

genesis
LIVE IN YOUR PRIME

STRATEGIC EATING FOR OPTIMAL HEALTH

We've all heard the phrase, "you are what you eat", but have you ever considered the possibility that "you are HOW you eat"? Eating healthy whole foods is a great step toward feeling better and living longer, but how you eat may be keeping you from feeling your best and meeting your goals.

Strategic eating helps us understand how the combination of foods and the timing of meals can better support your body's functionality and vitality.



Timing your meals so that you are consuming frequent, small meals is the best way to maximize the positive impact that food has on your overall health by stabilizing blood sugar and avoiding extreme energy highs and lows.

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In addition, the balance of proteins, fats, and carbs contained in your meals is equally important in terms of how the body utilizes each of these nutrients known as macronutrients or "macros".

Many diets claim that weight loss is achieved by diminishing the overall intake of food in general, but recent studies have shown that being aware of, and strategic with, macronutrient ratio intake is a healthier approach to sustainable weight loss, not to mention better overall wellness.



In other words, how we eat is just as important as what we eat: What we eat is ensuring that we consume the right amount of calories to fuel the body; whereas how we eat is making sure we get the right kind and right quality of calories to fuel the body.



"how we eat is just as important as what we eat."

To better understand the different kinds of calories and the role they play in our bodies' ability to function optimally, let's take a closer look at macronutrients--what they are, what they do, and why they're important.

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Dr. Axe defines macronutrients as "energy providing chemicals" ...that are categorized "depending on how they're metabolized and the purposes they serve once digested. In the human diet there are three primary macronutrients that are found in all types of foods: fats, proteins, and carbohydrates."

Fats provide nine calories per gram, making them the most energy-dense macronutrient. However, fats don't make you fat – they're actually another source of energy for the body and important for controlling your appetite.



In fact, fats are a totally essential part of the diet and also capable of helping with weight management and disease prevention.

Fats also help protect the cell walls (like a coat of wax on your car) and help shuttle vitamins throughout the body (which is why we encourage people to have some fat in their meal when they take vitamins and supplements).

Proteins provide four calories per gram. Proteins are made of amino acids, commonly called "the building blocks of the body". Some of the roles that amino acids/proteins play include helping to form and maintain lean muscle mass, providing energy for our cells and brain, helping store away energy for later use in fat stores, making your heart beat, and helping build the foundation of vital organs, including your heart, lungs and even your DNA.



Carbohydrates also have four calories per gram, and are broken down into glucose which is used for energy or stored in muscles and fat stores for later use. Carbohydrates are the primary but not the only source of energy for the body. "This is why it's possible to follow a low-carb diet and still have enough energy, endurance and muscular strength."

Because each of these macronutrients play such a vital role in our daily lives, balancing and combining them properly can help you make the most of your meals.



For example, eating too many carbohydrates without the proper balance of protein and fat can lead to energy crashes and cravings soon after eating.

However, balancing carbs with some protein and fat will keep blood sugar more stable, and satisfy hunger more effectively which may result in consuming fewer calories overall without actually cutting food intake.

Finding the right macro combination is highly individual, but you can start by following these easy tips to explore what strategy is best for you:

- 1) Carbs are a fast burning fuel. Proteins and fats are slow burning. Combine these to balance the fast burning carb and to create a steady sustained energy source while minimizing impact on the pancreas and the need to produce insulin.**
- 2) Optimal macronutrient efficiency is achieved by consuming roughly an equal amount of protein, fat, and carbs throughout the day. This is subject to personal goals, medical conditions, and overall health condition.**
- 3) Carbohydrate intake timing to optimize energy conversion and minimize the body processing excess fuel (which contributes to insulin resistance) is recommended. For example: fruit in morning, grains midday, and greens and vegetables in evening. Again, this is subject to individual goals and health issues.**
- 4) Consider the energy you consume versus the energy you expend through the day. Based on goals, you can create a surplus or a (reasonable) deficit with this mindset and strategy. A deficit of no more than 400 calories per day is recommended for a healthy and sustainable weight loss strategy. Total caloric intake and expenditure must be determined in order to insure the proper deficit (or surplus).**

GENESIS PERFORMANCE GO TO SHAKE FOR STRATEGIC EATING:



At Genesis Performance, we love homemade protein shakes because they provide a quick and easy meal that can be made with all macros in proper balance and can be consumed as a meal, part of a meal, or a snack on the go. Our strategy for shakes is to provide a large quantity of good calories with the right balance of protein, fat, and carbs.

Here is a recipe of our favorite shake!

Ingredients:

- 8 oz unsweetened almond milk
- Water, as needed (depending upon your desired consistency)
- 1/2 to 2/3 banana (frozen is best)
- 1 tbsp almond or nut butter
- 1 tbsp ground flax seed
- 1 tsp maca powder
- 50g +/- of chocolate protein powder (Plant based is preferred. Less opportunity for causing inflammation. Read the ingredients!)
- 1 tbsp cacao powder
- 1/2 teaspoon of raw local honey
- Ice

These quantities should yield enough for 2 snacks or one full meal and a snack. You can pick and choose the ingredients you want. It will take some experimenting with quantities, liquid and ice in order to achieve your desired consistency! Give this a try today and see the benefits!

When it comes to strategic eating, what works for one person, might not work for another.

Visit GenesisPerformance.net to learn more about how our comprehensive nutrition coaching and lifestyle coaching programs can take the guess work out of getting healthier.



Mention the code Genesis10 and receive 10% off your nutrition plan. Check back with us frequently for updates, articles, and promotions and get closer to living in your prime!