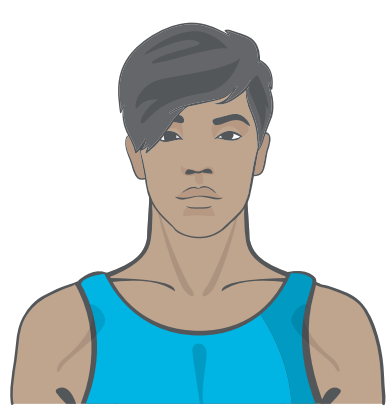


# 3 STEPS TO FIX A BROKEN DIET

## IDENTIFY AND REMOVE NUTRITIONAL DEFICIENCIES STEP 1

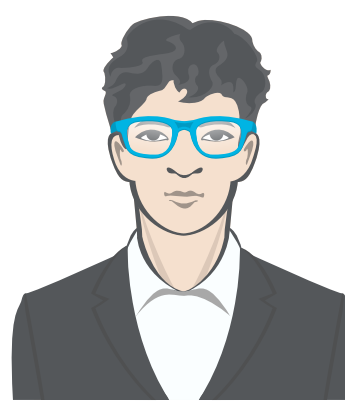
Dietary deficiencies are more common than you think.

### ATHLETES



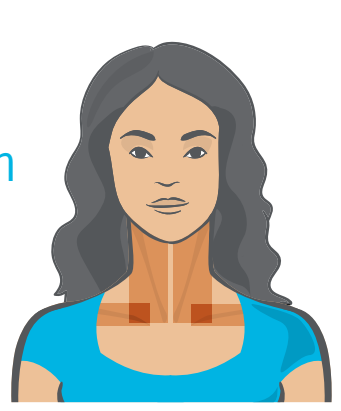
- ↓ Iodine
- ↓ Vitamin D
- ↓ Zinc
- ↓ Vitamin E
- ↓ Calcium

