

OLD FASHIONED PUMPKIN PIE

Fat Free Milk, Chai Tea, Pumpkin, Cinnamon
& 'Get Essentials' with 30g Vanilla Whey Protein

RICH IN
FIBER

MILK

PUMPKIN

GET ESSENTIALS

CINNAMON

**CHAI TEA
SPICES**

PROTEIN

GOOD SOURCE OF
BETA-CAROTENE

SHAKE OF THE MONTH

“OLD FASHIONED PUMPKIN PIE”

6 OZ	SKIM MILK
1 SCP	CHAI TEA
1 SCP	FREEZE -DRIED PUMPKIN
1 SCP	GET ESSENTIALS
1½ SCPS	VANILLA WHEY PROTEIN
½ TSP	CINNAMON
12 OZ	ICE

Nutrition Facts

Serving Size 20 fl. oz. (591 ml)
Servings Per Container

Amount Per Serving

Calories 470 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 290mg **12%**

Total Carbohydrate 66g **22%**

Dietary Fiber 2g **8%**

Sugars 37g

Protein 38g

Vitamin A 40% • **Vitamin C** 10%

Calcium 30% • **Iron** 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SQUARE-O-LANTERN"



PACKED WITH
ANTIOXIDANTS

MANGO BANANA PUMPKIN
ALMOND CINNAMON
MILK  SQUARE MEALS

IMPROVES
NUTRIENT
ABSORPTION

OCTOBER 2019

"SQUARE-O-LANTERN"

6 OZ	UNSWEETENED VANILLA ALMOND MILK
4	FREEZE-DRIED BANANA PIECES
½ SCP	DRIED PUMPKIN
1 SCP	FREEZE-DRIED MANGO
½ SCP	VANILLA WHEY PROTEIN
1 SCP	VANILLA SQUARE MEALS - WHEY BASED
½ TSP	CINNAMON
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (385g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 180mg	8%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 22g	
Vitamin D 2mcg	10%
Calcium 506mg	40%
Iron 2mg	10%
Potassium 751mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

THE WHOLE TRUTH

A LOOK AT WHOLE FOODS

FITNESS FLYER



By Owen Rothstein

You've heard about them, we're sure that you've eaten them and you've probably even shopped in the market (no relation – sorta), but what the heck are whole foods anyway? Whole foods are foods that are unprocessed or minimally processed. They come more from nature than they do a manufacturing facility, and are free of chemicals, additives, and preservatives. Whole foods include plant-based foods like fruits, vegetables, grains, nuts, seeds, fungi, legumes, and animal-based foods like poultry, meat, fish, and eggs. The bottom line is that if you can find it in nature and don't do much to it before you eat it, you're eating whole foods. Seems pretty simple, right?

The reason that whole foods are a buzzworthy, trending topic these days is that there has been a pendulous swing away from the eating habits that people from my generation had become accustomed to. I'm 46 (at time of publication) and I grew up on heavily sugared cereal breakfasts, Chef Boyardee lunches and Swanson Hungry Man dinners. Somewhere in the array of neon colored loops, canned pasta and frozen Salisbury steak, we gained convenience, but lost nutrition. Honestly, with the exception of my grandmother's cooking, everything that I ate until I moved out at 17 was processed, packaged and mostly pathetic. We were the generation of margarine, not butter. We were the first generation of the microwave. Those cans of barely-green, French Cut green beans and syrupy fruit cocktails still haunt my nightmares.

Looking back, and because of the industry in which I work, I can see a lot of the factors that contributed to the over-processing of most of the food in my young life. One factor was the greater presence of women in the workplace. Both of my parents worked, so fast, easy, processed meals were, well...fast and easy. It was also a time when big agribusiness started gobbling up small farms, mechanizing processes and getting more and more packaged foods distributed nationwide. Superhighways and proliferation of air travel meant that we had foods available to us year-round instead of just seasonally. Basically, we were modernizing, but that didn't mean it was for the better.

I'm sure that there were always places and people around the country that resisted the packaged foods, but I didn't really become aware of that resistance until the mid-1990s. I remember seeing a second "health food" store open in downtown Philadelphia and thinking that our city likely wouldn't support a second store. A few years later, we had a Whole Foods Market and a Fresh Fields (another brand owned by Whole Foods) within 20 blocks of one another and that pendulum had begun to swing.

Right around that time, the organic food movement was growing too. Now, to be clear, whole foods and organic foods are not necessarily the same thing. Whole foods can be organic and organic foods can be whole foods, but neither assures the other. Organic regulations cover how the foods are grown and processed, but they can be processed. Some of the benefits that are derived from whole foods can also be derived from organic foods, but that is another article.

A few of the main reasons that whole foods and organic foods were gaining traction was that people started to learn and understand that all of this food processing was often leading to loss of vitamins, minerals and fiber, typically found in the food in its natural state. In addition to these things being removed, tons of stuff was being added to foods during the processing. Additives such as artificial colors and flavors, preservatives, and stabilizers pile in with added sugars and salt to keep foods longer and make them more palatable. The combination of all of this, in the foods that we consume every day, can't help but have a negative effect on health.

Throughout my lifetime, despite the increases in medical technology, we have seen the national obesity rate triple, according to the CDC. There have been notable rises in levels of hypertension (high blood pressure), Type-2 (insulin resistant) diabetes, asthma and IBS. Some of these and other diseases have been directly linked to additive ingredients or levels. If nothing else, processed foods usually have higher calorie counts than the whole-food versions. That alone should be a warning sign.

The fact is that the human body functions better when fed a steady diet of foods as they appear in nature. The less processing your food receives, the more nutrients your body does...almost every time. Try changing your eating habits and see if you start to feel the difference. What happens when you start to cook from scratch? How does it taste? How do you feel? Put your self through a 30 day challenge. Try eating only whole foods for a month and see if you can see positive changes in your body. A woman named Megan Kimble tried it for a year and you might be surprised at what she found. She wrote a book about it called "Unprocessed – My City-Dwelling Year of Reclaiming Real Food." Her advice for anyone afraid of giving a whole foods diet a try was "You'll have to spend more time prepping in the beginning, but once you start to find the habits and the things that work for you, it'll start becoming part of a routine and not so time consuming at all." So it may take more time, but aren't you worth it?

WHOLE FOODS

NUTRITION

Monthly

Eating

whole foods

In an **Unprocessed**
Meal Plan

Exercises

You Can Do
with a

Pumpkin

How **Athletes** Avoid
Food Boredom
When

*Eating
Clean*

—9—
Impressive
Health Benefits of
pumpkin

5 fall foods
with Mental Health Benefits

Cancer Fighting
whole grains

FIND OUT MORE ABOUT THESE TOPICS AT THE JUICE BAR



THE NUTE (NUTRITION) GURU IMPARTS WISDOM ABOUT THE IMPORTANCE OF NATURAL, WHOLE-FOODS NUTRITION FOR MIND/BODY WELLNESS.

Q

The thought of being on a diet around Halloween is scaring me more than a haunted house! How can I avoid slipping up on Halloween night with all those tempting sweets?

A

Although those fun-size candy bars can be appetizing, their calories add up. With these Halloween diet tips, you'll conquer your candy cravings without any tricks!

If you're on a diet, Halloween is one of the scariest nights of the year. It's not easy to stick to your healthy eating plan when you're surrounded by candy. But even if you're not trying to lose weight, you can do some real damage during trick or treat festivities. The calories you eat on Halloween night can run into the thousands. So how do you enjoy a healthy Halloween night? Elle Penner has some sneaky tricks and smart trips that can help. Elle is a registered dietitian and head of the Nutrition Department at MyFitnessPal. Her advice will help you eat less and move more on Halloween.

Eat Before You Trick or Treat

Some dieters might skip dinner or even lunch and dinner to save their calories for trick or treat candy. But that's the wrong strategy according to Elle. She says that you need to eat a healthy, hearty meal before Halloween night begins. "Fill up with a healthful, high-fiber meal that includes protein before you head out the door with the kids. That way, you'll be less tempted to sneak some of their stash. There's nothing more horrifying than being hungry and holding a bag full of sugary sweets."

Learn Halloween Candy Calorie Counts

The type of candy you choose to offer can make a big difference in your total calorie intake on Halloween. Smart dieters usually buy candy that they don't like. But what if you like all Halloween candy? Elle says you need to read the Nutrition Facts label before you make a choice. "If you must hand out candy, read nutrition labels before you buy. Make choices designed to minimize your total calorie and fat impact. Treats like Tootsie Rolls trump Snickers Bars. Of course, always get the smallest (fun size) portion you can." Of course, you don't have to hand out candy at all. Some families choose non-candy treats to children instead, like bubbles or stickers.

Boost Your Step Count to Burn Calories

If you think that you'll be too tempted to eat Halloween candy at home, then lace up your shoes and take the kids trick or treating. But don't take the car! Bring your activity tracker and boost your Halloween step count to burn calories. "Plan to walk the Halloween beat with the kids, instead of driving them around. If you can, choose routes that include hills or stairs," says Elle. If you walk roughly 2000 steps (10 to 20 blocks depending on the size of blocks in your town) you will have walked about a mile. You'll burn about 80 calories in that mile. So let the kids enjoy the night while you whittle your waistline.

Burn Candy Calories at Home

If you must stay at home to hand out candy, stay active. If you sit in front of the television with a bowl of candy nearby, you're likely to indulge. So stay active to stay distracted. So what are the best ways to burn calories on Halloween night? Do an exercise DVD or choose an online workout to do in the living room.

