

FIGHTING FIT

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NUTRITION GUIDE

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Introduction

For almost all its history, mankind's diet has consisted of wholesome healthy foods provided by nature. It has only been in the last several decades that our dietary habits have been invaded by the rise of processed junk foods. The human digestive system is not designed to fuel the body for growth and activity on a diet of McDonalds, crisps, chocolate, coca-cola and Kentucky fried chicken. Most if not all processed junk foods contain little if anything of the nutrients necessary to maintain the human body in a healthy vibrant way. Rather they are industrially processed purely to satisfy the taste buds, and the process by which this is achieved leaves the "foods" stripped of all their nutritional goodness and loaded with immense amounts of calories. The second reason why mankind is pilling on the pounds is because of the growing trend of inactivity. Our bodies are constructed to be physically active. Humans of the past 30,000 years did not sit in front of TV's for long periods and they did not have cars or aeroplanes to transport them around. The purpose of this guide is to provide a path to health and fitness by explaining the basics of training and nutrition. I hope it helps you along the way to better training and well-being.

Food Types



Carbohydrates

Carbohydrates provide energy for body function and activity by supplying immediate calories. It is the most common energy source and the only energy used to fuel the brain. Found mainly in rice, pasta, bread and potatoes.

Fat

Fat is the most concentrated source of energy in any diet. In addition to storing energy, fats are necessary to maintain healthy skin and hair, regulate levels of cholesterol in the blood and insulate the body's internal organs. Found mainly in fish, nuts and eggs. Keeps Fats to less than 10% of your diet.

Protein

Composed of amino acid (the basic building blocks), proteins are indispensable to your diet. They build, maintain, and repair the body. Without dietary protein, growth and all bodily functions would cease. Proteins are the main material of all of the body's tissues. Found mainly in meats, eggs and fish. Protein should provide around 25 - 40% of your diet.



Fat Loss



Drink Plenty of Water!

We need lots of fresh water to stay healthy. Apart from its multiple health benefits, water plays a major role in fat loss. Since water contains no calories it acts as an appetite suppressant and helps the body burn stored fat. All in all water is the single most important factor in health and fat loss. Dehydration (lack of water) leads to excess body fat and poor muscle tone and size. It's no mistake that a section on water is first among these paragraphs. Unless you up your water intake to at least 2-3 litres a day forget everything else. Forget making effective gains from training! Drink enough water and you'll notice massive change in everything from the way you feel to the way you train. Tip: a simple test is available you should do everyday to ensure hydration. Go to the toilet and take note of the colour of your urine. Dark colouring means lack of water. Very light colouring means your water levels are good. However, make sure you spread water consumption throughout the day and not in massive binges. As with everything, your body can only absorb everything in small amounts. Remember, lucozades and other energy drinks don't count as water and should be avoided when trying to burn fat.



Calories: Don't starve yourself!

The traditional idea with losing weight is that if you reduce your calorie intake you'll lose weight right? Wrong! Your body is not as simple as that. What most people don't realise is that your body chases a calorie reduction! For instance, reducing your overall calorie intake from 2,500 calories a day to 1,000 will only prompt your body to re-organise itself so that it only burns 1,000 calories a day! You'll feel weak, hungry, burn muscle instead of fat and find it extremely hard to burn any fat at all. Daily calorie guidelines are there for a reason. An average male requires 2,500 calories a day to function efficiently. A female needs 2,000. The primary function of the body is to survive. Not to look good. This is the main reason why when food is drastically restricted, by those naïve to think that by starving themselves they will burn fat, that the body reacts by shutting down and conserving its resources. In simple terms, don't eat and your body won't burn fat!



Metabolism: The key to fat loss

Your metabolism is your body's engine. It regulates how many calories you burn as energy. People with high metabolisms tend to be the ones with less body fat and lean bodies. You probably know someone yourself? A friend or family member who it seems can eat what they want when they want and never put on any weight? People with slow metabolisms are at the opposite end of the scale. They find it easy to pile on the pounds and near impossible to lose weight. What most people don't realise is that although your metabolisms are set naturally, we do possess the power to alter them ourselves! This is done by eating! Yes eating! The more you eat the more relaxed your body will become and the more energy it will start to burn! Remember your body's chief concern is survival. You need to eat to survive if you don't eat your body holds onto fat. Simple. By eating small but regular (every 3 hours) your metabolism will accelerate, leading to increased energy and decreased reliance on back-up fuel (fat) allowing you to train harder and get fitter. Someone looking to burn fat should eat 4-6 small meals a day instead of the usual three. Don't eat enough and your metabolism will slow leading to fat storage, decreased ability to train and get fit, tiredness and a host of other unwanted consequences. ***Small and Regular.***

