

EVERYTHING YOU NEED TO KNOW TO SUCCEED



NUTRITION HANDBOOK



HARRY SMITH HEALTH & FITNESS
marrying science and experience to get results



**INCLUDES "HOW TO
TRACK MACROS"**

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THE FACTS

CALORIES

An Introduction

Think of calories in exactly the same way you think of your salary - there's a finite amount and when it's spent you land in your overdraft and in debt! Think of fat gain like your overdraft, the bigger the debt the higher the fat gain.

You have to learn to budget calories in exactly the same way you would budget your wages - you could spend all your money on pay day and then try to live frugally the rest of the month but it would be incredibly difficult and not much fun.

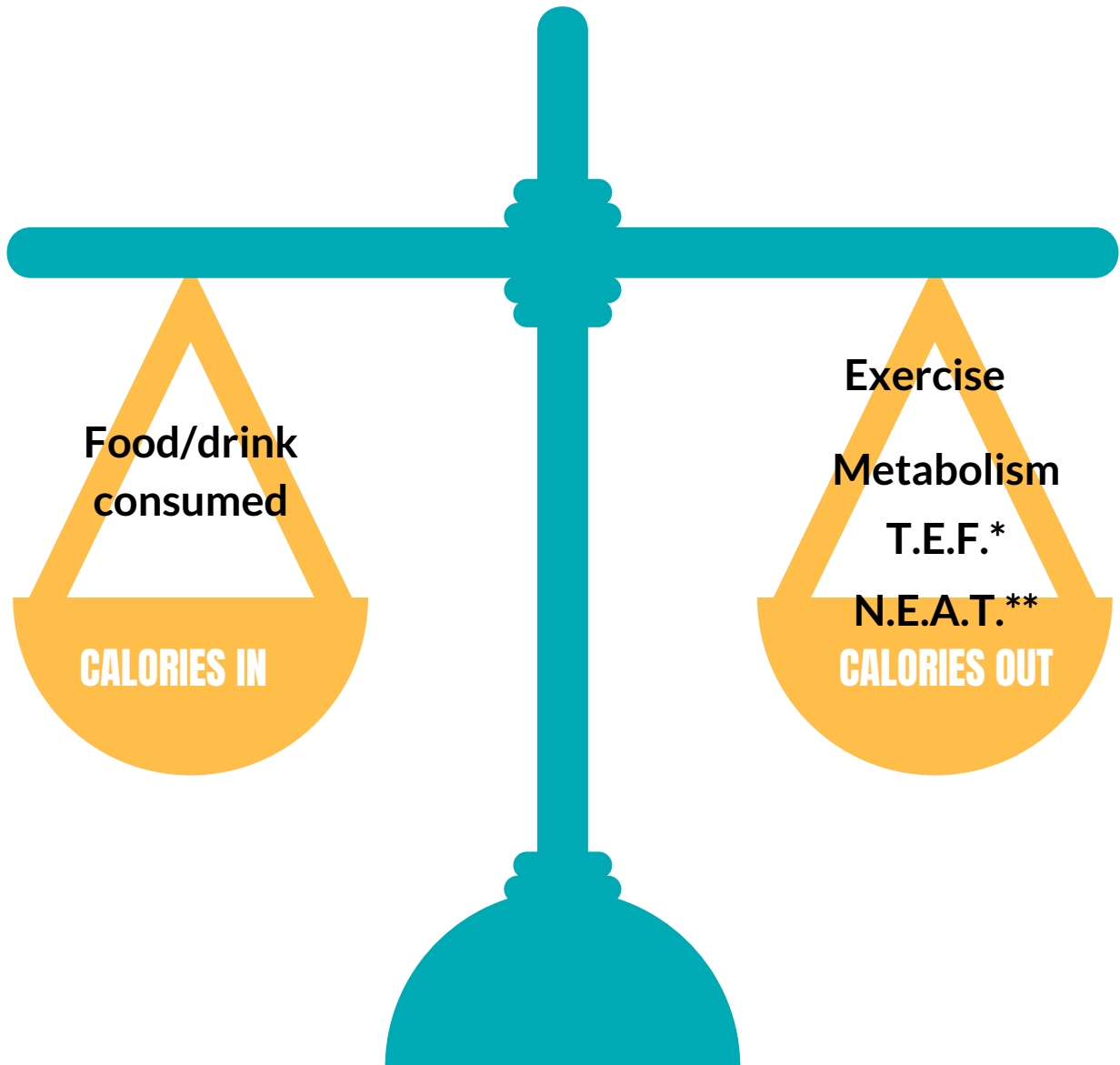
Spending 75% of your daily calories on a huge fry up at 9am would make eating the rest of the day very difficult! You'll be starving but you'll have very little available calories to try and satisfy your hunger and will probably over consume calories, this can potentially lead to weight gain if a significant surplus calories are consumed.



THE SCIENCE

CALORIES IN vs. CALORIES OUT

The undisputed, science based fact.



* T.E.F. = thermic effect of food - how much energy used to digest food, transport absorb and store the nutrients.