Plan Your Treats to Eat Less

Let's face it. Even the most disciplined dieter will want to indulge at least once on Halloween night. The trick is to eat just a little bit so you feel satisfied without overdoing it. Elle says that proper planning does the trick. "Decide ahead of time what candy you'll treat yourself to, then budget for it throughout the week. Saving 50 or 100 calories per day can lead to a delicious and satisfying Halloween night without the guilt. Set aside the candy that fits your budget and stick to it." Before you choose the sweet treats to enjoy, you might want to check a list of Halloween candy workouts. Learn how many minutes of exercise you need to do to burn off the most popular candies. Then decide which treat is worth it.

NUTRI-FACTS

THE MACRONUTRIENTS

October, Issue 1

A (VERY) BRIEF HISTORY OF NUTRITION

The human digestive system has evolved over thousands of years utilizing and adapting to a vast array of foods. Our forebears' bodies were capable of digesting a variety of whole foods found in their environments, like meats, fishes, nuts, whole grains, vegetables, fruits and more. While some changes have happened very slowly throughout our history, the recent changes to American diets has been fairly abrupt. What has happened to us? Why are we suddenly becoming so fat and so ill? There have definitely been changes to our digestive systems over the past 10,000 years, none of those changes can compare to the changes in the foods we eat. The last 100 years or so have seen Americans reinvent their diet in at least a hundred ways to accommodate our rapidly changing lives. From convenience to fad dieting, we have completely moved away from what our bodies had recognized as slow-digesting nutrient-dense whole foods. Our search for the "magic bullet" has led us to fast-digesting, overly-processed foods because they seem to make sense and they offer quick results.

The Industrial Revolution was a period from the 18th to the 19th century where major changes in agriculture, manufacturing, technology, mining, transport and (you guessed it) daily nutrition rapidly occurred. Our digestive systems weren't quite as ready for the rapid pace. The foods that we had been eating had never been processed and packaged. The flours we had used to make breads and crackers had never been super-pulverized and stripped of essential nutrition. Sugars and fats had never widely been added to make our foods taste better. Our diets were comprised of simple foods,

simply prepared. With more widely available ingredients, large populations had access to different ways to make their foods taste good. In fact, we made these foods taste so good, we couldn't stop eating them!

After all of the fad diets and processed foods, there is a strong movement to get back to basics. Nutritionists, scientists and doctors the world over are proving that diets comprised of natural, whole-foods can help you stay lean, fit and are more likely to keep you disease free. Over the next four weeks we are going to focus on the macronutrients; proteins, carbs and fat. These are the primary components of everything that we eat. Understanding these building blocks is the start to discovering a daily diet that makes sense for our bodies and our modern lifestyles. We'll learn when to eat them (especially relative to exercise) and you'll learn why timing is important...timing is everything.

EAT WELL!

[Check Back Next Week for Issue 2!](#)



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NUTRI-FACTS

THE MACRONUTRIENTS

October, Issue 2

CARBOHYDRATES (CARBS) ARE YOUR FRIEND

There has been much controversy over this valuable macronutrient. It seems that we are always looking for someone or something to blame for those unwanted pounds that relentlessly stick to our hips. Why not blame it on carbs? It's an easy fix; just remove them from our diets and the pounds melt off; right? Wrong! Enter the Atkins Diet or perhaps as it's more commonly known; the Low-Carb Diet. It's not always as simple as a low-carb diet. Remember, there are always reactions to our actions. Our philosophy is to add to your daily diet, not subtract. This may sound strange, but keep reading and we'll explain.

THE BASICS ABOUT CARBS

Carbohydrates are the primary source of energy in your body. Carbs are found in food sources that include vegetables, fruits, grains, legumes, rice and sugars. Sugar is a carb, but not all carbs are sugar. Carbs provide (4) calories per gram. They are broken down through digestion into sugars and absorbed through the small intestine. From there they are shuttled off into the blood system and used immediately or stored in the muscles and liver until needed for energy.

Our bodies can only store a limited amount of stored carbs (depending on how much your lean muscle you have)- between 800 to 2100 calories at any one time. This is barely enough to sustain an individual through an hour and a half of intense exercise, which is why we need to eat Carbs throughout the day.

Stored Carbohydrates are called glycogen. The average person will use up every gram of stored glycogen just by standing upright, breathing, digesting, thinking and trying to maintain a constant body temp. This is called your Resting Metabolism. Once you include everyday movement and especially exercise, your body demands additional carbs, preferably in the form of glycogen. Without it, your body robs your hard-earned muscle tissue (catabolism) to be converted into energy. This drops your metabolic rate, which makes it harder for your body to burn calories. Remember...muscle burns calories not fat.

RECOMMENDED DAILY INTAKE (RDI)

Current dietary recommendations call for anywhere from 50-70% of total daily calories come from carbs (slow-digesting), while only 10% of those calories should come from simple carbs (fast-digesting). But here's where the timing comes in...if you drink a fast-digesting Recovery Shake immediately following your workout, you'll refuel with the necessary carbs that your body is craving and keep your metabolism humming.

EAT WELL!

Check Back Next Week for Issue 3!



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NUTR-FACTS

THE MACRONUTRIENTS

October, Issue 3

PROTEIN IN THE BODY

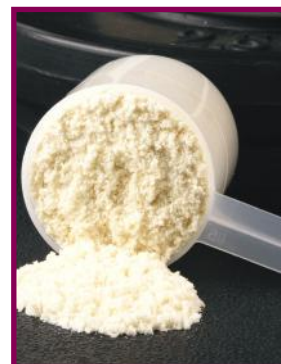
Squeeze all the water out of your body and what is left? Mostly protein. Over 55% of the dry weight of your body is protein. Proteins are large, complex molecules that play many critical roles in the body. They do most of the work in cells and are required for the structure, function, and regulation of the body's tissues and organs. All bodily functions from the blink of an eye to the creation of new muscle are controlled by thousands of different enzymes- and (almost) all enzymes are proteins. Protein is also involved in many cellular processes. Proteins make up the major part of many hormones, so they are essential for communication throughout the body.

When we're talking about protein in your diet, you must get it right all the time. You can make big mistakes with carbs and fats and correct them easily, but your mistakes with protein build right into your structure and can hamper your health and wellness for months. Body proteins are not forever as your cells die continually. 98% of the cells of the human body are completely replaced each year. In six months your abs, the hemoglobin in your blood, your enzymes, even the structure of your genes are all completely replaced. The body you have today is built almost entirely of what you have eaten over the last six months. This is why your choice of proteins is so important.

WHEY PROTEIN

What is whey protein? Whey is the name of the pure, natural, high-quality protein from cow's milk. Whey is a by-product of making cheese. It takes approximately 10 pounds of milk to make 1 pound of cheese; the remaining 9 pounds is whey. Whey has considerably less fat, sodium, lactose and calories than milk. It is a rich source of the essential

amino acids needed on a daily basis by the body. In its purest form, as whey protein isolate, it contains almost no fat, lactose or cholesterol.



Whey is made up of molecules that are chains of Amino Acids called Peptides. The human body can only absorb very small chains of these di(2) and tri(3) peptides. Larger peptides must be enzymatically broken down (hydrolyzed) before any absorption can occur. Breakdown and absorption of protein occurs primarily in a one foot area of the small intestine called the duodenum. Once it is past this area of the small intestine there is essentially no further absorption. Undigested protein passes into the colon where it is a known health hazard. Beef, poultry, fish, eggs, soy and grains have no di and tripeptides, which slows their digestion and limits absorption. Absorption is key in being assimilated into the body, so we can't stress enough how important it is that you choose your protein wisely.

Whey protein is an excellent protein choice for individuals of all ages. It provides a number of benefits in areas including sports nutrition, weight management, immune support, bone health, and general wellness. Studies have shown that protein can make you leaner, so you see, it isn't just for body builders, it's for everyone. Add a scoop to your favorite Recovery Shake today and rebuild a better body tomorrow.

EAT WELL!

[Check Back Next Week for Issue 4!](#)

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NUTRI-FACTS

THE MACRONUTRIENTS

October, Issue 4

SURPRISINGLY IMPORTANT TO YOUR HEALTH

Believe it or not, fat is a necessary macronutrient and is essential for optimal health, but only the right types and in the right quantities. Fats or lipids are the most concentrated source of energy in your diet. When oxidized, fats furnish more than twice the number of calories per gram furnished by carbs and proteins. One gram of fat yields approx. 9 calories as compared to 4 calories for carbs or proteins. In addition to providing energy, fats act as carriers for the fat-soluble vitamins, A, D, E, and K. By aiding in the absorption of vitamin D, fats help make calcium available to the body tissues, particularly the bones and teeth. Fats are also important for the conversion of carotenes such as beta carotene into vitamin A. Fat deposits surround, protect, and hold in place organs, such as kidneys, heart and the liver. A layer of fat insulates the body from external temperature changes and preserves body heat. Fat prolongs the process of digestion by slowing down the stomach's secretion of hydrochloric acid.

Athletes and everyone else benefits from the consumption of healthy fats such as from plant oils or fish. These (and all) fats are broken down into fatty acids that are essential for the effective function of the brain, inner ear, eyes, adrenal glands, immune system and sex organs. In these very active tissues, special fats are essential for the high level of oxygen use and energy transformation required for optimum health and performance. One type of fat that we'd like to focus on is the Omega 3 fatty acids.