Understanding G.I

G.I, or Glycemic Index is the foundation of healthy diet. When you eat carbohydrates your body converts them into sugar for use of fuel. This sugar enters your blood and gives you energy. Simple enough. However, when there is too much sugar in your blood, an organ in your body releases a chemical called insulin into your blood to bring the level of sugar back to an acceptable level. However, insulin causes several side effects, one of which is it completely shuts down the bodies ability to burn fat, and promotes its storage. So keeping insulin levels low is absolutely vital for those trying to lose weight. The G.I measures the rate at which different carbohydrates break down after being eaten and enters the blood as sugar. For instance, white bread is high G.I, which means it breaks down quickly and floods the blood with sugar, which leads to insulin being released and fat burning blocked. On the other hand, brown bread is low G.I. it breaks down slowly and releases sugar into the blood at a slower rate which means the amount of insulin released is considerably lower. Foods with a high G.I. should be avoided, these include white bread, hamburgers, cakes, bagels, processed cereals, ice cream, pizza, white rice, chocolate, sweets, chips and energy drinks. Foods with low G.I., which should make up a diet, include vegetables, potatoes, nuts, brown rice, brown pasta, soups, fruits, milk, wholegrain cereal, brown bread, fruit juice and water.



The Importance of Breakfast

The first meal of the day is the most crucial. It sets up your metabolism for the remainder of the day. Don't eat breakfast and your body will set itself on "starvation mode" making fat burning extremely hard and fat storage incredibly easy. Your breakfast needs to be structured in a certain way. It needs to contain all of the three food groups for different reasons. When your body wakes up, it is stripped of calories, so a healthy dose of quality carbohydrates is a must. However, it takes several hours for these carbs to be digested and in the meantime your body feeds off your muscles for energy, a process called catabolism. To combat catabolism early in the morning a healthy dose of quality protein is a must. Fat must not be left out either. Consuming an amount of healthy fat during this period will put your bodies "survival" mechanism at rest and make fat burning easy for the rest of the day. Breakfast must be large, eaten within an hour of waking up and contain all three food groups and **never skipped!**



Eat Carbohydrates!



Eat less carbs and your body will burn fat instead Yes? **Actually No.** Once again your body is not that simple. What most people don't realise is that muscle burns calories. The more muscle you have the more calories you burn doing anything from taking the dog for a walk to running a marathon. If carbs are not available then the body feeds on your muscles first, and then fat. Not consuming carbs leads to muscle loss, leading in turn to an overall ability to burn less calories which can in turn lead to weight gain! This is the primary reason why low-carb diets (like Atkins) don't work! Eat small and regular portions of quality carbohydrates to fuel your body and avoid muscle waste. Those trying to lose weight should avoid carbs after 5pm as they are no longer of any use after this time of day. By the time they are digested your body will be getting ready to go to sleep and will store them as fat!



Vitamins and Minerals = Fruit and vegetables



Vitamins and minerals are essential to health. They perform a multitude of different tasks including ensuring healthy bones, sight, skin, gums, teeth, liver, lungs, muscles and hair to name a few. They also produce energy and assist metabolism, help resist infection and assists healing and regeneration. Your body is a powerful machine, capable of doing all sorts of things by it self. But one thing it can't do, is create vitamins and minerals. That's where food comes in. you body is able to get the nutrients it needs from the foods you eat because different foods contain different vitamins and minerals. The most concentrated source of vitamins and minerals are in fruits and vegetables. A diet that doesn't include a large amount of these foods is no diet at all, certainly not a diet fit for a fighter or athlete!



Eat plenty of protein

The most potent way to ensure you don't lose any muscle mass during intense training is to consume a high level of protein during the day from start to finish. Protein is essential for a healthy body, and extremely important for fighters and athletes. Protein is the building blocks of your body. Building bigger muscles and repairing heavily trained and damaged muscles requires a healthy influx of protein. So as well as fuelling muscle growth is also helps repair all aspects of your body, as well as stopping muscles wasting. If you want a leaner meaner body then protein consumption should be a priority. The ideal target for protein consumption is 2 grams of protein for every kilogram of bodyweight.



It's time to get fit!

Lets have a reality check. Diets don't work. If they did then everyone would be at their ideal weight. The only diet that works is the one nature intended, a healthy diet containing all three food groups. But would it surprise you that when it comes down to it, most people put on weight not because of what they eat, but because they are not physically active enough! Fat is a build-up of unused calories. The only way to get rid of unused calories is to, yes you guessed it, use them! This means the one thing most people dread, yes, hard work! It really is the only true way to lose weight! Forget walking or slow jogging, its time to get fit! This means intense cardio. The more intense the better, its time to turn you body into a lean mean, fitness machine.



Make sure you get enough rest.

It is vitally important not to over do it! The stress on your muscles and cardio system caused by training has to be followed up by plenty of rest, which allows your body to repair and grow. Training must follow simple formula: training + diet + rest = progress! Training constantly like a madman is counter-productive. This leads to muscle soreness, declining endurance, reduced concentration and increased risk of injuries. Rest is just as important a part of training as everything else. Make sure you get enough of it.



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Treating Yourself



Eating healthy doesn't mean you can't treat yourself. Like everything in life, everything is ok in moderation. If you train hard and eat a healthy diet, a packet of crisps or a bar of chocolate once a week is fine. In fact, it would be a wise thing to do to allocate one day a week to have off from the discipline of being a martial artist or general athlete. No diet, no gym, no sports, just eat and drink what you like, as long as you train and eat right for the rest of the week!