### STUDENTS

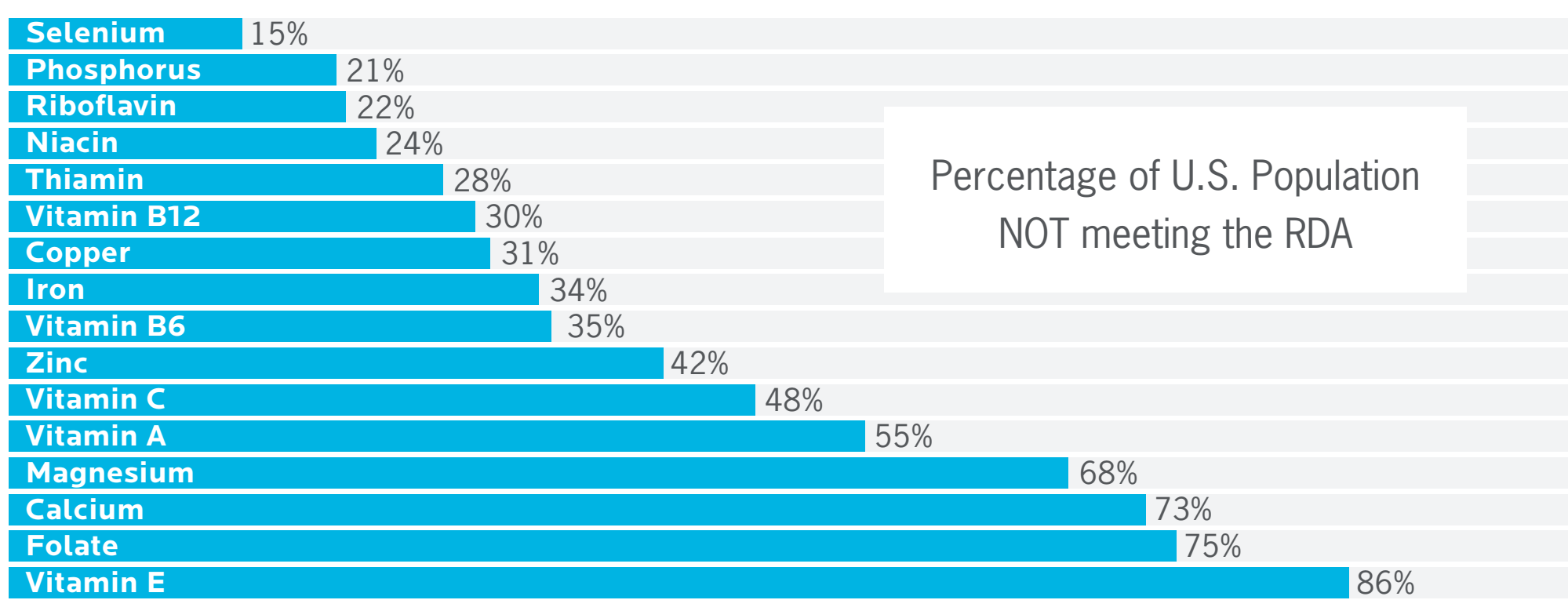


- ↓ Zinc
- ↓ Magnesium
- ↓ Vitamin D
- ↓ Omega 3s
- ↓ Protein

### PEOPLE ON POPULAR DIETS



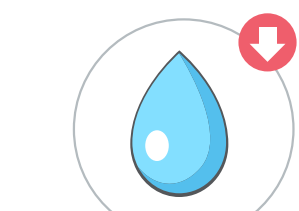
- ↓ Vitamin B7
- ↓ Vitamin D
- ↓ Vitamin E
- ↓ Chromium
- ↓ Iodine
- ↓ Molybdenum



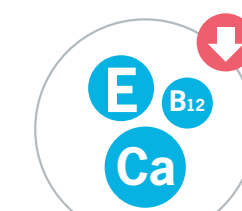
## IDENTIFYING DEFICIENCIES

Blood, saliva, and urine testing can uncover specific deficiencies. But there's an easier place to start.

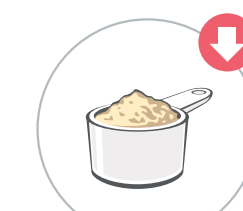
### COMMON DEFICIENCIES AMONG COACHING CLIENTS



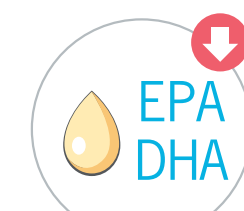
**WATER**  
(low-level dehydration)



**VITAMINS  
MINERALS**

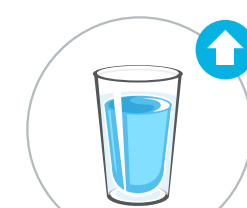


**PROTEIN**  
(particularly in women and in men with low appetites)



**ESSENTIAL FATS**  
(95% of the population is deficient)

### CORRECTING DEFICIENCIES: WHERE WE BEGIN



**DRINK MORE  
HYDRATING  
FLUIDS**



**EAT MORE FOODS  
RICH IN VITAMINS  
AND MINERALS**



**EAT MORE FOODS  
RICH IN PROTEIN**



**TAKE IN MORE  
ESSENTIAL FATS**  
(fish, fish oil, algae oil, etc.)

When we don't get the nutrients we need, we suffer.  
As soon as we start eating them regularly, we thrive.