FAT AND OMEGA-3 FATTY ACIDS

Omega-3 fatty acids are unique long-chain polyunsaturated fatty acids. There are three types of Omega-3 fatty acids, and each type differs in its

chemical structure and physiological role. The major types of Omega-3 fatty acids are:

- **ALA – Alpha Linolenic Acid**
- **EPA – EicosaPentanoic Acid**
- **DHA – DocosaHexaenoic Acid**



Omega-3 fatty acids are considered heart-healthy fats. They are highly unsaturated, and scientific studies show that unsaturated fats do not promote hardening of the arteries, high blood pressure, weakened heart or arterial tissue and strokes. Most importantly, Omega-3 fatty acids are nutritionally essential. Humans lack the enzyme required to produce Omega-3 fatty acids from other types of ingested fats, so Omega-3 fatty acids must be acquired by the diet.

DHA and EPA, and to a much lesser extent, ALA are accumulated in the membranes of the heart, blood cells, and other tissues. These fatty acids help keep the membranes fluid, aiding in the normal functioning of cells and tissues. DHA and EPA levels are high in these tissues, but DHA is the most abundant Omega-3 found in the brain and retina, accounting for more than 50% of the total unsaturated fatty acids present.

HOW MUCH FAT DO I NEED IN MY DIET?

Every ounce of extra body fat that you carry increases the energy required to move your body. Additionally, every ounce of extra body fat increases body temperature during exercise, not only because of extra weight and insulation, but because you have less water for cooling. Body fat is only 50% water whereas muscle is 75% water. Keep fat intake below 15%.

EAT WELL!

Check Back Next Month for a New Series!

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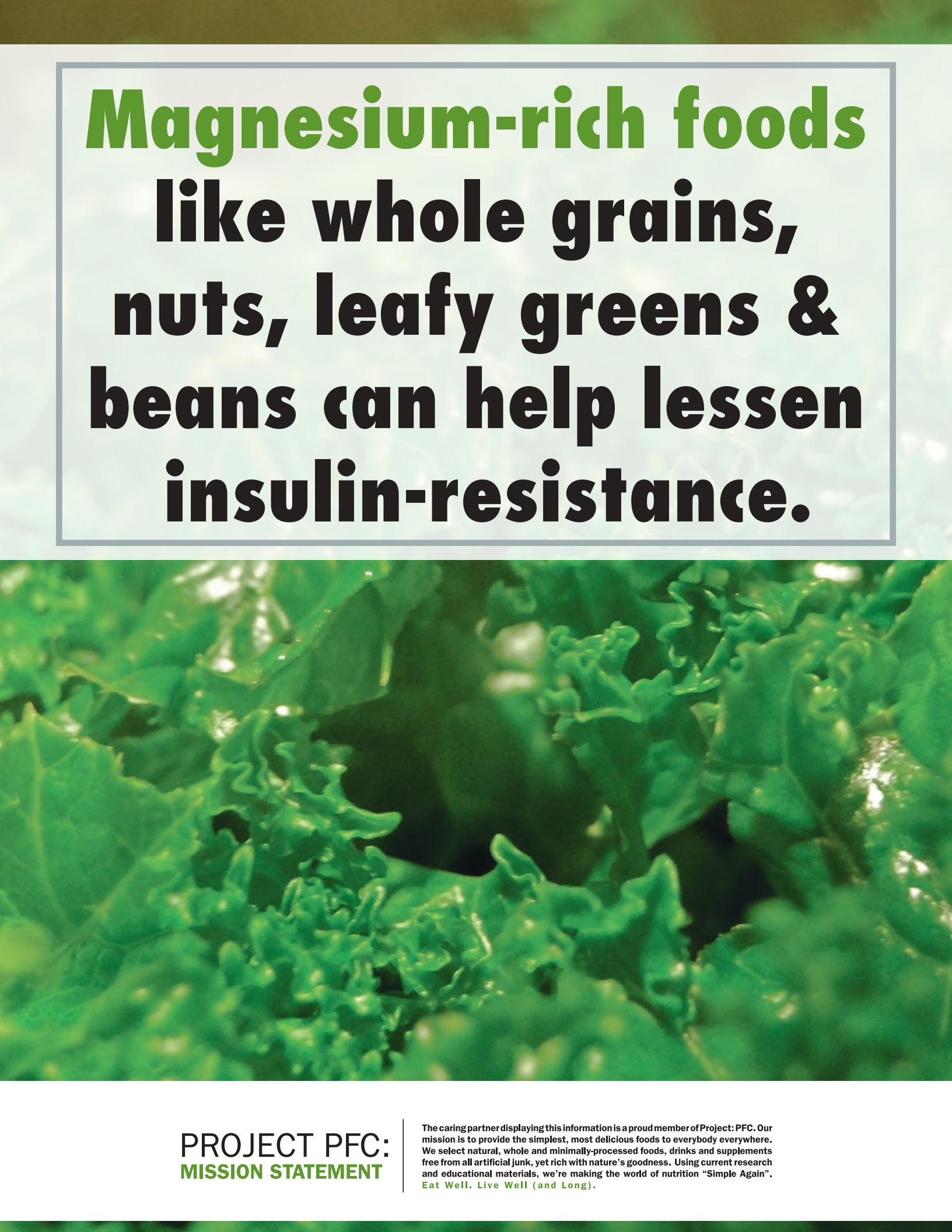
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Eat Well. Live Well (and Long).

**Minimize your risk of
developing Type 2
Diabetes. Drink water,
UNLESS you have just
worked out.**



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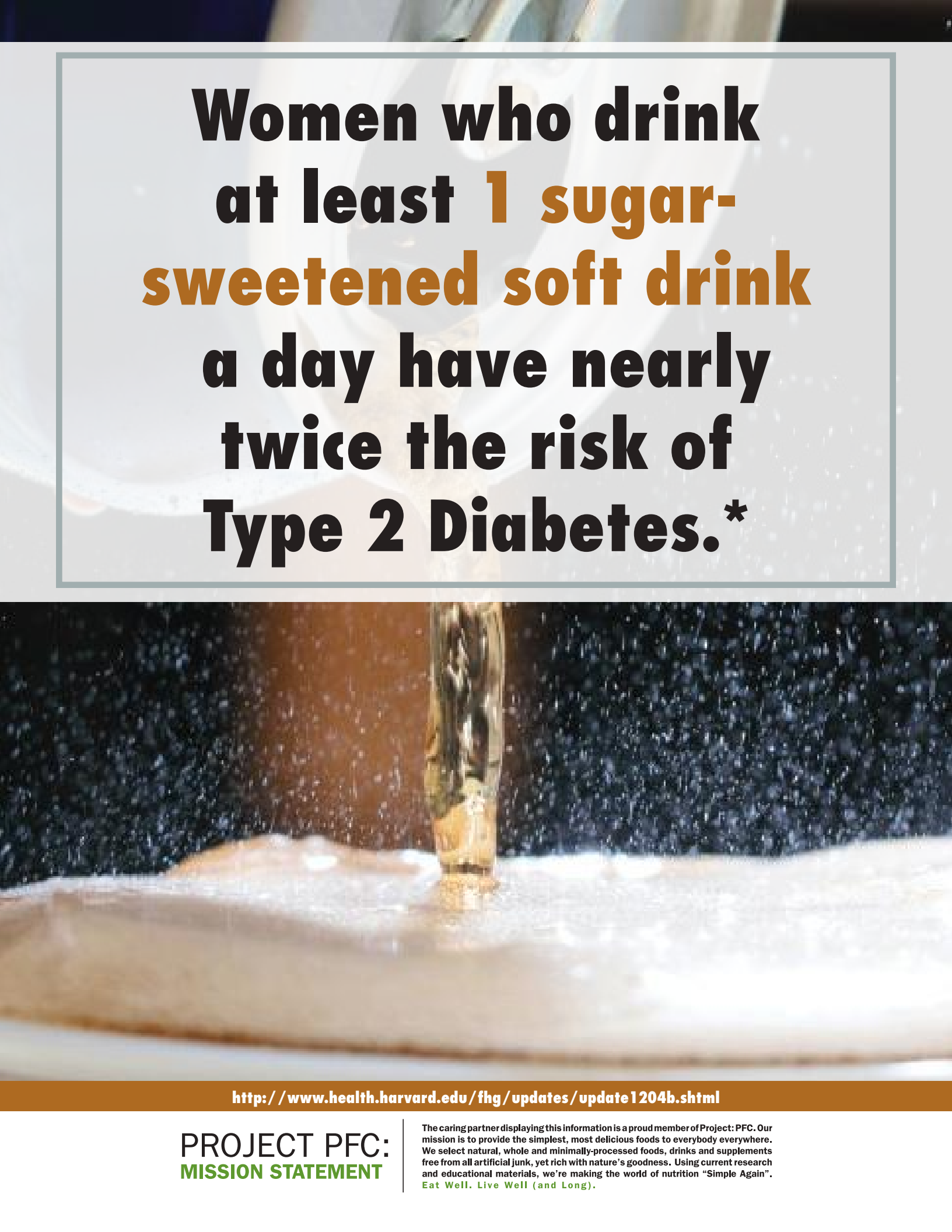
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**Magnesium-rich foods
like whole grains,
nuts, leafy greens &
beans can help lessen
insulin-resistance.**

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**Women who drink
at least **1 sugar-
sweetened soft drink**
a day have nearly
twice the risk of
Type 2 Diabetes.***

<http://www.health.harvard.edu/fhg/updates/update1204b.shtml>

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**Avoid processed foods.
Processing whole foods
speeds up digestion
creating an unwelcome
impact on blood
sugar levels.**



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Digestion begins in the mouth...**chew well!**



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**Chewing carbohydrates
longer releases **natural**
enzymes that make them
taste sweeter.***



<http://www.enzymestuff.com/digestion.htm>

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**Cardio can kill fat loss
unless you recover with
a liquid post-workout
meal within 30 minutes
of your routine.***

*<http://fitness.mercola.com/sites/fitness/archive/2010/02/16/what-you-eat-after-exercise-matters.aspx>

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**Burn more calories
by lifting up for one
second and down for
three seconds.***



[*http://anytimehealth.com/questions/5877-fast-reps-or-slow](http://anytimehealth.com/questions/5877-fast-reps-or-slow)

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A close-up photograph of a person's arm and hand lifting a black dumbbell. The person is wearing a white t-shirt. The background is a red brick wall. The text is overlaid on the top half of the image.

