbohydrates

## Interpreting the Meal Plan

- The Nutrition 101 Program comes with 1 weeks of sample meal plan with ranges
- Women looking to lose weight should stick with the portion sizes on the low end of the ranges
- Women looking to improve performance/gain muscle and men looking to lose weight should stick with the middle of the ranges
- Men looking improve performance should focus on the high end of the ranges
- \*\*\* Means there is a recipe on the website ([www.myhealthysteps-nutrition.com](http://www.myhealthysteps-nutrition.com))
- Log your food in MyFitnessPal or the Food log given to you in the challenge packet

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_