Diet + Training = Massive change!



We have covered the need to eat healthy and train hard. But it is very important to stress the relationship between these two. It doesn't matter how hard you train, how many hours you spend in the gym, if you're not eating healthy fitness and muscle growth just won't happen! On the flip side, eating like a saint but being lazy down the gym won't produce results either. To get fit, burn fat, build muscle, whatever the goal, you need to train hard and eat healthy. Leaving one out cancels the effectiveness of the other. Always bear this in mind.

Alcohol

Almost everyone likes to drink alcohol. Especially the younger ones. A social life without it seems impossible these days! However, almost everyone is ignorant of the damage alcohol can do to an individual. The consequences of alcohol consumption are numerous. Firstly, it is high in calories, very high indeed. A shot of vodka contains in the region of 100 calories! An average pint of beer somewhere around the 250 mark! Go down the pub with your mates and consume 8-10 pints and your loading your body with around 2,000 calories! Apart from the massive calorie content, alcohol also blocks fat burning. The reason behind this is that your liver can't burn fat while it is flooded with alcohol. Every pint you have takes around 5 hours for you liver to burn off. So 8-10 pints and your looking at being unable to burn fat for the best part of a week! Drinking alcohol dehydrates your muscles, leading to catabolism. Alcohol also strips your body of vitamins and minerals and lowers testosterone levels in males. Even drinking once a week will lead to fat storage, muscle loss and inability to make physical gains like fitness.



Supplements



Multi-vitamins and minerals

Your body needs vitamins and minerals for everything from healthy skin, strong bones and digestion. The list is endless. Get a good quality multi-vitamin multi-mineral supplement for general good health.



Vitamin C

Vitamin C is a powerful anti-oxidant, which can help the body, recovers faster from the stress of training. Vitamin C boosts your immune system, which can be dampened by the stress of hard training. Taking vitamin C will help you recover faster and keep you strong and full of energy.

Amino Acids

The building blocks of protein. Taking these will help block catabolism, boost recovery rate, and help muscle growth.



Glutamine

Glutamine is a basic amino acid, and is taken mainly to fight catabolism. Taking this amino acid during dieting is recommended to avoid muscle loss.



Omega Fats

The omega fats are the naturally occurring fat sources the body needs to function properly. Found mainly in foods like fish and nuts, they are a world apart from the disgusting fat found on bacon, sausages and junk food.

Cod Liver Oil

Taking this supplement will help keep your joints in good condition. A must for fighters and athletes.



Milk Thistle

Milk thistle extract is a supplement designed to fight the negative effects of alcohol by helping to protect the liver.

Whey Protein

Handy, hassle-free ways of ensuring your protein levels are high enough. Protein shakes are a must for the active athlete.



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Suggested Meals of the day.

Breakfast.



1. Omelette – 2-3 Eggs
Fillers such as Tomatoes/Mushrooms/Ham/Bacon/Broccoli
2. Scrambled Eggs – 2-3 Eggs with Toast x1 Slice (wholemeal), Smoked Salmon.
3. Poached Eggs – 2 Eggs with Toast x 1 Slice (Wholemeal)
4. Baked Beans on Toast (1 Toast)
5. Fruit or Fruit Salad

Honey Melon	Water Melon
Grapefruit	Mango
Oranges	Apples
Bananas	Kiwi
Oranges	



Lunch.

As a weight loss program the following % should be aimed for
Fruit & Vegetables 50% - Carbohydrates 25% - Proteins – 25%

1. Chicken – 1 x Breast
2. Jackets Potatoe – 1 x Medium Size

Tuna
Baked Beans
Chilli Mince (lean)
3. Salads Small with a Protein (Beef/Ham/Cheese/Chicken).
4. Sandwiches x 1 (“ Slices Wholemeal Bread).

Chicken Salad
Ham salad
Cheese & Tomatoes
5. Wagon mama Options
 - a. Chicken Katsu Curry (Half a Portion)
 - b. Chile Beef Ramen (Half a Portion).
 - c. Chicken Summer Rolls.



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Dinner

As a weight loss program the following % should be aimed for
Fruit & Vegetables 50% - Carbohydrates 25% - Proteins – 25%

Top 5 vegetables –

1. Spinach
2. Broccoli
3. Carrots
4. Sweet Potatoes
5. Kal.

Smaller Portions than normal, with the exception of Vegetables.

1. Pork Tender Loin.
2. Grilled Steak Lean Grass Fed
3. Chicken
4. Turkey
5. Mackerel
6. Tuna Steaks
7. Salmon.



Snacks Options.

1. Fruit – Any Fruit.
2. Plain Yogurt – with Raspberry's or Blueberries (handful).
3. Walnuts – Hand Full is 1 portion.
4. Celery Stick

Drinks.

1. Water – as much as you like.
2. Orange Juice (Breakfast, Lunch & Dinner).
3. Cranberry Juice (Breakfast, Lunch & Dinner).
4. Tea – no more than 5 a day (no sugar).
5. Coffee – no more than 3 a day (no sugar).