**Cardio alone is not
the best fat burning
activity. Mix it up with
weights too!***

[*http://www.fitday.com/fitness-articles/fitness/weight-loss/how-weight-lifting-workouts-can-help-you-lose-weight.html](http://www.fitday.com/fitness-articles/fitness/weight-loss/how-weight-lifting-workouts-can-help-you-lose-weight.html)

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**Trekking poles help
walkers burn more
calories.***

[*http://myhealingkitchen.com/walking-poles/](http://myhealingkitchen.com/walking-poles/)

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Eat Well. Live Well (and Long).

Yoga increases balance, muscle steadiness & strength.*



***http://www.huffingtonpost.com/kino-macgregor/yoga-poses_b_3582869.html**

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**Post workout, carbs
replenish the glycogen
(stored sugars) your
muscles burned
for energy.***



***<http://www.livestrong.com/article/537246-the-best-time-to-replenish-glycogen-exercise/>**

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**You don't need big
muscles to stay strong;
you need active ones
that you regularly
move and stress.**



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**The clock is ticking...you
have 30 minutes after
your last rep to promote
recovery & maximize
your efforts.***



***<http://www.bodybuilding.com/fun/how-to-build-more-muscle-in-30-days>.**

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**Not 1 gram of the natural
sugars found in our
Recovery Shakes will end
up as fat **IF** consumed
within 30 minutes of
your last rep.***

http://www.huffingtonpost.com/2013/06/02/food-exercise-mistakes_n_3327899.html

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A close-up photograph of a glass filled with a thick, pink smoothie. Several fresh blueberries are floating on the surface of the liquid. The background is softly blurred, showing more of the glass and some greenery.

**Drinking a Recovery
Shake within 30
minutes after your last
rep replaces glycogen
(stored sugar)
and keeps your
metabolism high!***

[*http://www.huffingtonpost.com/2013/06/02/food-exercise-mistakes_n_3327899.html](http://www.huffingtonpost.com/2013/06/02/food-exercise-mistakes_n_3327899.html)

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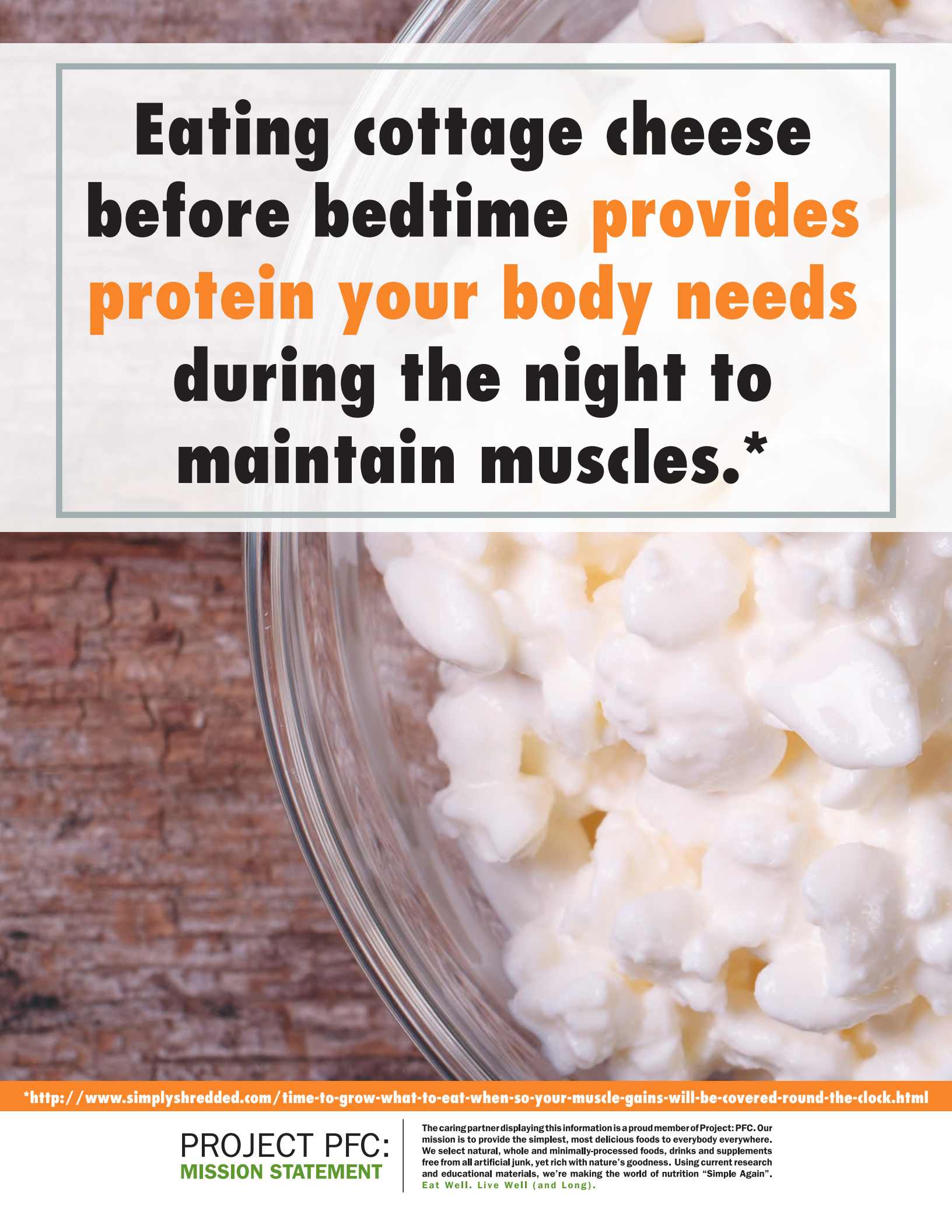
Limit your carb intake close to bedtime. Carbs can inhibit sleep-induced GH release which helps support fat burning.*



[*http://www.fitnessforoneandall.com/nutrition/article/hormones/part_one.htm](http://www.fitnessforoneandall.com/nutrition/article/hormones/part_one.htm)

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Eat Well. Live Well (and Long).



**Eating cottage cheese
before bedtime provides
protein your body needs
during the night to
maintain muscles.***

[*http://www.simplyshredded.com/time-to-grow-what-to-eat-when-so-your-muscle-gains-will-be-covered-round-the-clock.html](http://www.simplyshredded.com/time-to-grow-what-to-eat-when-so-your-muscle-gains-will-be-covered-round-the-clock.html)

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A person is running on a dirt path during sunset. The sun is low on the horizon, creating a strong orange glow and lens flare. The runner is in mid-stride, with one leg forward and arms pumping. The background shows a line of trees and tall grass on either side of the path. A large, semi-transparent box with a grey border contains the main text.

**Keeping a training log is
the best way to assess
your progress and isolate
trouble spots.**

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Throw away your scale.
Measuring body fat
just once a month is a
better way to register
your success.

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A close-up photograph of a person's hand gripping a silver, cylindrical 10kg dumbbell. The background is blurred, showing other gym equipment and a person's arm. The text is overlaid on the top half of the image.

**Know your routine
before you enter the
gym. Always plan your
workout and prepare for
it mentally, as well.**

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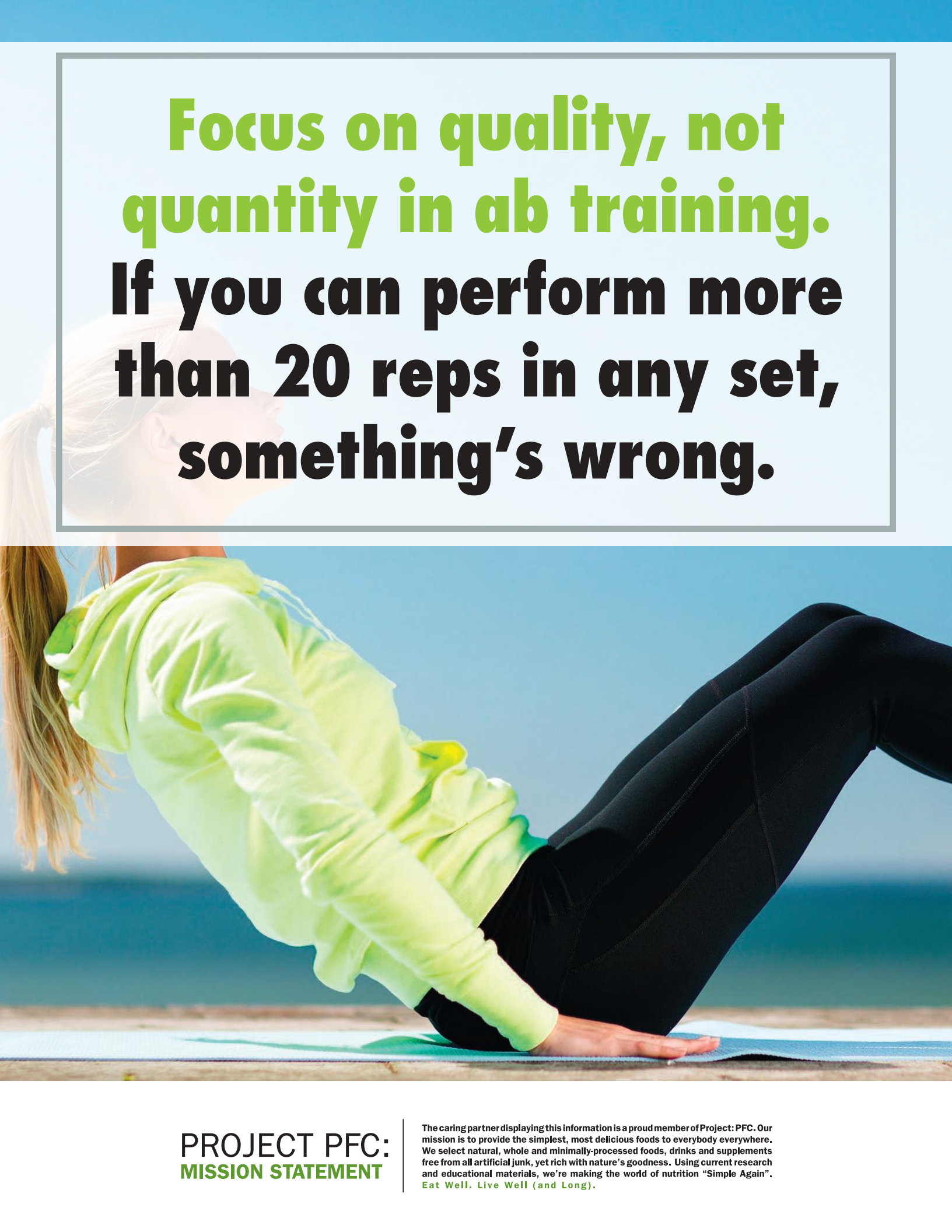
**Be sure to eat a natural,
whole-foods based meal 1
hour after you drink your
Recovery Shake.***