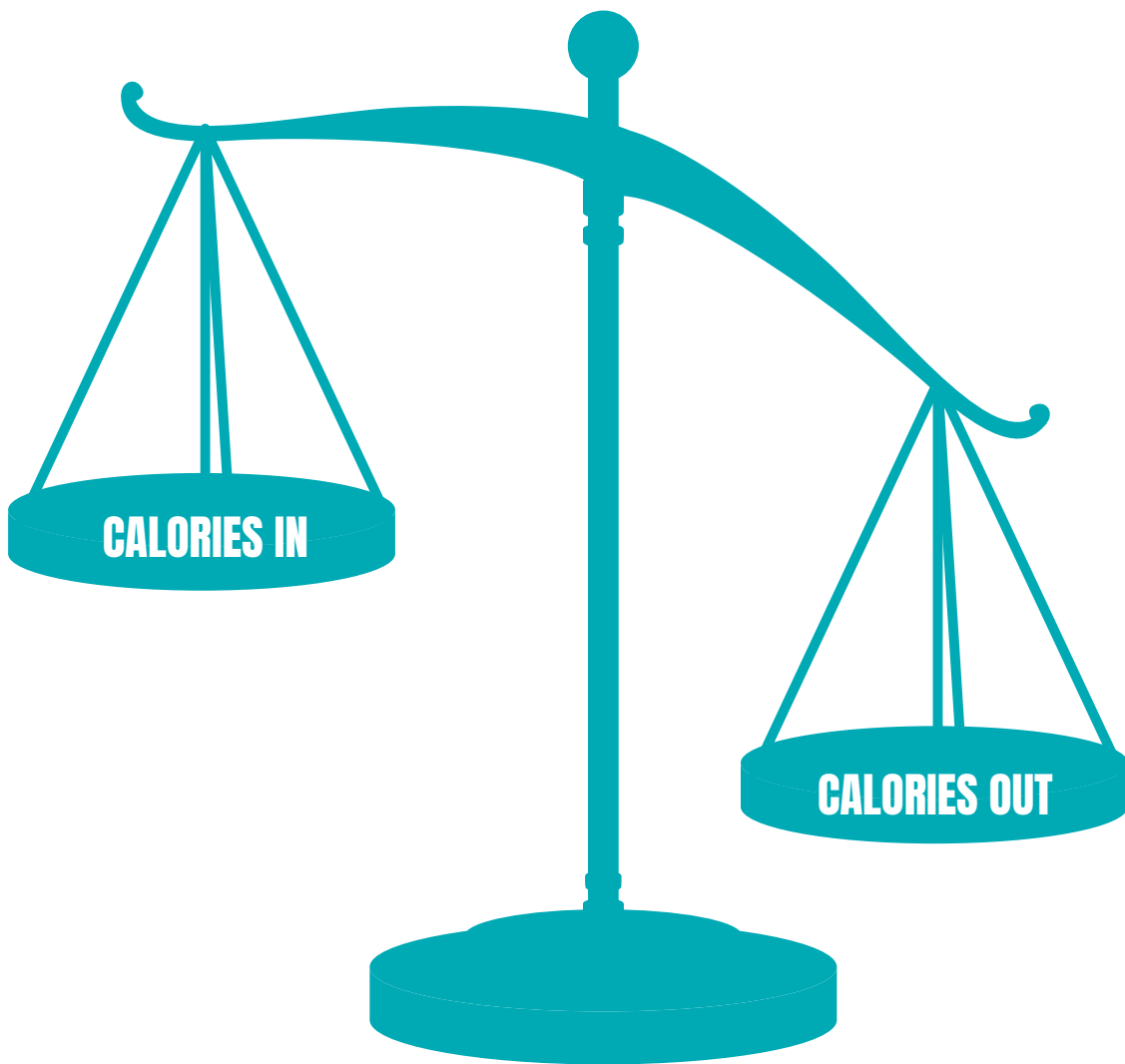
** N.E.A.T. = non-exercise-activity-thermogenesis. Energy burned from breathing/fidgeting/twitching/stretching/sleeping etc.



THE SCIENCE - WEIGHT LOSS

CALORIES IN vs. CALORIES OUT

The undisputed, science based fact.



