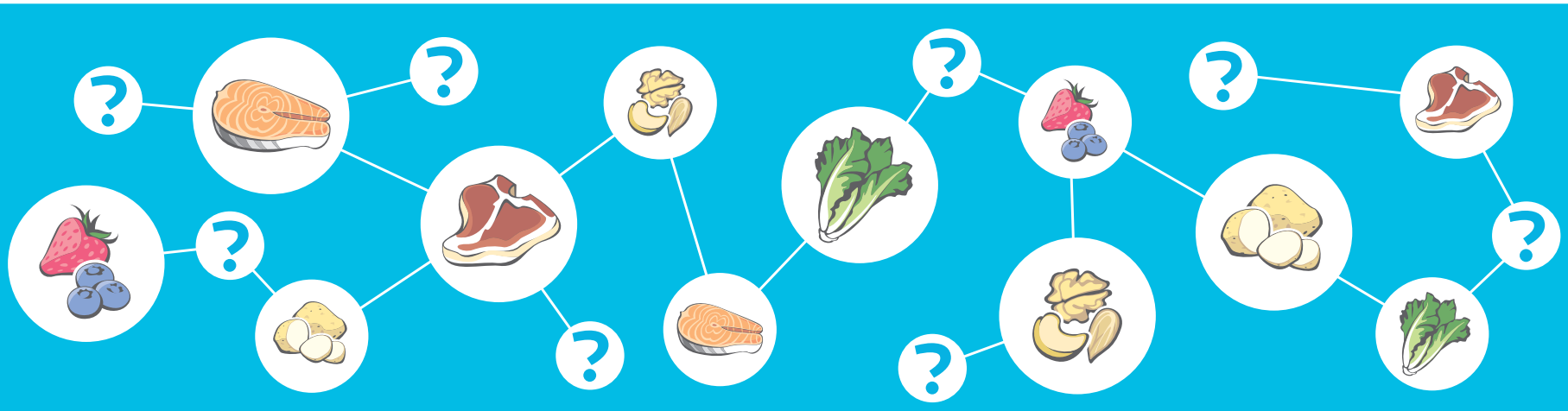


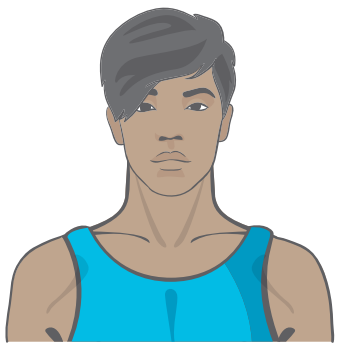
3 STEPS TO FIX A BROKEN DIET

IDENTIFY AND REMOVE NUTRITIONAL DEFICIENCIES

STEP 1

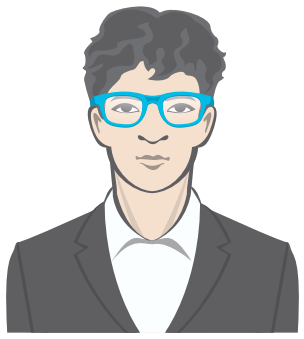
Dietary deficiencies are more common than you think.

ATHLETES



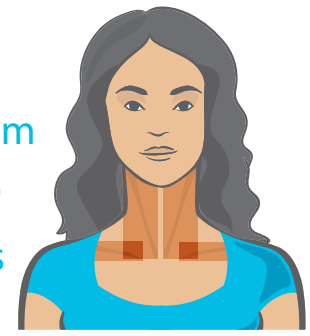
- Iodine
- Vitamin D
- Zinc
- Vitamin E
- Calcium

