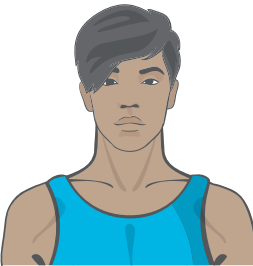

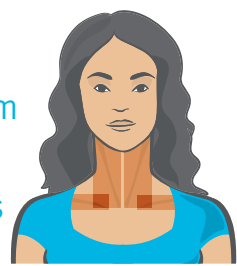
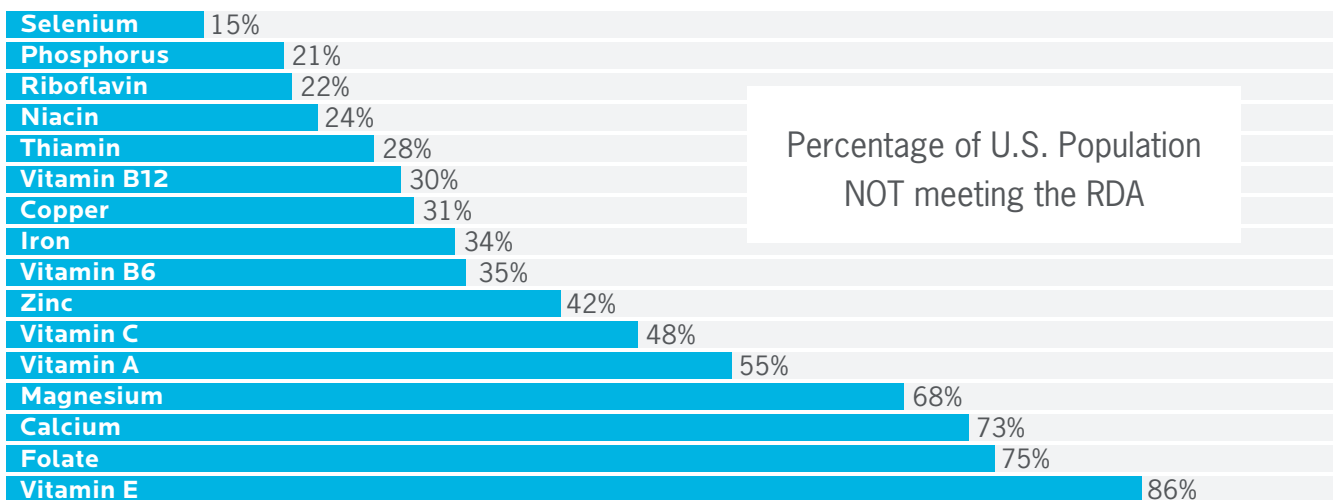


# 3 STEPS TO FIX A BROKEN DIET

## IDENTIFY AND REMOVE NUTRITIONAL DEFICIENCIES STEP 1

Dietary deficiencies are more common than you think.

ATHLETES	STUDENTS	PEOPLE ON POPULAR DIETS
 <ul style="list-style-type: none"> <li>↓ Iodine</li> <li>↓ Vitamin D</li> <li>↓ Zinc</li> <li>↓ Vitamin E</li> <li>↓ Calcium</li> </ul>	 <ul style="list-style-type: none"> <li>↓ Zinc</li> <li>↓ Magnesium</li> <li>↓ Vitamin D</li> <li>↓ Omega 3s</li> <li>↓ Protein</li> </ul>	 <ul style="list-style-type: none"> <li>↓ Vitamin B7</li> <li>↓ Vitamin D</li> <li>↓ Vitamin E</li> <li>↓ Chromium</li> <li>↓ Iodine</li> <li>↓ Molybdenum</li> </ul>