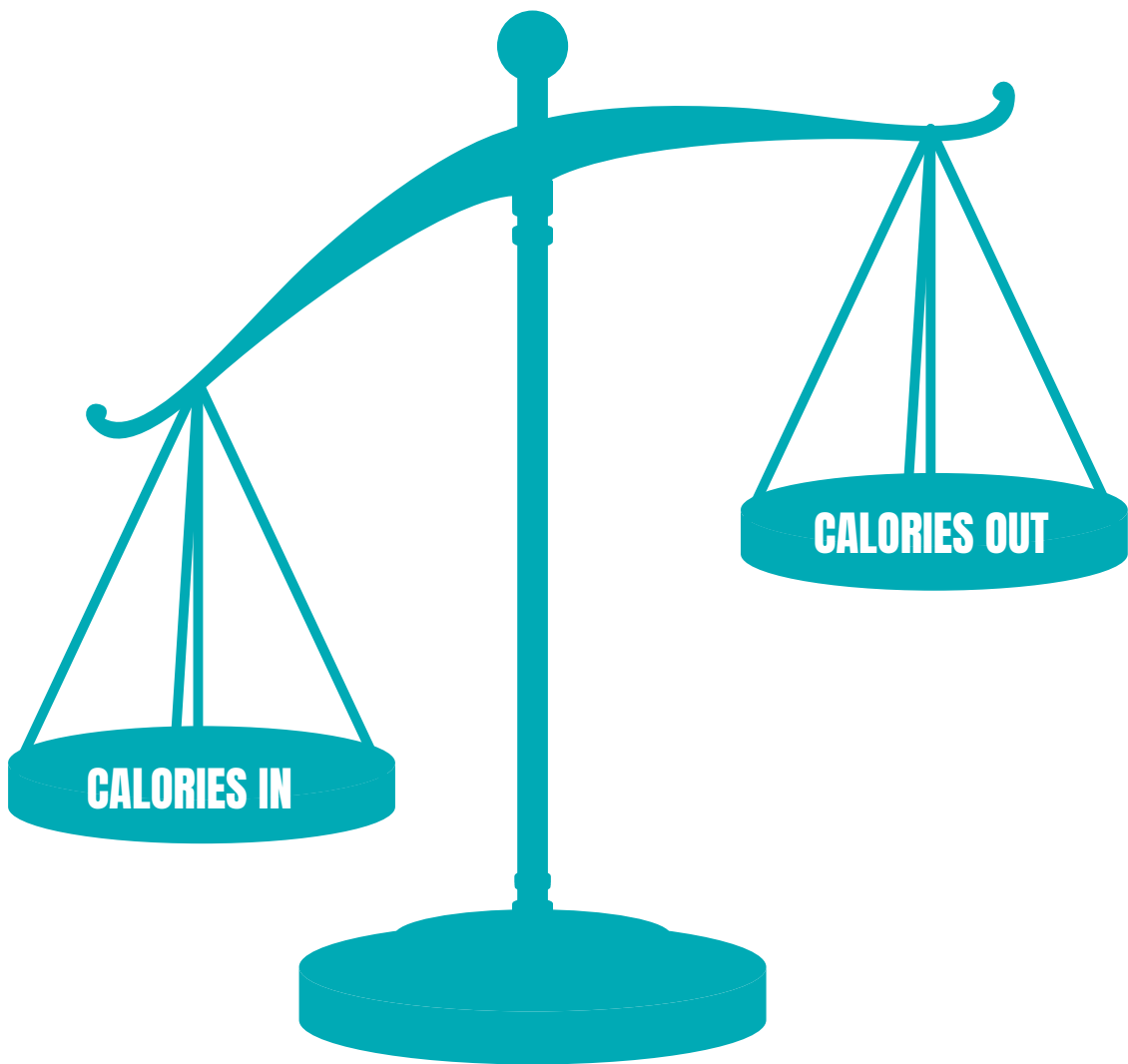
More calories OUT than calories IN = WEIGHT LOSS



THE SCIENCE - WEIGHT GAIN

CALORIES IN vs. CALORIES OUT

The undisputed, science based fact.



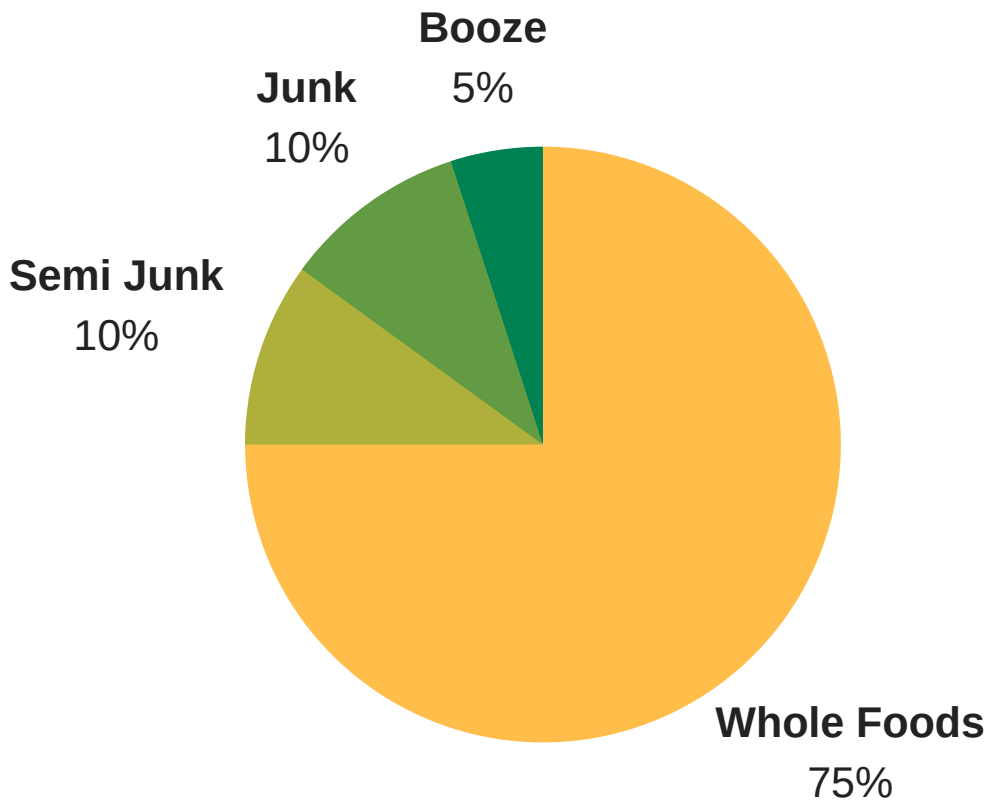
More calories IN than calories OUT = WEIGHT GAIN



HEALTHY DIET GUIDELINES

How to structure your diet

Use this simple pie chart to structure your diet. This structure will allow flexibility in your diet approach which is the most sustainable. Don't worry if every day's food choices don't resemble the chart, as long as your average food intake over time resembles it you're on the right track. Sometime life doesn't allow for you to follow the plan perfectly, that's ok. Accept what is and do your best with the options you have.