STUDENTS

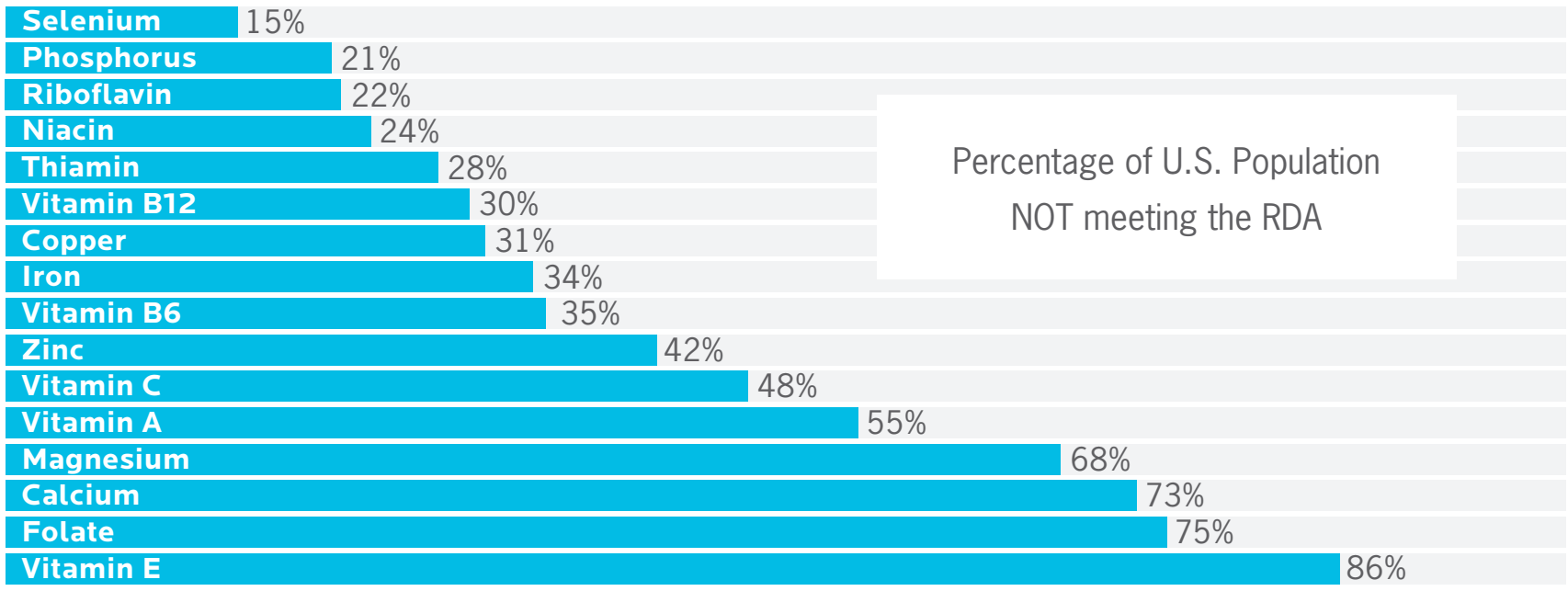


- Zinc
- Magnesium
- Vitamin D
- Omega 3s
- Protein

PEOPLE ON POPULAR DIETS



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

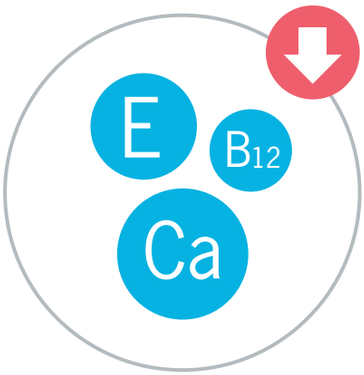


IDENTIFYING DEFICIENCIES

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)

