

Fitness Newsletter # 5

ASK THE TRAINER

Hi all. Feel free to share the content with others. You can send your questions to this email address. .

QUESTION:

“Mr. Jarrard. A friend sent me a link to your fitness book and let me congratulate you on making the information you shared so practical that even I can understand it. I have already started applying it. But I do need some help. I need to lose a few pounds and want to keep track of my nutrition but don’t know how. Do you have something that might help me? I tried to make something up on my own, but started to get frustrated and my friend who told me about you suggested I sent in a question. Maybe you can use my frustration to help me and others.” – L.O.F.

RESPONSE:

Thank you for sending the question. Let me say up front, that I am not certified as a nutritionist and so have to be very careful what I recommend. But having said that, I can offer some counsel based on my years of working with clients of all ages and representing diverse needs.

I have found that a good formula for many people to follow is to keep the “**daily**” protein, carbohydrate, and fat intake in the range below. I say “**daily**” because it is easier for most people to calculate it this way. If one meal is off, then it can be adjusted at another.

Protein	= 40 % of total calorie intake
Carbohydrate	= 40 % of total calorie intake
Fat	= 20 % of total calorie intake

Of course, if there is a concern, it is wise to consult your physician. Also, the above is suggested as just this – a suggestion. I certainly, if I were your Personal Fitness Trainer, would not YELL at you if your “**daily**” fat intake fluctuated between 20 % – 30 %. I would just WORK YOU OUT A LITTLE HARDER WITH THE EXERCISES (big smile).

All the time, new clients let me know that they do not know how to figure out or determine the percentages. So let me briefly try to explain.

One of the important things is to know how many calories are in each gram of fat, carbohydrate, and protein.

1 gram of fat = 9 calories
1 gram of carbohydrate = 4 calories
1 gram of protein = 4 calories

If you are eating an item from a can or jar, the “**nutritional facts**” information is given. First, there is usually given the serving size and then the servings per container. Then there is usually a dark line beneath this and then the amount per serving. Here are a few examples from items that I just placed

on my desk. I will not list everything – just calories, fat grams, carbohydrate grams, and protein grams. THIS INFORMATION will be very important for you to understand so you can use the attached **“Nutritional Intake Chart.”** (I am attaching a separate item you and those who receive this newsletter can download).

Green Beans: (14.5oz. can)
(eat 1 serving)

Serving Size = ½ cup
Servings Per Container = About 3

Amount Per Serving
Calories = 20 Calories From Fat = 0

Total Fat = 0 grams
Total Carbohydrate = 4 grams
Total Protein = little less than 1 gram

Let's carry it a step farther. Let's say you are having green beans and tuna salad sandwich for lunch.

Tuna: (6 oz. can)
(eat 1 serving)

Serving Size = 2 oz.
Servings Per Container = About 2

Amount Per Serving
Calories = 60 Calories From Fat = 10

Total Fat = 1 gram
Total Carbohydrate = 0 grams
Total Protein = 13 grams

Mayonnaise:
(1 Tbsp. to mix with tuna)

Serving Size = 1 Tbsp.
Servings Per Container = 64

Amount Per Serving
Calories = 90 Calories From Fat = 90

Total Fat = 10 grams
Total Carbohydrate = 0 grams
Total Protein = 0 grams

Pickle Relish
(1 Tbsp. to mix with tuna)

Serving Size = 1 Tbsp.
Servings Per Container = About 32

Amount Per Serving
Calories = 20 Calories From Fat = 0

Total Fat = 0 gram
Total Carbohydrate = 1 grams
Total Protein = 0 grams

Whole Wheat Bread:
(to put tuna on - 2 slices)

Serving Size = 1 Slice
Servings Per Container = 22

Amount Per Serving

Calories = 70

Calories From Fat = 10

Total Fat = 1 gram

Total Carbohydrate = 14 grams

Total Protein = 3 grams

So, on the **“Nutritional Intake Chart”** in “Lunch Column” next to the day you eat the sandwich and greens beans you will record the Nutritional Fact information:

Calories =	330 total calories
Protein (grams) =	20 x 4 (calories per gram) = 80 calories = 24 %
Carbohydrate (grams) =	33 x 4 (calories per gram) = 132 calories = 40 %
Fat (grams) =	13 x 9 (calories per gram) = 117 calories = 35 %

Of course, you also need to record the nutritional facts about any type of drink that you have with the meal.

This particular meal is (according to my suggestion) a little high in the fat range (remember I am suggesting somewhere around 20 % and no higher than 30 %. Now, what you have to do is make sure that the other meals and any snacks offset this particular “nutritional fact.” Also, I would suggest that the “protein” be also adjusted at other meals to increase the overall “daily nutritional” intake. Notice the carbohydrate is right on target though.

Before leaving this let me draw attention to one thing in case it did not jump off the page at you. **What caused the total “fat calories” for the lunch meal to be so high?** If you said MAYONNAISE you are RIGHT. So many people do not realize how high in fat such items as mayonnaise and salad dressings are. I am not about to tell you to cut them out from your intake, but it would be well to cut back on the portion size and maybe even experiment with healthy alternatives. One thing that could be done would be to leave out the mayonnaise and pickle relish and instead just grill the sandwich (maybe even using a healthy slice of cheese).

I have given you an example of determining the “nutritional” value of food for cans and jars, but I am sure you eat other items that are not in cans and jars. There are a number of good websites that give the “nutritional” value of foods, but some of them also try to sell you something or persuade you to use their diet plan. The USDA site is a good resource, but for some people the information tends to be a bit technical at times. There is a website that I like and have recommended to clients with a lot of positive feedback from them. It is: www.thecaloriecounter.com

One final word. There is not a place on the **“Nutrition Intake Chart”**, but if you need to drop some pounds, you may want to seriously monitor your sugar intake.

I hope this helps and success to you.

Dan

www.fitnessbasics101.com