Whole Foods

- Fruits, vegetables, meat, dairy, fish etc. Single-ingredient foods.

Semi Junk

- Breads, cereals, popcorn, etc. Foods largely void of nutrients.

Junk

- Chocolate, sweets, pastries, cakes, fizzy sugary drinks etc. Foods totally void of nutrients.

Booze

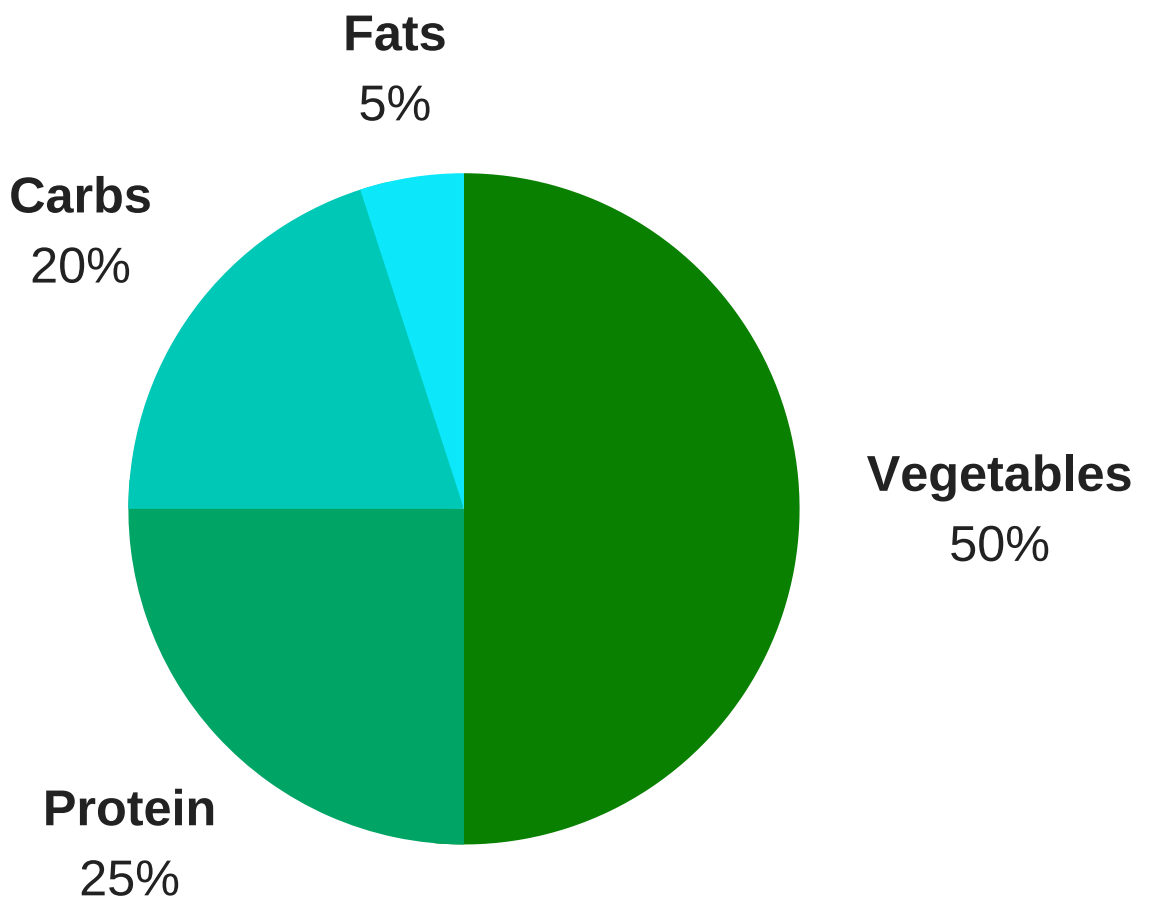
Habitually, alcohol and food go together. Alcohol leads to reduced inhibitions and increased appetite.



HEALTHY MEAL GUIDE

Go-To Healthy Meal

Imagine the circle below is your dinner plate. Divide it up like shown to have a simple, healthy meal that supports your goals.



HEALTHY MEAL GUIDE

Go-To Healthy Meal

A photographic representation of the pie chart from the previous page:



HEALTHY SNACK GUIDE

Go-To Healthy Snack

1 x protein bar / Small packet cooked poultry

1-2 x piece of fruit





PROTEIN

WHAT IS PROTEIN, WHY IS IT IMPORTANT?

