

Saint Strong Nutrition

Cliff Notes:

- Make most of your food choices from things that don't have an ingredients list (i.e. 1 ingredient)
- IIFYM (If It Fits Your Macros) means eating Carb/Pro/Fat in the ratio you want to eat it. Bodybuilders use this acronym to emphasize you can drink coca cola "if it fits your macros" but this totally ignores the nutritional value of the food you're eating which matters to health
- The more processed the food, the more likelihood it'll make you sicker rather than healthier
- Food impacts health which impacts mood/performance/recovery/focus, food doesn't just impact how much you weigh/how much fat you have on your body
- When making changes, try to recognise the effect of it - How do you look, feel, perform?
- Spiking blood sugar at breakfast isn't favourable unless it is after training.
- Breakfast is better made up of low GI carbohydrate or protein and fat.
- Carbohydrate (higher GI) is far better eaten straight after training when your muscles will use it and it won't get stored as excess body fat. Lower GI carbohydrate is best consumed at other times rather than post training.
- Protein and fat at breakfast will give a much smoother energy release to help feel and perform better
- High carb breakfasts can result in high blood sugar levels followed by big drops in blood sugar, which can leave you low on energy/concentration/motivation which is obviously not ideal especially in the gym environment.

Better Breakfast option:

- Protein and fat: Eggs/tuna/greek yogurt/nuts/nut butters/cheese/good quality bacon/avocado
- Carb: Berries and Melon are great fruit choices. Any vegetable. Porridge
- Pimp My Porridge: Porridge tastes better with things added to it, but bananas and honey are both high GI options so best avoided and both would be far better eaten post training. Better options include: seeds (flax/chia/sunflower) nuts (any) nut butter (peanut/almond butter) desiccated coconut, cinnamon (herbs and spices in general and ginger/garlic etc... have huge additional health benefits generally helping lower inflammation (muy bueno) in the body. Eat them)

Straight Post Training:

Carbs:

Now is the time to get in the more responsive or higher GI carbohydrates like fruit juice, bananas, chocolate milk, rice, potatoes... They will help top muscle glycogen up and leave your muscles ready for the next training session.

Protein:

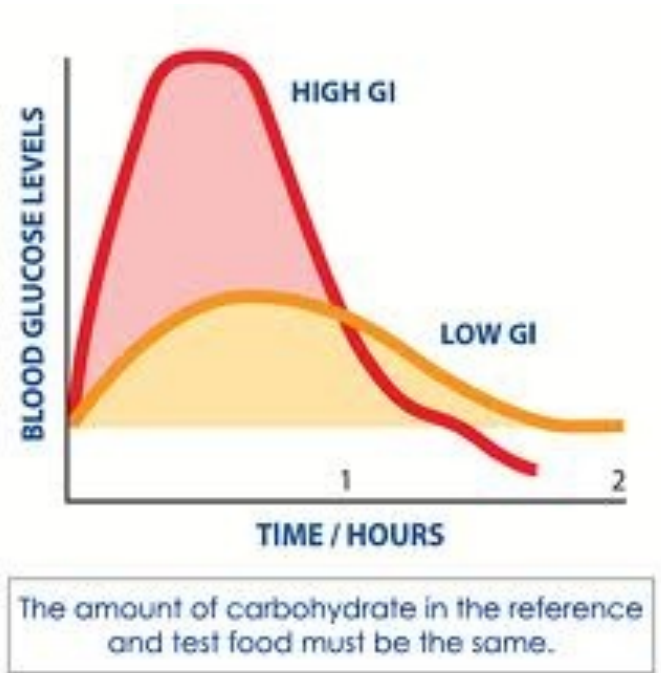
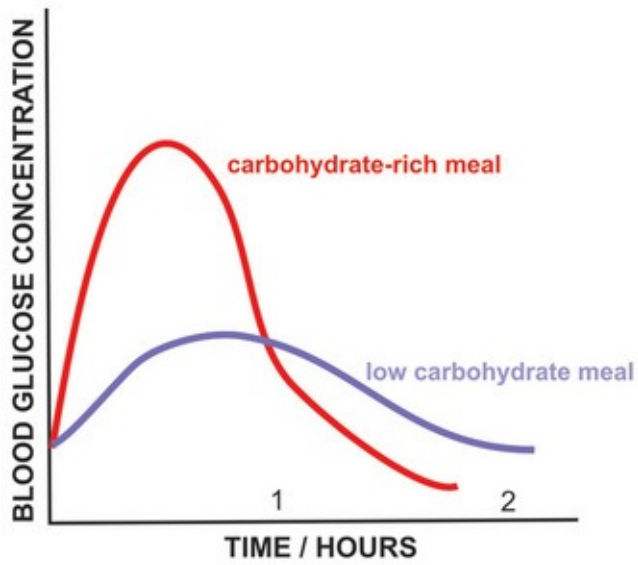
Get at least 25g of protein in through a good meat/fish source i.e. choose unprocessed options where possible e.g. cook your meat rather than buy it

Fat:

Keep fat low post training and generally lower than on non-training days where you should increase fat intake and have a lower carb intake than on training days.

Better fat choices include: Avocado, Olive oil, Coconut milk/oil, Cheese (less processed not Easy Singles!), Butter (not flora, low low), Greek Yogurt, Nuts (Macadamia great, others fine), seeds 'Low-fat' options generally mean either 'watered-down' or 'sugared up' and are generally a more processed version of a full fat unprocessed option.

It was noted that a 750ml of Chocolate Milk provides over 600 kcals, 34g Protein and 80g Carb which is a great option for post training that you can bring to the gym with you.



Attached are some graphs regarding blood sugar levels.

We don't want to spike blood sugar in the morning or before training.

We do want to spike blood sugar following resistance training to encourage muscle growth.