[*http://veganbodybuilding.com/?page=article_workout_eating](http://veganbodybuilding.com/?page=article_workout_eating)

PROJECT PFC:
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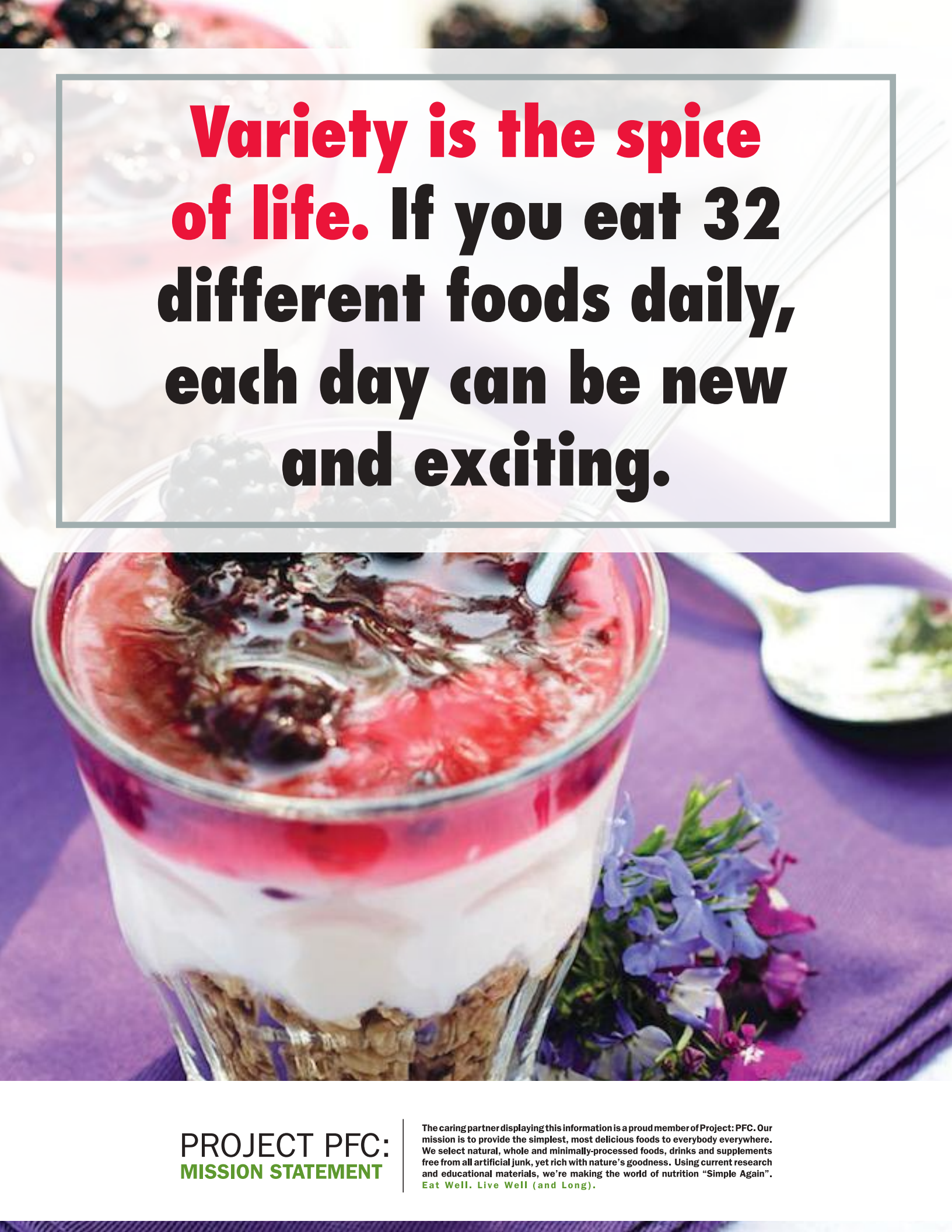
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A woman with blonde hair in a ponytail, wearing a neon green hoodie and black leggings, is performing a plank exercise on a blue mat. She is positioned on her hands with her feet together and back straight, looking down. The background is a clear blue sky and a blurred horizon line.

**Focus on quality, not
quantity in ab training.
If you can perform more
than 20 reps in any set,
something's wrong.**

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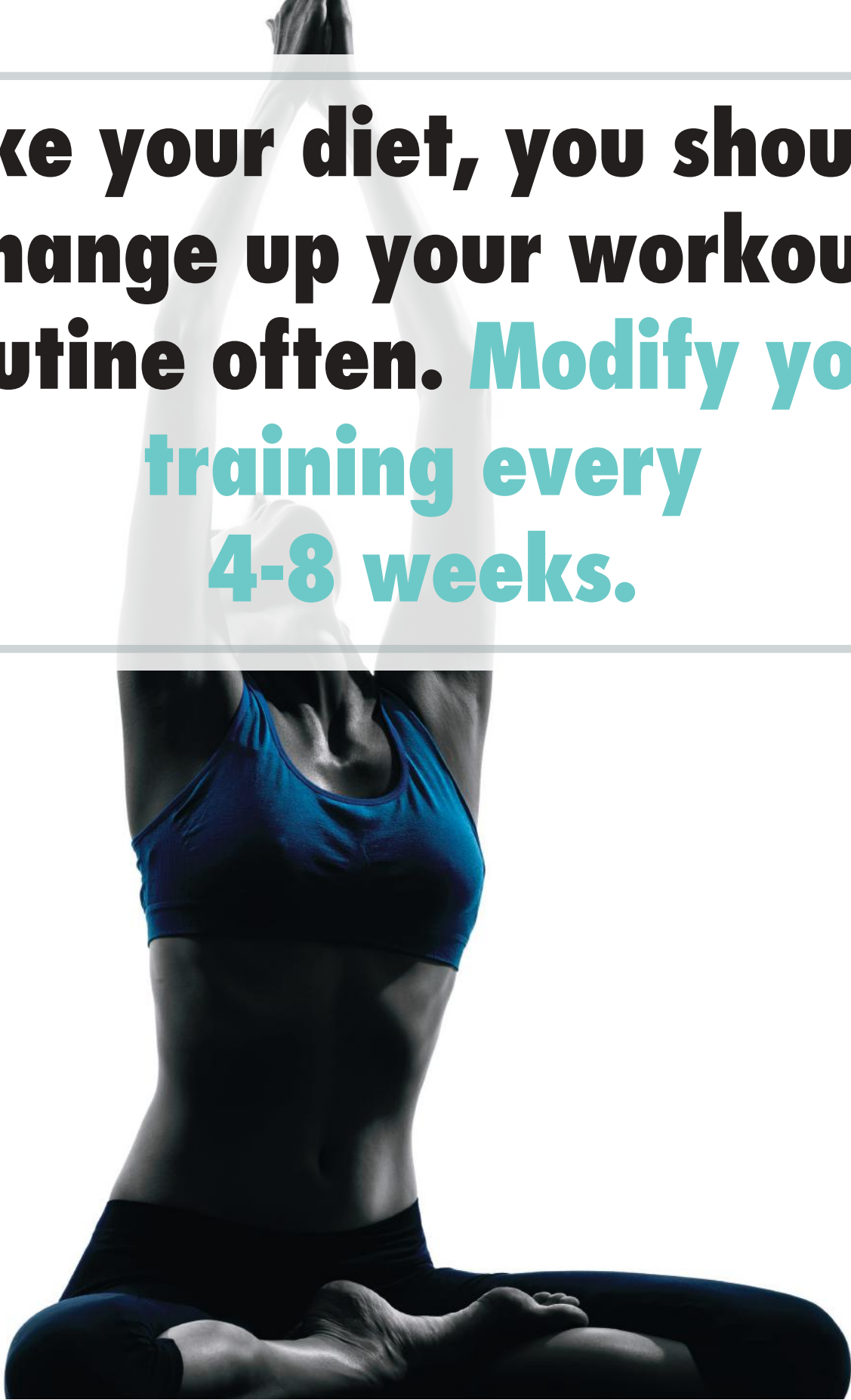
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**Variety is the spice
of life. If you eat 32
different foods daily,
each day can be new
and exciting.**

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**Like your diet, you should
change up your workout
routine often. Modify your
training every
4-8 weeks.**

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October 2018 | healthline.com | Sara Lindberg | Nutrition

[NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with Simple Again's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.]

