

# **Supportive Nutrition**

## **A Must To Achieving Your Fitness Results**

**(Written By: Craig Ryan, CPT-CSN)**

Let's face it. No one is going to stay on a regular exercise program unless they see LASTING results. And working as a personal trainer and nutrition specialist, I can truly say that does not happen for most people because of their diet. What and how much you eat and drink will either make or break you. This article contains information that I believe is crucial if you want to maintain results in a fitness program!

In our Metabolism Makeover program, we use the word "supportive nutrition" as one of the keys to fat loss. What is "Supportive Nutrition"? Eating and drinking in a way that supports the needs your body has. Although this is simple to say, it is not always easy to do. Did you know that 95% of people who go on a weight loss diet gain the weight back again? If you are tired of the diet roller coaster, or feeling hopeless to even try to lose weight because of the statistic above, then pay close attention. Eating "supportively" means that you eat in a way that supports your lifestyle and your workouts. And most people are not coming close to achieving this!

### Supportive Nutrition Part 1: Protein, Carbs, and Fat

The first main way eating supportively unfolds in your diet is the amounts of macronutrients you take in each day (and each meal). Let me illustrate by looking at three different people who are working out to achieve three different goals: Marathon Runner, Bodybuilder, and Average Exerciser. The following macronutrient breakdowns would work well for each of these people.

**MARATHON RUNNER/ENDURANCE ATHLETE:**  
65-70% carbs, 20% protein, 10-15% Fat

**Reason: For the excessive use of the aerobic systems, the main source of fuel for an endurance athlete are carbohydrates. This person would be burning way more sugar than any other person, therefore they need to "support" their body with more carbs, and will easily use them without gaining weight.**

(Please note: An endurance athlete will often have more body fat (and needs it) than a bodybuilder or even an average person who works out hard. Their body weight is usually lower but it doesn't mean their body fat % is. Long distance aerobic training is not the best way to drop fat.)

**AVERAGE EXERCISER FOR HEALTHY WEIGHT LOSS**  
55-60% Carbs, 25-30% Protein, 15-20% Healthy Fat

The average person who is exercising moderately 3-5 times per week for at least 30 minutes at a time, would eat closer to this breakdown.

**Reason: Enough protein is needed to rebuild muscle tissue but limiting carbs below 50% can be a quick road to health problems, and even muscle tissue loss if that state lasted too long. About 20-25% of most people should get their calories from healthy fat sources (almonds, nut butters, olive oil, cottage cheese, seeds, and omega 3 supplementation to name a few). This combination will sustain a fat loss program for most people and give ample energy throughout the day.**

#### BODYBUILDER

40-50% Protein, 40% Carbs, 10% Fat

**Reason: The primary goals of a bodybuilder is to grow new muscle tissue and lean down their fat percentage as much as possible. Because a bodybuilder will go through different phases of training, the above ratio is only a general estimate to illustrate how eating "supportively" applies to one's fitness goals. A bodybuilder needs a whole lot more protein to rebuild muscle and grow new tissue, but still needs enough energy from the carbs and a little bit of fat to support the joints and structures around the organs.**

### Supportive Nutrition (Part 2): MEAL TIMING

There is another major area that illustrates what it means to eat "supportively", and that is in the area of MEAL TIMING. Depending on one's activity level, how fast their metabolism is, when they workout in the day or week, and what type of workouts they are doing, a person should time their meals accordingly to support the needs of your body. This is often unknown or overlooked, but the ramifications to this are huge in respect to getting the results you want.

Typically within 90 minutes after a moderate to intense workout you would eat your highest glycemic carbs (potatoes, melons, bananas, pasta, bread). A high glycemic carb is one that breaks down into sugar in your bloodstream quicker and therefore is going to supply energy to your muscles and other places faster. Eating high glycemic carbs like the ones listed when you cannot use the sugar at that time results in storing the food as fat. After a workout, our body can utilize the quick sugar release to recuperate from the workout at that time, and to rebuild new muscle tissue. Someone wanting to burn more fat should save ALL of their higher glycemic carbs for after workouts only. Everyone, regardless of goals, who wants to achieve their fitness goals should drink a balanced and healthy post workout recovery drink that is a mix of both carbs and protein, NOT JUST PROTEIN.

Whether a person should eat the popular 5-6 meals per day is also determined by various factors and whether eating that frequently is going to (you guessed it) SUPPORT that person's body the best. Some people are not able to digest their food completely enough to eat that frequently, even though the metabolism would be a bit more revved up throughout the day from eating that often. Also, if someone is going to overeat, or just

make poor food choices, more often when eating that frequently than they should eat 3 very balanced meals a day (in addition to their post workout recovery drink).

There is much more to be said about the topic of supportive nutrition as it pertains to YOU. Renew Your Strength has a Metabolism Makeover course that can be implemented for you, your church, or your workplace. It goes over this info and a whole lot more and usually runs between 6-12 weeks. It gives someone all the tools they need to increase their metabolism and get on the right track to a healthier lifestyle and healthier body composition.

*This article is written by Craig Ryan, a certified personal trainer and nutrition specialist. Craig runs Renew Your Strength Fitness and Nutrition Solutions in the Piedmont Triad area. You can find a lot more about achieving your fitness goals by visiting [www.renewyourstrength.com](http://www.renewyourstrength.com).*