Protein is one of the 3 main macronutrients that are the components of all foods.

Protein is used to repair worn out cells, grow new ones and plays a key part in muscle protein synthesis - where it is used to build and repair muscles after a workout.

You may have heard that muscle is very important for fat loss and metabolic health, this is very true. Higher protein intakes lead to increased muscle retention and therefore better metabolic health (burn more calories at rest) during a diet. Plus, having more muscle looks great!

Protein has a high thermic effect (the amount of energy needed to digest, absorb, transport and store), this means that it burns more calories to break it down during the digestive process compared to carbs and fats.

It is also proven to be the most satiating food group. This insight is very important in the context of dieting and controlling hunger signals. Including 20g + of protein per meal/snack is a very good way to fight off hunger and has been shown to increase diet success in every instance.



PROTEIN SOURCES

Try to choose lean protein sources as these have lower calories. Most "white" protein sources tend to be leaner.

- Chicken breast
- Chicken thighs (contain lots of fat too)
- Whole eggs (contain ~5g fat per egg)
- Egg whites
- Turkey breast
- Turkey thigh (contain lots of fat)
- Turkey bacon
- Lean cuts of beef (sirloin, rump, minute, stewing)
- Lean beef mince (~5% fat versions)
- Lean cuts of pork (gammon, fillet)
- Greek yoghurt (0% fat options available)
- Low fat cheese
- Whey protein powder
- Bacon medallions
- Cod fillets
- Haddock fillets
- Salmon fillets (contain lots of omega fats)
- Trout fillets
- Tuna steak
- Prawns





CARBOHYDRATES

WHAT ARE CARBS, WHY DO YOU NEED THEM?

Carbohydrates are the fuel source for activity - lifting weights, walking around, running, breathing, sleeping etc all use carbs for energy.

Time and time again the research has proven higher carb diets to yield better results, better adherence, better exercise performance, better mood compared to higher fat diets.

All carbohydrates are just various forms of sugars and are broken down into glycogen no matter what source they're from. Whether that is a sugar cube or trace carbs from broccoli. Once broken down and absorbed during digestion these sugars are transported to the liver and the muscles where they are stored, ready for use during activity.

In summary:

- Carbs are great
- Carbs won't make you gain fat
- Many carbohydrates are also great sources of essential vitamins and minerals.
- Ice cream carbs and broccoli carbs are broken down into the exact same thing during digestion.

"Whole food" carbohydrate sources contain lots of fibre which is needed for digestive health and hunger regulation. Prioritise these kinds in your diet.



CARBOHYDRATES SOURCES

RECOMMENDED CARBOHYDRATE SOURCES

- Green vegetables
- Carrots
- Potatoes
- Parsnips
- Sweet potatoes
- Butternut squash
- Peas
- Beans
- Swede
- Mangetout
- Rice (white/brown)
- Oats
- Apples
- Oranges
- Bananas
- Pears
- Grapes
- Berries
- Pineapple
- Kiwi fruit

"FUN" CARBOHYDRATE SOURCES

- Bread (white/brown)
- Muesli
- Wholegrain cereals
- Children's cereals
- Pastries
- Fruit juices
- Sweets/candies
- Bagels
- Dried fruits
- Soft drinks
- Condiments
- Table sugar
- Pancakes



FATS



WHAT ARE FATS, WHY DO WE NEED THEM?

There are 4 main types of dietary fats:

Saturated:

Saturated fats are found in most animal fats, tropical oil fats (coconut/cacao) and dairy products. They are good for enhancing "good cholesterol" and for production of important hormones like oestrogen and testosterone.

Monounsaturated:

Monounsaturated fats are found in olive oil, avocados, and a variety of nuts. They lower "bad" LDL cholesterol.

Polyunsaturated:

Polyunsaturated fats are made up of omega 3 fats (flax and fish oil) and omega 6 fats (seed oils like safflower and canola). Omega 3 fatty acids have been shown to be anti-inflammatory, enhance immune system, decrease many disease risks, and decrease blood clotting.

Trans Fatty Acids:

They appear in many heavily processed foods like margarine and are largely void of useful nutrients. They are used to increase the shelf-life of foods and are best avoided for good health.

In summary:

- avoid trans fatty acids most of the time
- eat a variety of foods containing saturated, monounsaturated and polyunsaturated fats
- fats are good for you
- fats also aren't magical, ketogenic diets have been shown in almost every study to be less effective than other dieting protocols regarding body composition (fat:muscle ratio) and are detrimental to sports performance.



FATS SOURCES

RECOMMENDED FAT SOURCES

- Salmon
- Mackerel
- Trout
- Almonds
- Brazil nuts
- Pecans
- Walnuts
- Avocados
- Olive oil
- Full-fat yoghurt
- Full-fat cheese
- Beef
- All oily fish
- All nuts
- Full fat dairy
- Dark chocolate



VEGETABLES

WHAT ARE VEGETABLES, WHY DO WE NEED THEM?

Vegetables are our primary source of many of the vitamins and micronutrients that are essential to good health. Vitamin B1, Biotin, Vitamin C, Folate, Vitamin A, Vitamin K, Calcium, Magnesium, Phosphorus, are all found in a variety of legumes, starchy vegetables and green leafy vegetables. Vegetables are some of the best and most convenient sources of these nutrients.