5 Fall Foods with Mental Health Benefits

You might find that fall flavors and smells pack a lot of comfort, calling up memories of mom's baking, trips to the pumpkin patch, or holiday meals shared with family. But the mental health benefits of certain fall foods go beyond the food memories that make you feel good. The nutrients in these five fall foods can deliver a solid boost to your mood.



1. Acorn Squash

"I love the fall season because that means it's time for squash," says registered dietitian Jenn Fillenworth, MS, RD. Acorn squash is a small type of winter squash with a light yet slightly sweet flavor. There are several health benefits to acorn squash and other squashes in general. Acorn squash is one of the most nutrient-dense squash varieties and contains higher amounts of antioxidants. An acorn squash contains magnesium, which is an important nutrient for helping with depression and anxiety. "A recent study shows that increasing magnesium in the diet

may lead to a significant decrease in symptoms of depression and anxiety regardless of age or severity of their depression," Fillenworth adds.

2. Apples

Sure, apples are in stores year-round. But they're especially delicious during the apple harvest season, which typically peaks in September and October. Fillenworth says that over the past several years, nutrition research has focused on the effects of apple consumption and its relationship to providing protective neurological benefits. "Since apples have a high phytochemical profile, they are excellent at preventing DNA damage, regulating hormones, and reducing oxidative damage," she explains. "All of these things are directly related to supporting good mental health."



3. Pumpkin

Pumpkin is probably the most popular fall flavor. And it should be, says Fillenworth, especially since it contains minerals that boost brain function. "Pumpkin contains lutein and zeaxanthin — both of these nutrients are excellent at boosting memory recall in both younger and older adults," she explains. Plus, pumpkin seeds are known to help boost your mood, something we can all use this time of the year. They contain the amino acid tryptophan, which we often equate with Thanksgiving turkey.

Including tryptophan in your diet helps your brain produce serotonin, a chemical known to boost your mood and give you an overall content feeling.

4. Turmeric

Food as medicine is not a new concept. We've been using various ingredients in recipes for centuries to help cure many ailments. Because of its known healing properties, turmeric is considered a wonder spice for so many health conditions including decreasing the symptoms of depression. It also has powerful antioxidant and anti-inflammatory properties. Plus, it tastes delicious! Just remember, a little sprinkle goes a long way.



5. Cinnamon

Nothing says fall like the smell of cinnamon. Adding this mood-boosting spice to any food or beverage may help stimulate your brain. It also helps regulate blood sugar, which contributes to an overall steady mood. Cinnamon adds warmth to the flavor in teas, cider, oatmeal, breads, baked fruit and veggies, and more.

Learn more at simpleagain.com

October 2015 | mindbodygreen.com | Shauna Harrison, Ph.D. | Fitness

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9 Exercises You Can Do with a Pumpkin

Pumpkins are basically just orange medicine balls with stems. And since it's Halloween today, let's make your workout a little bit more festive with this routine! Pumpkins are the cutest weights and props you'll ever see (read: totally Instagram-worthy!). Give it a try with this workout.

Perform each exercise for one minute. After you complete all exercises rest and repeat the routine.



1. Pumpkin Jacks

Grab your pumpkin and do some jumping jacks pressing the pumpkin over your head.

2. Pumpkin Squats

Keep your feet shoulder-width apart, weight in your heels and pumpkin in your hands. Sit your butt back and down. Press through your heels and squeeze through your glutes as you stand up.

3. Pumpkin Swings

You can perform these with one hand or both hands. Feet should be shoulder-width apart, weight in your heels and pumpkin in your hands. Come down into a squat with the pumpkin toward the floor. Swing the pumpkin to either shoulder height or overhead as you come to a standing position. Repeat.

4. Pumpkin Lunge Twist

Start standing with your right foot forward and left foot back, pumpkin in your hands. Lunge down and twist over the front right knee. Return to the starting position; repeat the lunge and twist. When you're done with one side, switch to left leg forward and repeat, twisting to the opposite side.

5. Pumpkin Dead Row

This is a combination of a deadlift and a row. Start standing with the pumpkin in your hands with both feet planted about hip-width apart. Hinge from the hips, lowering the pumpkin out in front of you. Row the pumpkin toward you. Lower the pumpkin and return to standing. Repeat.

6. Pumpkin Push-Ups

Place one hand on the pumpkin and one hand off. Lower down and then press up. Repeat 30 seconds, then switch to the other side for the remaining 30 seconds.

7. Pumpkin Burpees

Raise the pumpkin over your head, then bring it to the ground. Step or hop back, perform a push up if you can. Then stop or hop forward. Repeat.

8. Pumpkin Curl Press

Start standing with the pumpkin in your hands and arms extended out in front of you. Keep your feet hip-width apart. Knees should not be locked. Curl the pumpkin toward you, then press it over your head. Return to start and repeat.

9. Pumpkin Twist

This is similar to the Russian twist. Grab your pumpkin and hold it in front of your chest while in a seated position. Lift your feet off the floor. Twist the upper body to the right, and then to the left, taking the pumpkin with you. Repeat back and forth. Make sure to twist the entire upper torso, not just the pumpkin!

9 Impressive Health Benefits of Pumpkin

Pumpkin is a type of winter squash that belongs to the Cucurbitaceae family. It's native to North America and particularly popular around Thanksgiving and Halloween. In the US, pumpkin typically refers to Cucurbita pepo, an orange type of winter squash. In other regions, such as Australia, pumpkin may refer to any type of winter squash. While commonly viewed as a vegetable, pumpkin is scientifically a fruit, as it contains seeds. That said, it's nutritionally more similar to vegetables than fruits. Beyond its delicious taste, pumpkin is nutritious and linked to many health benefits.

Here are 9 impressive nutrition and health benefits of pumpkin.

1. Highly Nutritious and Particularly Rich in Vitamin A

Pumpkin has an impressive nutrient profile.

One cup of cooked pumpkin (245 grams) contains:

- Calories: 49
- Fat: 0.2 grams
- Protein: 2 grams
- Carbs: 12 grams
- Fiber: 3 grams
- Vitamin A: 245% of the Reference Daily Intake (RDI)
- Vitamin C: 19% of the RDI
- Potassium: 16% of the RDI
- Copper: 11% of the RDI
- Manganese: 11% of the RDI
- Vitamin B2: 11% of the RDI
- Vitamin E: 10% of the RDI
- Iron: 8% of the RDI
- Small amounts of magnesium, phosphorus, zinc, folate and several B vitamins.



Besides being packed with vitamins and minerals, pumpkin is also relatively low in calories, as it's 94% water. It's also very high in beta-carotene, a carotenoid that your body turns into vitamin A. Moreover, pumpkin seeds are edible, nutritious and linked to numerous health benefits.

2. High Antioxidant Content May Reduce Your Risk of Chronic Diseases

Free radicals are molecules produced by your body's metabolic process. Though highly unstable, they have useful roles, such as destroying harmful bacteria. However, excessive free radicals in your body create a state called oxidative stress, which has been linked to chronic illnesses, including heart disease and cancer. Pumpkins contain antioxidants, such as alpha-carotene, beta-carotene and beta-cryptoxanthin. These can neutralize free radicals, stopping them from damaging your cells. Test-tube and animal studies have shown

that these antioxidants protect skin against sun damage and lower the risk of cancer, eye diseases and other conditions. However, keep in mind that more human-based research is needed to make health recommendations.

3. Packs Vitamins That May Boost Immunity

Pumpkin is loaded with nutrients that can boost your immune system. For one, it's high in beta-carotene, which your body turns into vitamin A. Studies show that vitamin A can strengthen your immune system and help fight infections. Conversely, people with a vitamin A deficiency can have a weaker immune system. Pumpkin is also high in vitamin C, which has been shown to increase white blood cell production, help immune cells work more effectively and make wounds heal faster. Aside from the two vitamins mentioned above, pumpkin is also a good source of vitamin E, iron and folate — all of which have been shown to aid the immune system as well.

4. Vitamin A, Lutein and Zeaxanthin May Protect Your Eyesight

It's quite common for eyesight to diminish with age. Fortunately, eating the right nutrients can lower your risk of sight loss. Pumpkin is plentiful in nutrients that have been linked to strong eyesight as your body ages. For instance, its beta-carotene content provides your body with necessary vitamin A. Research shows that vitamin A deficiency is a very common cause of blindness. In an analysis of 22 studies, scientists discovered that people with higher intakes of beta-carotene had a significantly lower risk of cataracts, a common cause of blindness. Pumpkin is also one of the best sources of lutein and zeaxanthin, two compounds linked to lower risks of age-related macular degeneration (AMD) and cataracts. Additionally, it contains good amounts of vitamins C and E, which function as antioxidants and may prevent free radicals from damaging your eye cells.