## ADJUST FOOD AMOUNT AND FOOD TYPE STEP 2

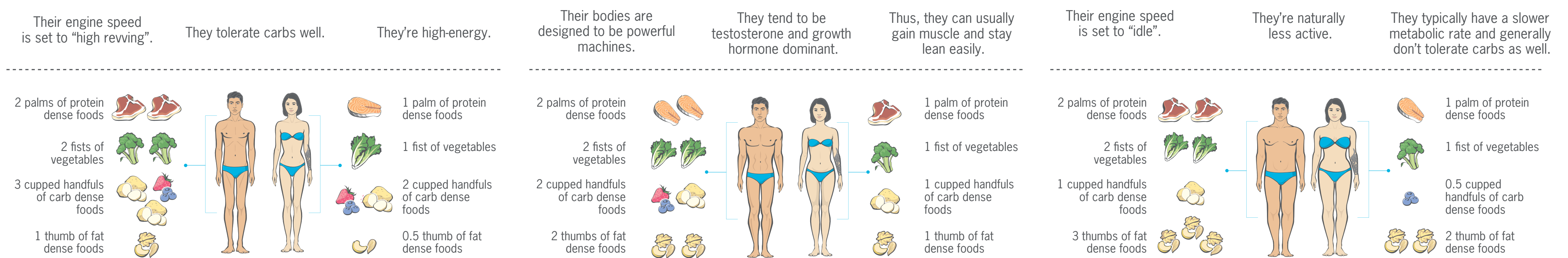


ONCE NUTRIENT DEFICIENCIES ARE CORRECTED, IT'S TIME TO ADJUST FOOD AMOUNT. PLEASE NOTE: WE ACTIVELY AVOID CALORIE COUNTING. Short-term food journals work well as dietary awareness tools. But calorie counting can actually backfire. For more, see: [www.precisionnutrition.com/calorie-control-guide](http://www.precisionnutrition.com/calorie-control-guide)

### SO, HOW MUCH SHOULD I EAT?

Though body types aren't carved in stone, they are a proxy for considering possible differences in metabolism, activity, and nutritional needs. Start here, then adjust based on results.

**I TYPE** 55% CARBS 25% PROTEIN 20% FAT      **V TYPE** 40% CARBS 30% PROTEIN 30% FAT      **O TYPE** 25% CARBS 35% PROTEIN 40% FAT



**PORTION SIZES** The following portion guide assumes 3-4 meals a day. Notice that, instead of counting calories, you can use your own hand as a portable portion guide. Your palm measures protein, your fist for veggies, your cupped hand for carbs, and your thumb for fats. For more about this strategy visit: [www.precisionnutrition.com/calorie-control-guide](http://www.precisionnutrition.com/calorie-control-guide)

## FINE TUNE THE DETAILS STEP 3

Once deficiencies are corrected and you're eating the right types of food in the right amounts, everything else is just a minor detail.

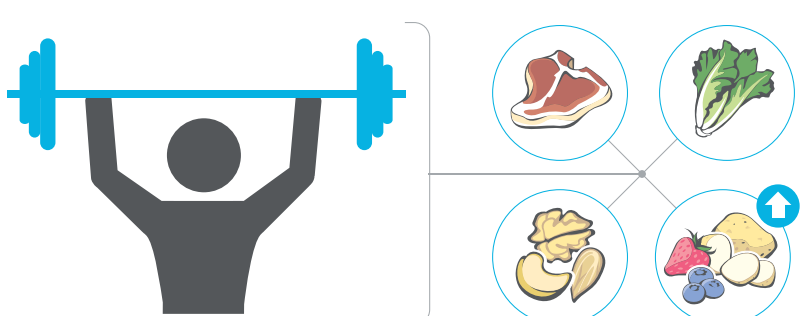
### HOW OFTEN SHOULD I EAT?

As long as we eat the right foods in the right amounts, meal frequency is a matter of personal preference. You could eat smaller meals often or large meals less often.

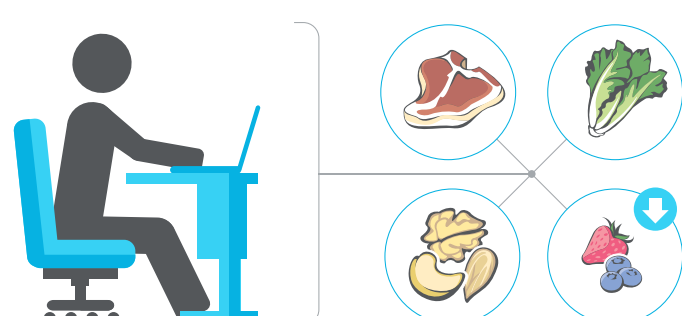
### SHOULD I CYCLE CALORIES OR CARBS?

For some people this strategy can make a difference. Here's how to do it...

On the days you're lifting weights – add starchy carbs to your baseline diet.



On the days you're not lifting weights – eat a baseline diet of mostly protein, vegetables and healthy fats with minimal carbs.



### WHAT SHOULD I EAT BEFORE, DURING, OR AFTER EXERCISE?

Workout nutrition really doesn't matter for most people except elite athletes training specifically for maximal muscle adaptation and/or training with high volume and intensity (potentially multiple times every day). For those individuals...

#### 1-2 HOURS BEFORE AND AFTER

Eat an appropriate meal as outlined above.

#### DURING

Have water, a branched-chain amino acid drink (5-15 grams mixed in 1 liter of water), or a protein plus carbohydrate drink.