As well as being vitamin and mineral powerhouses, veggies are also loaded with fibre. Fibre is pretty much essential for digestive health and it's great for regulating hunger and making you feel full. Lots of fibre also contains no calories because they're not absorbed during digestion.

In summary:

- Your parents were right - vegetables are healthy.
- Eat lots of them they make you live longer.
- They are very low in calories most of the time and should be used to bulk up meals to increase fullness.



VEGETABLE SOURCES

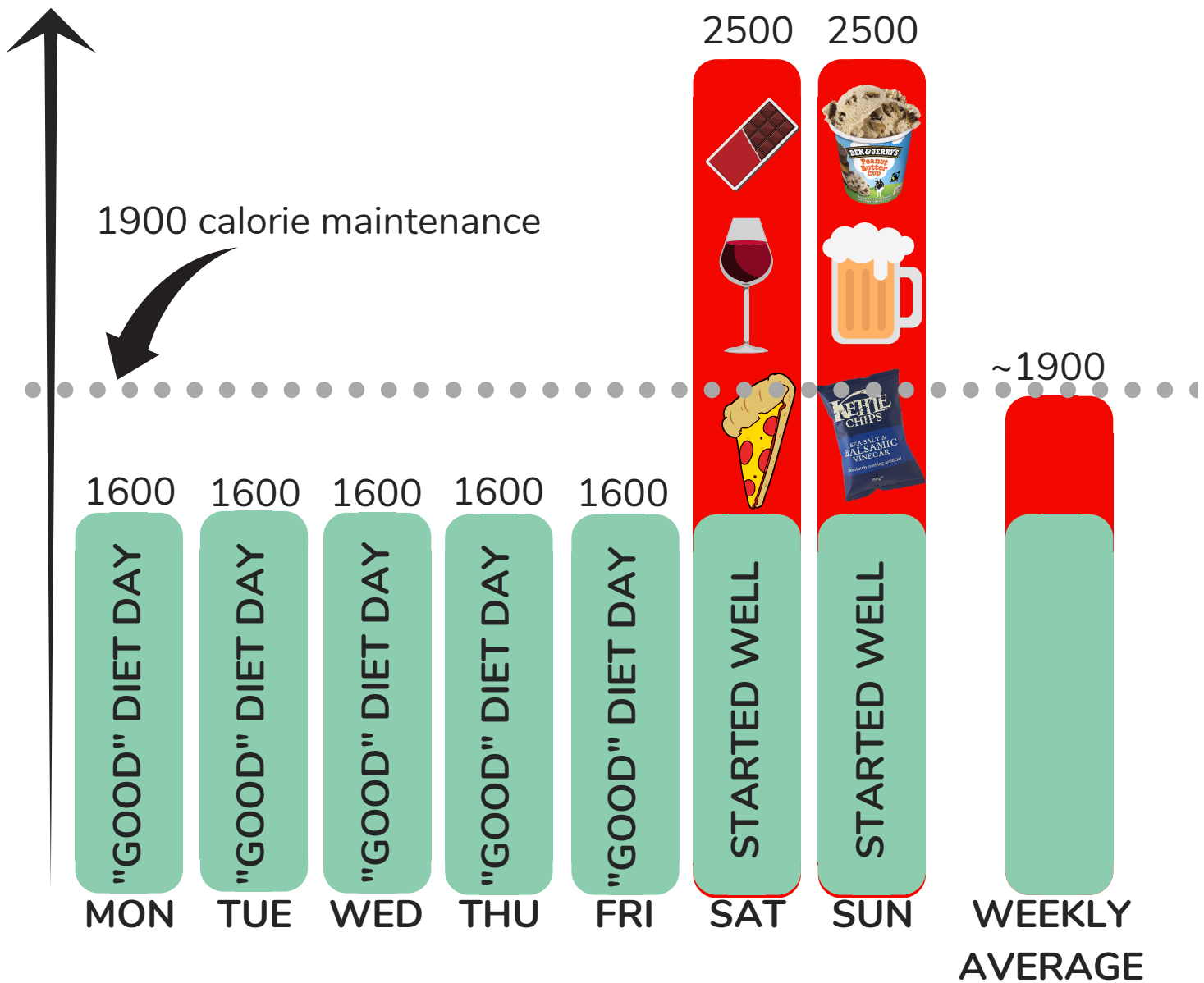
RECOMMENDED VEGETABLE SOURCES

- Broccoli
- Green beans
- Mangetout
- Asparagus
- Spinach
- Lettuce
- Rocket
- Courgettes
- Aubergine
- Radish
- Cabbage
- Peas
- Carrots
- Sugarsnap
- Peppers
- Mushrooms
- Cucumber
- Kale
- Onions
- Pretty much anything green!



HOW WEEKENDS CAN F' YOU UP

CONSISTENCY IS THE KEY



"Maintenance calories" is the number of calories your body requires to maintain bodyweight and cover your exercise, metabolism, T.E.F. and N.E.A.T. (explained on page 3) demands. The grey dotted line is a visual representation of your maintenance calories over one week.