5. Nutrient Density and Low Calorie Count May Promote Weight Loss

Pumpkin is considered a nutrient-dense food. That means it's incredibly low in calories despite being packed with nutrients. In fact, pumpkin clocks in at under 50 calories per cup (245 grams) and consists of about 94% of water. Simply put, pumpkin is a weight-loss friendly food because you can consume more of it than other carb sources — such as rice and potatoes — but still take in fewer calories. What's more, pumpkin is a good source of fiber, which can help curb your appetite.

6. Antioxidant Content May Lower Your Risk of Cancer

Cancer is a serious illness in which cells grow abnormally. Cancer cells produce free radicals to help them multiply rapidly. Pumpkin is high in carotenoids, which are compounds that can function as antioxidants. This allows them to neutralize free radicals, which may protect against certain cancers. For instance, an analysis of 13 studies showed that people with higher intakes of alpha-carotene and beta-carotene had significantly lower risks of stomach cancers. Similarly, many other human studies have found that individuals with higher intakes of carotenoids have lower risks of throat, pancreas, breast and other cancers. However, scientists aren't sure if the carotenoids themselves or other factors — such as lifestyle habits of those who consume diets rich in carotenoids — are responsible for these lowered risks.

7. Potassium, Vitamin C and Fiber May Benefit Heart Health

Pumpkin contains a variety of nutrients that can improve your heart health. It's high in potassium, vitamin C and fiber, which have been linked to heart benefits. For instance, studies have shown that people with higher potassium intakes appear to have lower blood pressure and a reduced risk of strokes — two risk factors for heart disease. Pumpkin is also high in antioxidants, which may protect “bad” LDL cholesterol from oxidizing.

When LDL cholesterol particles oxidize, they can clump along the walls of blood vessels, which can restrict your vessels and raise your risk of heart disease.

8. Contains Compounds That Promote Healthy Skin

Pumpkins are loaded with nutrients that are great for your skin. For one, it's high in carotenoids like beta-carotene, which your body turns into vitamin A. In fact, one cup (245 grams) of cooked pumpkin packs 245% of the RDI for vitamin A. Studies show that carotenoids like beta-carotene can act as a natural sunblock. Once ingested, carotenoids are transported to various organs including your skin. Here, they help protect skin cells against damage from harmful UV rays. Pumpkin is also high in vitamin C, which is essential for healthy skin. Your body needs this vitamin to make collagen, a protein that keeps your skin strong and healthy. Moreover, pumpkins contain lutein, zeaxanthin, vitamin E and many more antioxidants that have been shown to boost your skin's defenses against UV rays.

9. Incredibly Versatile and Easy to Add to Your Diet

Pumpkin is delicious, versatile and easy to add to your diet. Its sweet flavor makes it a popular ingredient in dishes like custards, pies and pancakes. However, it works just as well in savory dishes such as roasted vegetables, soups and pastas. Pumpkins have a very tough skin, so it requires some effort to slice. Once you cut it, scoop out the seeds and any stringy parts, then slice the pumpkin into wedges.

The seeds are also edible and packed with nutrients which offer many other benefits. For instance, pumpkin seeds may improve bladder and heart health.

Pumpkin is also available pre-cut or canned, giving you flexibility with your recipes and preparation. When buying canned, be sure to read labels carefully, as not all products will be 100% pumpkin and you may want to avoid added ingredients, particularly sugar. The easiest way to eat pumpkin is to season it with salt and pepper and roast it in the oven. Many people also enjoy making it into pumpkin soup, especially during winter.

Who Shouldn't Eat Pumpkin?

Pumpkin is very healthy and considered safe for most. However, some people may experience allergies after eating pumpkin. It's also considered mildly diuretic, which means eating a lot of pumpkin may induce a "water pill"-like reaction, increasing the amount of water and salt your body expels through urine. This effect may harm people taking certain medicines such as lithium. Diuretics can impair your body's ability to remove lithium, causing serious side effects. Although pumpkin is healthy, many pumpkin-based junk foods — such as lattes, candies and pie fillings — are loaded with added sugar. They do not offer the same health benefits as consuming the fruit.

The Bottom Line

Rich in vitamins, minerals and antioxidants, pumpkin is incredibly healthy. What's more, its low calorie content makes it a weight-loss-friendly food. Its nutrients and antioxidants may boost your immune system, protect your eyesight, lower your risk of certain cancers and promote heart and skin health. Pumpkin is very versatile and easy to add to your diet in both sweet and savory dishes. Try incorporating pumpkin into your diet today to reap its health benefits.

Learn more at simpleagain.com

January 2018 | verywellhealth.com | Pam Stephan | Nutrition

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Cancer Fighting Whole Grains Foods



Whole grains, rather than refined grains, give you the total benefit of many natural plant compounds that may lower your risk of developing cancer. If you balance your diet with whole grains, fruits, cruciferous vegetables, and limited portions of red meat, you can lose weight and reduce your risk of cancer. Throw in a regular exercise routine, and you're boosting your overall health while protecting your bone density. Take a look at whole grains and how they can benefit you.

Whole Grains and Refined Grains

Whole grains use all three parts of the grain kernel: germ, bran, and endosperm. Refined grains are missing their germ and bran layers, because they have been milled, leaving only the endosperm—the starchy carbohydrate inside the bran husk. The bran is the outer protective layer of the grain kernels, and it has fiber, antioxidants, and B vitamins. The germ is the smallest part of each kernel, loaded with B vitamins, healthy fats, minerals, and a bit of protein.

Seeing the Difference

One easy way to visualize the difference between whole and refined grains is to look at brown rice and white rice. Before milling, these grains were both brown, containing all three layers of the natural kernel. After milling, the white rice, while it may look nicer and cook faster, is missing the most beneficial layers of the grain's kernel.

Grains Pack a Powerful Punch for Health

Whole grains are fully loaded with many plant compounds that can protect your cells from the kind of damage that may lead to the development of cancer. Enriched refined grains may have these benefits mixed back into the finished food product, but fiber is not always part of that enrichment—so read your food labels carefully. Whole grains have many natural compounds that have been shown to lower your cancer risk, and these are dietary fiber, antioxidants, phenols, lignans, and saponins.

- **Dietary Fiber:** Whole grains are a good source of dietary fiber, that helps reduce constipation and other digestive problems, while helping you feel satisfied after a meal, and avoid overeating.
- **Antioxidants:** These are compounds that prevent or minimize cell oxidative damage caused by free radicals. Antioxidants can help promote good health for your heart, brain, and eyes, by slowing the natural aging process. By cleaning up free radicals in the body, they also keep these unstable molecules from damaging DNA (causing mutations), the forerunner of cancer.
- **Phenols:** These are aromatic compounds that occur in essential oils. The benefits start with the great fragrance, but phenols also have powerful antiseptic and antibacterial properties. These fragrant compounds can act as stimulants for your nervous and immune systems.

- **Lignans:** Whole grains are a good source of lignans, a plant-based estrogen. Lignans may act similar to weak estrogens, sliding into estrogen receptors on cells in breast and endometrial tissues. This action may protect cells that could become damaged or cancerous when in contact with female estrogens.
- **Saponins:** These are water and fat-soluble plant compounds that function as natural antibiotics. Saponins can help lower your cholesterol, fight infections, and may help your body protect itself from cancer.

Easy Ways to Get More

It's easy to add whole grains and their health benefits to your daily diet. Leave white bread on the shelf, and select whole grain breads instead. Skip the white rice and enjoy slow-simmered brown rice instead. Make a good-sized batch of brown rice, and save time by reheating leftover portions in your microwave or steamer. When making soup, add brown rice, wild rice, or barley to enhance its flavor and fiber value. If you like salads, try tabouli, which uses bulgur wheat, a tasty and filling whole grain. Try having whole-grain cereals at breakfast, or a bowl of hot-rolled oatmeal, instead of sugar-loaded corn flakes. And there's always popcorn, an entertaining whole grain that can be fun to cook as well as to eat.

Shopping Tips

In the table below, you'll see a list of whole and refined grains and products. This is not a complete list, but may help you get some idea of what to look for at the grocery store when you are shopping for grain products. Remember to read food labels carefully, and distinguish between such phrases as "whole wheat" and "whole grain."

Identifying Whole and Refined Grains

Below is a table comparing whole grains to refined grains as you consider the foods you eat each day.

Whole Grains	Refined or Enriched Grains	Whole Grains	Refined or Enriched Grains
brown and wild rice	white rice	whole wheat and buckwheat flour	white all purpose flour
bulgur (cracked wheat)	couscous	oatmeal	grits
popcorn	-	whole wheat cereal flakes	corn flakes cereal
muesli cereal	grits	whole grain barley	-
whole grain cornmeal	cornmeal mix	whole rye	-
whole wheat bread	white bread	whole wheat crackers	plain crackers
whole wheat pasta	standard pasta	whole wheat tortillas	flour and corn tortillas

Bottom Line

Choosing whole grains over refined grains is an excellent way to add an anti-cancer punch to your diet. Not only do whole grains reduce your risk of heart disease, but a 2017 study found that consumption of whole grains is inversely related to both cancer mortality and overall mortality. It's not just your health, however, and many people find that, after switching to whole grains, they enjoy the foods they are eating much more. If you don't enjoy one type of whole grains, keep in mind that there are many options. Have fun with trying out foods you've never had while you substitute healthier choices for those you often eat.

Learn more at simpleagain.com

[NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with Simple Again's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.]

Eating Whole Foods in an Unprocessed Meal Plan

Whole foods are those closest to their natural state. They've been mostly untouched by chemicals, processing or preservatives. Whole foods also tend to be rich in phytochemicals, antioxidants, fiber and healthy fats. A diet rich in whole foods boosts your health by offering up multiple nutrients that work together synergistically in their most natural forms.