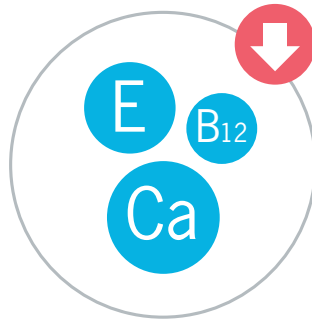
# IDENTIFYING DEFICIENCIES

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**

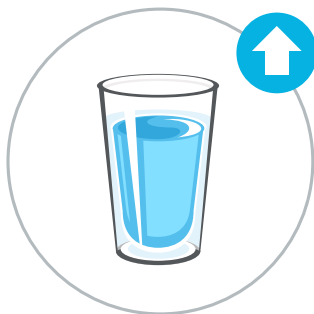


**PROTEIN**  
(particularly in women and  
in men with low appetites)

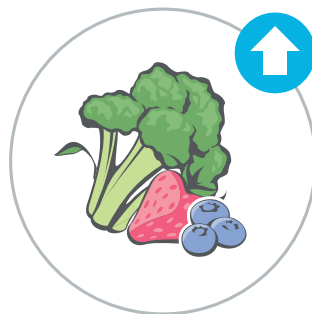


**ESSENTIAL FATS**  
(95% of the population  
is deficient)

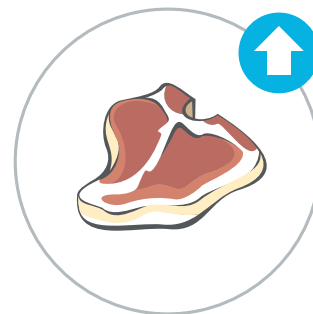
## CORRECTING DEFICIENCIES: WHERE WE BEGIN



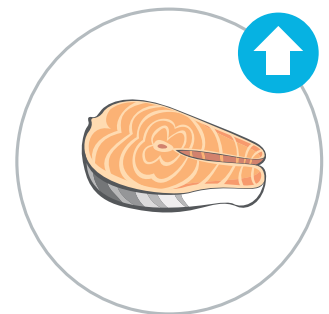
**DRINK MORE  
HYDRATING FLUIDS**



**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.

# 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

Their engine speed is set to "high revving".

They tolerate carbs well.

They're high-energy.

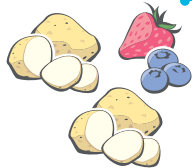
2 palms of protein dense foods



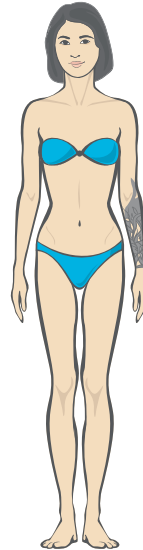
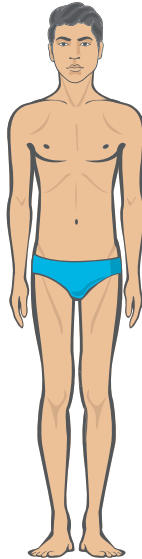
2 fists of vegetables



3 cupped handfuls of carb dense foods



1 thumb of fat dense foods



1 palm of protein dense foods



1 fist of vegetables



2 cupped handfuls of carb dense foods



0.5 thumb of fat dense foods

## V TYPE **40%** CARBS **30%** PROTEIN **30%** FAT

Their bodies are designed to be powerful machines.

They tend to be testosterone and growth hormone dominant.

Thus, they can usually gain muscle and stay lean easily.

2 palms of protein dense foods



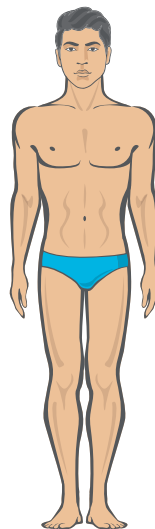
2 fists of vegetables



2 cupped handfuls of carb dense foods



2 thumbs of fat dense foods



1 palm of protein dense foods



1 fist of vegetables



1 cupped handfuls of carb dense foods



1 thumb of fat dense foods

## O TYPE **25%** CARBS **35%** PROTEIN **40%** FAT

Their engine speed is set to "idle".

They're naturally less active.

They typically have a slower metabolic rate and generally don't tolerate carbs as well.