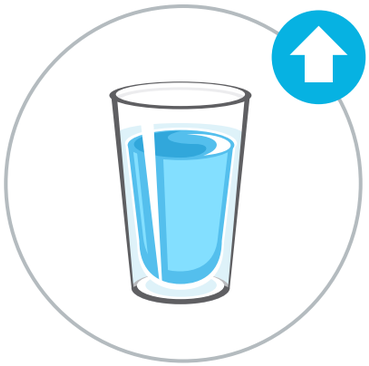


VITAMINS MINERALS

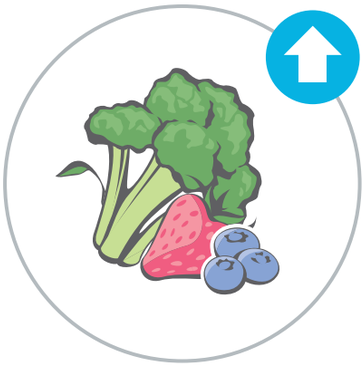
PROTEIN
(particularly in women and in men with low appetites)

ESSENTIAL FATS
(95% of the population is deficient)

CORRECTING DEFICIENCIES: WHERE WE BEGIN

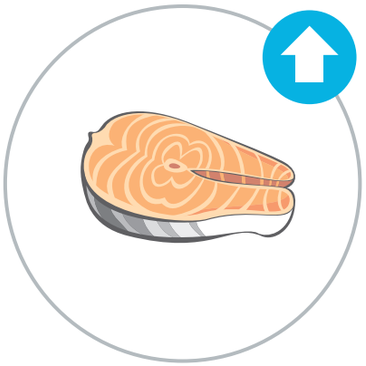


DRINK MORE HYDRATING FLUIDS



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

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 — Their engine speed is set to "high revving".

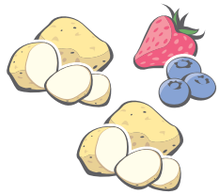
25% PROTEIN — They tolerate carbs well.

20% FAT — They're high-energy.

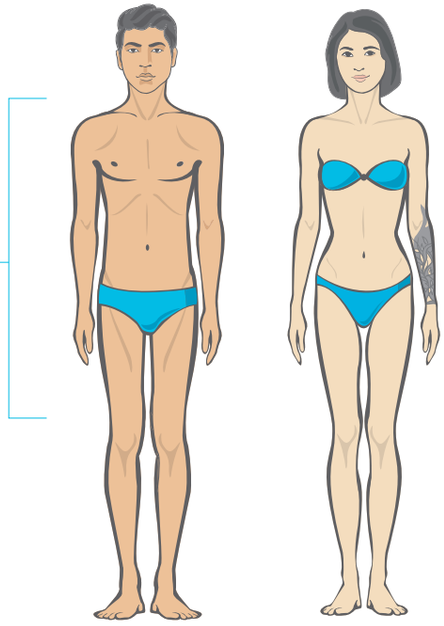
2 palms of protein dense foods

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 — Their bodies are designed to be powerful machines.

30% PROTEIN — They tend to be testosterone and growth hormone dominant.

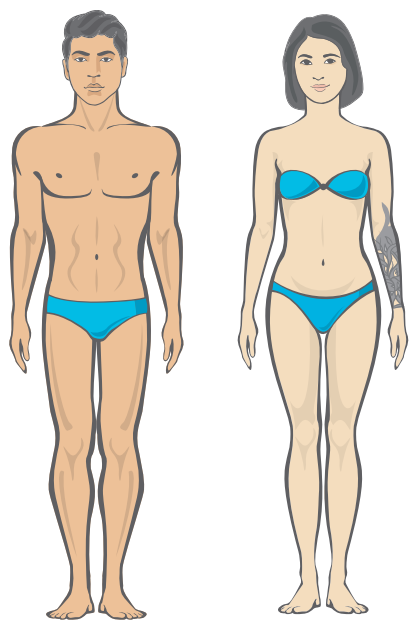
30% FAT — Thus, they can usually gain muscle and stay lean easily.

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.