To lose weight and burn fat, you must consistently be in a caloric deficit - underneath the



YOU'VE GOT TO BE CONSISTENT

dotted line. Having two "bad" days of dieting is can halt your fat loss attempts by bringing your average caloric intake up to maintenance calorie levels, resulting in no weight loss.

Dieting is a lot like digging a hole. Every day you are in a caloric deficit your are digging a little deeper and getting closer to your goals. The weekend comes along and you consume significantly more calories than usual, a result of a few glasses of wine, some chocolate and some ice cream. This is essentially the same as filling your nice hole back in with earth, resulting in you starting your dig on Monday from the exact same depth you started the previous week at.

Ice cream and chocolate are not "bad" fattening foods, they're just examples of calorie dense foods that typically result in over consumption of calories. There's no reason why you can't eat them, just make sure you understand how to build them into a diet so they don't halt your progress.



Image courtesy of Disney's "Holes".











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HOW TO TRACK CALORIES


WHY TRACK CALORIES?

While learning how to diet, tracking calories is one of the most educational and useful things you can do. It may sound daunting but I strongly recommend you give it a go if you feel like you aren't in control of your body fat levels.

BENEFITS

-  You'll learn to manage your caloric intake just like your finances.
-  It will force you to read nutrition labels, leading to better decisions and education.
-  Gives you dietary autonomy.
-  Eliminate the "good/bad" mindset regarding food.
-  Learn to incorporate rather than exclude your favourite foods.
-  Increased responsibility for your caloric intake.
-  Better consistency with your caloric intake.
-  Negative eating habits will be identified where they can then be fixed.

DRAWBACKS

-  Requires 5 minutes per day and some pre-planning in the beginning.



HOW TO TRACK CALORIES

HOW DO YOU TRACK CALORIES?

Tracking calories is as simple as using a notepad and pen to track your food portions, or using an app like My Fitness Pal.

Using My Fitness Pal (or similar apps):



- 1 Download and create account.
- 2 Select "add food".
- 3 Scan the barcode of the food packaging you are planning to consume.
- 4 Select the quantity of the food then "add to diary".

Note: weigh food raw wherever possible. Food weight is usually raw on nutrition labels.



HOW TO TRACK MACROS

WHAT ARE MACROS?

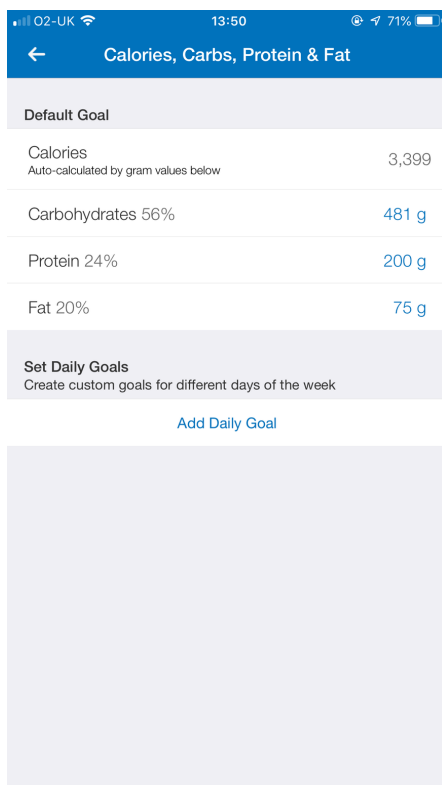
Protein, carbs & fats are "macronutrients" (shortened to "macros"). All foods are made up of different combinations of these three macros.

TRACKING MACROS

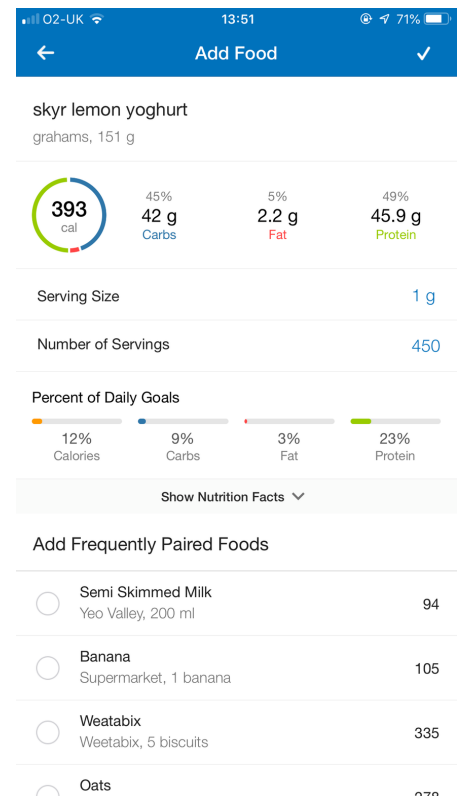
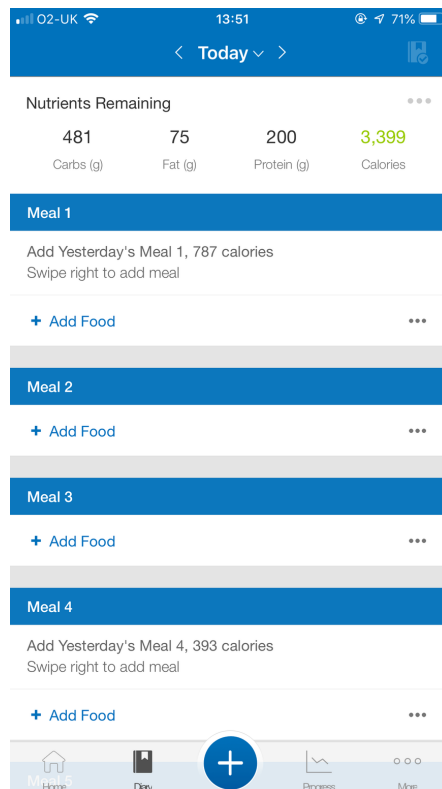
You will have gram targets for each of the macronutrients. Use MyFitnessPal to track the foods you eat and to hit your targets as close as possible.