2 palms of protein dense foods



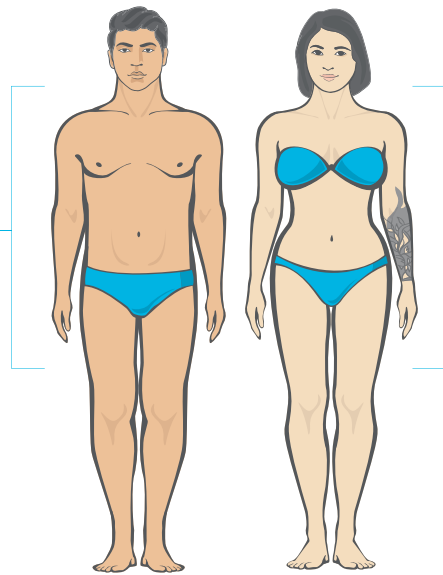
2 fists of vegetables



1 cupped handful of carb dense foods



3 thumbs of fat dense foods



1 palm of protein dense foods



1 fist of vegetables



0.5 cupped handful of carb dense foods



2 thumbs of fat dense foods

## 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.

## 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.

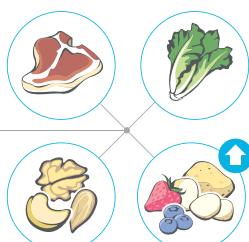
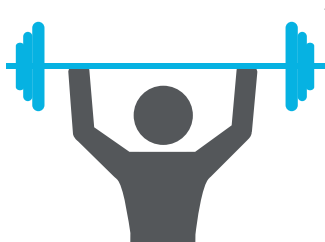
## HOW OFTEN SHOULD I EAT?

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.

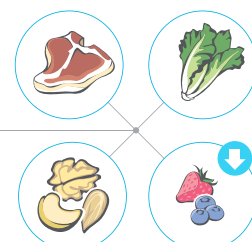
## SHOULD I CYCLE CALORIES OR CARBS?

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.

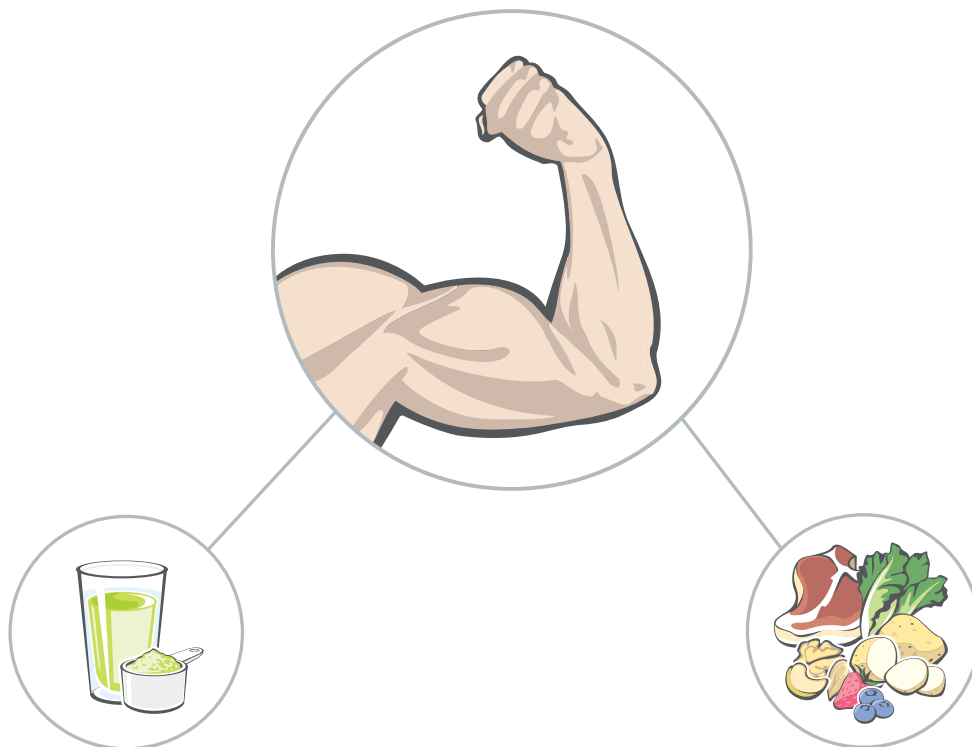


- On the days you're not lifting weights – eat a baseline diet of mostly protein, vegetables and healthy fats with minimal carbs.



# 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.

For the full article explaining this infographic, visit:  
<http://www.precisionnutrition.com/fix-a-broken-diet>