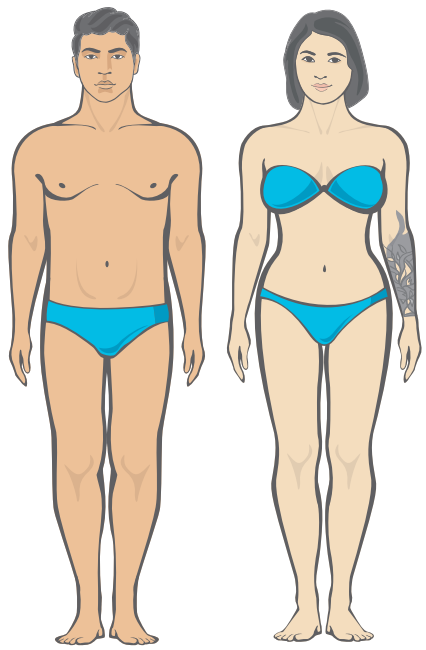
They typically have a slower metabolic rate and generally don't tolerate carbs as well.

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. For more about this strategy visit: 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.

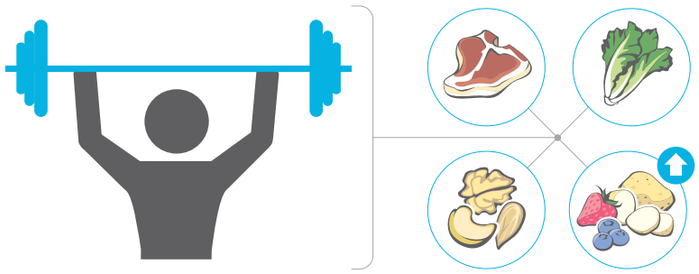
HOW OFTEN SHOULD I EAT?

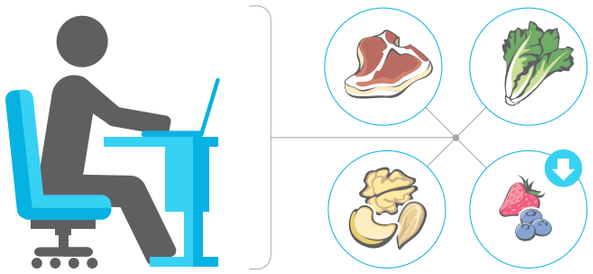
As long as we eat the right foods in the right amounts, meal frequency is a matter of personal preference. You could eat smaller meals often or large meals less often.

SHOULD I CYCLE CALORIES OR CARBS?

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

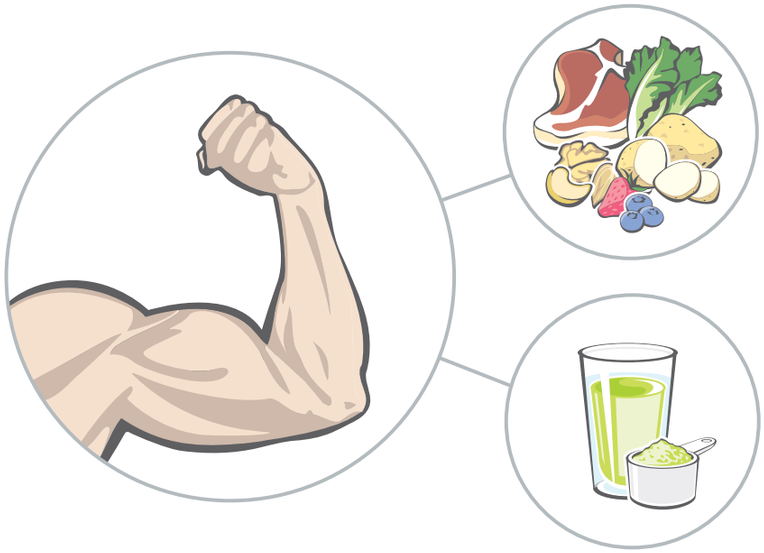
- On the days you're lifting weights – add starchy carbs to your baseline diet.
- On the days you're not lifting weights – eat a baseline diet of mostly protein, vegetables and healthy fats with minimal carbs.





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.

For the full article explaining this infographic:
www.precisionnutrition.com/fix-a-broken-diet

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