It's like calorie counting V2. It will allow you to really get the fastest possible results with fat loss as it is as precise as we can go.

1. SET TARGETS



2. PAY ATTENTION TO YOUR MACRO TARGETS WHEN ADDING FOODS



WHEN TO TRACK **MACROS**

IF YOUR GOAL IS TO GET VERY LEAN, VERY MUSCULAR OR BOTH

Tracking macros can be very liberating for the same reasons that tracking calories is. It gives you the freedom to eat however you like, whatever foods you like as long as you stay within your macro targets.

It's easy to make dietary adjustments and changes with macro-tracking and is almost required if you want to get very very lean.

Once you've mastered the basics it is surprisingly quick and easy to maintain this skill

WHEN NOT TO TRACK CALORIES?

There are a few instances where tracking calories isn't beneficial:

- You have a history of disordered/dysfunctional eating.
- You have many months/years tracking experience.
- You are a child.
- You are recovering from an illness - focus on eating enough to get better!
- You are prone to neuroses - use a less rigorous tracking method instead.
- You are not in a fat loss dieting phase and you have no goals requiring fat loss.



YOU CAN EAT JUNK FOOD

THE VALUE OF A FLEXIBLE APPROACH

"Flexibility" means that no food or drink is good or bad, you can consume whatever you want as long as you adhere to the guidelines and principles outlined in this text.

A flexible dieting approach has been shown in the research to be superior to other diet protocols regarding adherence, satisfaction, longevity and therefore results. What good is a meal plan if you can't stick to it 100% of the time...

Science tells us that fat loss/gain is the simple matter of calories in vs. calories expended so there is no need to follow arbitrary rules or restrictions to create a caloric deficit when we can just monitor calories and reduce them, whilst still enjoying our favourite foods and beverages in moderation.



550kcal



426kcal

- Both options are perfectly valid lunch time choices.
- Option 2 has a greater fibre and protein content so it will keep you feeling more full for longer.
- Option 2 is also lower in calories.
- Neither option will guarantee fat loss or fat gain.
- Option 1 is OK every once in a while if it falls within your daily calorie target.
- Don't stress it!



"PROCESSED FOOD IS UNHEALTHY"

"PROCESSED FOOD IS UNHEALTHY"

NATURAL



"Natural" apple contains:

- Tocopherol "E306"
- Riboflavin "E101"
- Ascorbic acid "E300"
- Malic acid "E296"
- Amygdalin (cyanide)

PROCESSED



"Processed" yoghurt contains:

- Calcium
- Vitamin B2
- Vitamin B12
- Potassium
- Magnesium

"FOOD DOESN'T HAVE **MORAL** VALUE

FOOD HAS **NUTRITIONAL** VALUE"



"CARBS CAUSE FAT GAIN"



Many people claim that cutting carbs results in huge weight loss. In reality, this is because cutting carbs results in a caloric deficit - this is what causes the weight loss.

Consuming too many carbs doesn't cause fat gain - consuming too many calories does. Too many calories from any source, carbs, fats, protein or vegetables will result in weight gain.

In summary:

- Cutting carbs is pointless/unnecessary.
- Cutting carbs is unsustainable.
- Cutting carbs is unenjoyable.



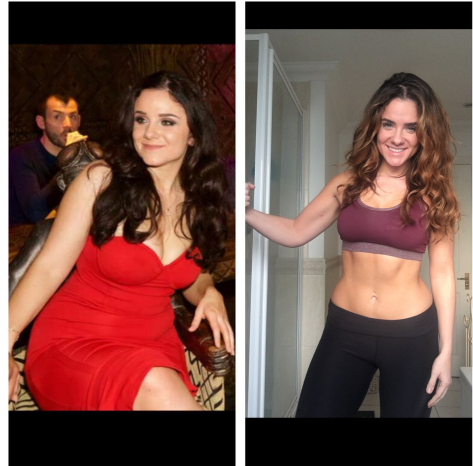
DETOXES FOR FAT LOSS



**ABSOLUTE
CRAP**



HAPPY CLIENTS



GOOD LUCK!

GOOD LUCK!

I hope you have found this text educational and insightful. Please don't put it down and never read it again, revisit it often and you'll experience diet success.

Please visit the website www.physiquesmith.com for more information like this and don't forget to follow my social media accounts for regular fat loss related updates and hacks.

Thank you.



ATTENTION
To prove you have in fact read this guide, please send me a direct message on Facebook and say "Let The Gains Begin"