Typically, you find whole foods at the perimeter of the store. These include plant products, including fresh fruits and vegetables, as well as whole grains, plain dairy, eggs, meats and fish. Craft an unprocessed meal plan using these ingredients and minimal processed foods from the center aisles of the store.

Choose a Protein

Whole sources of protein include eggs, dairy, beef, chicken, pork and fish. When creating a meal plan, aim to have one of these options at each meal. Protein provides essential amino acids for development of muscle and healthy cells. Plus, it keeps you feeling full due to its longer digestion time and satiating qualities.

At breakfast, poach or scramble eggs with a pinch of salt and pepper; mix plain, unsweetened yogurt with fresh berries; or season ground turkey with fresh garlic and oregano and saute for a sausage substitute. Proteins to avoid at breakfast include seasoned pork sausage, bacon, sweetened yogurt and egg substitutes, as these have additives or have undergone processing of some sort.

Lunch and dinner proteins appropriate on an unprocessed meal plan include roasted chicken or turkey, grilled steaks or homemade burgers and steamed or broiled fish. Plain canned or dried beans also fit an unprocessed meal plan. Avoid hot dogs and other processed meats, as well as sauces and marinades that may have additives.

Add Some Produce

An unprocessed meal plan includes lots of fresh fruits and vegetables. At meals, use fresh produce generously. Mix fresh, chopped peppers and onions into scrambled eggs. Have a fruit salad alongside grilled chicken. Mix up a fresh, raw vegetable side salad. Or roast broccoli, cauliflower and zucchini to have with your steak.



Keep the vegetables free of processed additions, such as canned sauces, bottled salad dressings and marinades. Flavor veggies with olive oil, citrus juice and herbs. Make your own salad dressing with red wine or balsamic vinegar and olive oil. When fresh produce is just not an option, frozen vegetables are OK. Look for ones that are flash frozen and not mixed with seasonings or herbs.

Go With the Grain

Grains can also fit into an unprocessed meal plan. Skip the refined white types, like white rice and white bread. Instead, go for whole varieties -- brown rice, quinoa, farro and barley, for example. Purchase grains that are unseasoned, rather than "flavored" or as "mixes." They're often most affordable from the bulk bins.

Prepare them by cooking in water or all-natural broth. Season grains with chopped onion, garlic and herbs.

Snack Smartly

Most conventional snacks don't really fit into an unprocessed meal plan. Chips, cheese puffs, snack mixes, cereal bars and gummy fruit snacks are a no-no. Instead, go for dry-roasted or raw unsalted nuts and seeds, fresh fruit, cut-up vegetables, unsweetened applesauce, plain yogurt or kefir and unsweetened dried fruit, such as dates and raisins.

Snacks can also look a lot like foods you eat at other meal times. Toss together a fruit or vegetable salad; have a few ounces of roast chicken breast wrapped in a romaine lettuce leaf; or enjoy a small cup of homemade bean chili.

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How Athletes Avoid Food Boredom When Eating Clean



Food boredom has become a real issue for athletes and fitness enthusiasts.

The Problem

In order to support muscle growth, athletic performance, and recovery, substantial amounts of nutrient-dense foods are required. Eating an abundance of these clean foods each day can become boring and even a struggle. The routine of eating the same food cooked the same way every day also contributes to the problem.

Get Creative

Hard workouts require quality food and eating clean supports this very active lifestyle. It

doesn't mean we are doomed to a restricted diet of boiled fish and broccoli. In fact, it's important to enjoy food intake as a successful part of sports nutrition. This means we want our healthy food to taste good.

Most athletes utilize nutrient timing and are eating lean protein, healthy carbs and fats every few hours. They have become creative in meal prep to vary the taste and texture of their meals. Implementing variety and different cooking methods have reduced food boredom among those who are eating for goals.

A Few Obstacles

According to an article published in the Journal of Nutrition Education and Behavior, people are lacking in cooking skills and food preparation. This has contributed to less cooking at home and lower diet quality.

The article further indicated "cooking interventions as a way to improve health." A large-scale cooking initiative is known as "Cooking Matters" is being reviewed in 35 states. This initiative would create a program where local chefs through community outreach would teach cooking skills. Cooking programs like this would not only improve our health but provide the tools to vary meals and alleviate food boredom.

Lack of cooking skills is responsible for many athletes turning to the same nutrient-dense foods cooked simply. Unseasoned baked chicken, boiled vegetables, and eggs along with lumpy tasteless oats are typical in their diet. This daily routine can easily lead to food boredom and for some fitness enthusiasts a cause to throw in the towel.

Recommendations

According to the National Academy of Sports Medicine, it's important to teach clients how to prepare flavorful healthier meals. The American Council on Exercise recommends using a mix and match tool to switch out our foods and avoid eating the same thing every day. The Academy of Nutrition and Dietetics suggests eating nutrient-dense foods several times per day for strength and recovery.

It appears the key to overcoming food boredom is preparing flavorful healthy meals and varying what we eat. Understanding the role clean eating plays in our muscle growth, strength and recovery are equally important. This knowledge and action will stimulate our want to continue to consume foods best for our body.

The Goal

Athletes and those performing challenging workouts regularly already understand the importance of consuming nutrient-dense foods. These include lean proteins, healthy carbohydrates, and fats also known as macronutrients. Intense workouts can require even more nutrients for optimal fitness.

The goal of this article is to educate you on cooking methods improving the taste and texture of these macronutrients to help alleviate food boredom.

Cooking Methods

Eating clean requires creative cooking methods to keep your diet interesting. Athletes tend to gravitate toward the same nutrient-dense foods and cooked the same way. However, if you prepare the same foods in different ways it will seem as if you're eating something new each time:

- Grilling outdoors is the most popular cooking method for athletes. It provides a robust flavor to meats, vegetables, and even some fruits.
- Baking and roasting is another great way to enhance the flavor of nutrient-dense foods.
- Stovetop sauté or stir-frying lean meats and healthy carbs can simply change up the food program.
- Crockpot cooking is another fitness enthusiast preference for meal prep. Slow cooking meats, vegetables, and grains create amazing meals with fabulous flavor.

Avoid Routine

Consuming large amounts of healthy food to support muscle growth, athletic performance and recovery will benefit from variety. Food boredom can be alleviated by changing up what you eat per meal or consuming the same food prepared a different way. Swap out proteins, vegetables, grains, and fruits regularly to keep your meals interesting.

- Tired of chicken? Enjoy lean turkey, salmon, lean beef, or scrambled eggs as alternate protein sources.
- Eating too much broccoli? Substitute your vegetable with asparagus, green beans or Brussel sprouts.
- Can't stomach another apple? Try a seasonal fruit like peaches, apricots, oranges or dates.
- Dreading another spoonful of oatmeal? Change your grain and give quinoa, farro, or brown rice a try.

Flavor Essentials

Making nutrient-dense foods taste amazing is the goal for most athletes. Flavor essentials help achieve this objective and are great additions to spice up foods consumed in high volume. It's also preferable to purchase organic, no added sugar, and reduced to no-sodium food enhancers. Although not considered strictly "clean", the following additives are an acceptable and excellent way to prevent food boredom:

- **Marinades:** Use vinegar and olive oil based marinades to enhance flavor in lean meats, fish, and vegetables.
- **Vinegar:** Enjoy a variety including balsamic, apple cider, rice wine, and herb-infused to improve the taste of meats, fish, vegetables, salads, and fruits.
- **Mustards:** Liven up your meats, fish, and vegetables with plain mustard. Spice it up even more with Dijon, brown, or horseradish varieties. Any mustard makes a great dipping sauce!
- **Ketchup and hot sauce:** Both provide an excellent kick to eggs, potatoes, meats, fish, and vegetables. Dunking roasted potatoes in ketchup is always a winner!
- **Tomato sauce and paste:** Red sauces are a great way to enhance the flavor of meats, grains, and vegetables. Add seasoned tomato sauce to quinoa as an excellent pasta dish alternative.
- **Salsa:** The most popular eat clean food enhancer. Salsa can be put on virtually anything from lean meats, cottage cheese, or used as a salad dressing.
- **Savory spices:** Savory spices can include herb blends, Mrs. Dash, black pepper, sea salt, chili peppers, and cumin. These well-known favorites help season lean meats, eggs, and vegetables. They can also be added to marinades.
- **Sweet spices:** Sweet spices can include cinnamon, oregano, and nutmeg. They are typically added to oatmeal, plain Greek yogurt, sprinkled on fresh fruit and used in healthy baking dishes.
- **Herbs:** Herbs are another great way to enhance the flavor of meats, grains, vegetables, and fruits. Popular herbs include fresh basil, cilantro, rosemary, thyme, and mint. Herbs are also wonderful in marinades. Add fresh mint to water for a refreshing drink!
- **Extra virgin olive oil (EVOO):** Olive oil is heart healthy and tastes amazing on vegetables, salads, and fruits. It can be used as the base to most meat and fish marinades. Olive oil can also be purchased infused with herbs enhancing the flavor of food even more.
- **Coconut oil:** Coconut oil is the controversial healthy fat with amazing health benefits. Use it as a spread on whole grain toast, prep vegetables or as a healthier fat alternative in baked goods.
- **Extracts:** Vanilla, almond, and lemon are among the most popular extracts used by athletes. Enhance the flavor of oats, cottage cheese or protein shakes with a few concentrated drops.

Eat Clean Recipes

Overcoming food boredom means getting comfortable in the kitchen. Learning how to apply different cooking methods and seasonings will do more than enhance the flavor of your food. It will enable you to enjoy nutrient-dense foods and even eat the same thing several times per day without becoming bored.

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