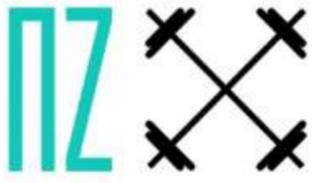




Nicole Zapoli's

PHASE 1: NUTRITION GUIDE



THE BASICS

Water, Food, Function, Energy

- Food is required for energy, and the amount required is based on function.
- Measuring Function to determine calorie requirement is inaccurate.
 - Quality of food and how it's absorbed are the most overlooked factors.
- Nutrition affects daily energy levels relative to circadian rhythm.
- Individuals have resiliency capacities to handle a certain amount of total stress.



PROTEIN

Protein - Great starting point as usually not as much emotion or doubt about importance.

- Thermic Effect of Food - Protein digestive process burns a lot of energy
- Repair at the cellular level of stress
- Lean Body Mass Gain - Protein is the most important macronutrient for this process
- Satiety - Protein and variation within protein sources is important for the balance of energy and to reduce feelings of hunger
- Adequate protein digested effectively uses energy and repairs
- Hormonal response - Protein regulates hormones like glucagon that control fat storage
- P or C - Protein and carbs are calorically equivalent, so when breaking down daily macronutrient percentages, this can be a convenient switch
- Generally 1g/#bwt/day is a good starting point, changing based on stress, activity, health
- Changing macronutrient percentages toward more protein without changing caloric load can be a change made within PHASE 1



HYDRATION

Hydration - You will need a diagnostic tool such as a log to track this

- Good starting point is 0.5oz/#bwt/day
- Humidity, temperature, activity, timing, and quality are all considerations for hydration
- Lean Body Mass Gain - Protein is the most important macronutrient for this process
- Cellular hydration has more to do with factors outside of liquids such as sleep, energy, reaction to stress, and hormonal profile
- Dehydration keeps you from operating at high efficiency including lack of mental acuity in late afternoon, increases in heart rate during simple tasks, and waking up groggy
- Status of hydration important for muscles and blood- urine isn't the only indicator
- Recommend against drinking a lot of water within 20- 30 min of meals
- Chronically dehydrated may mean storing too much water
- Water upon waking is a great start to the day, including a pinch of sea salt for those with adrenal issues
- Optimal hydration means detoxification and improved gastrointestinal function



HYDRATION PART 2

- Timing of hydration matters relative to activity
- Some people can have sleep disrupted by overhydration and it may work to reduce water intake in the hours before bed
- Waking up too much in the middle of the night usually has more to do with stress and hormonal profile
- Liquids other than water are **not optimal** for hydration:

Milk: good for babies and weight gain in absence of autoimmune sensitivities

Juices: liquid sugar, void of nutrients that should go with it as fruit

Alcohol: not for hydration, and should not be used to calm down because of effect on cortisol

Coffee: some good antioxidants, but do not want to need coffee for energy



FOOD QUALITY

Food Quality - Improvements can be small changes that make a big impact

- Organic vs. Non-organic - source of food as to how it's been handled and packaged
- There's great energy in home cooked meals
- Improvements in body composition, inflammation, increased exercise capacity, and libido
- More meals eaten at home with family increases food quality, including leftovers
- "Meat and veggies, nuts and seeds, some fruit, little starch, and no sugar"
- Food prep creates quality if responsibility is taken for planning
- Reasons for eating organic food are sustainable farming practices and lack of pesticides
- "Clean 15/ Dirty Dozen"
- Example: rice cracker, almond butter, organic chicken vs. white bread, peanut butter, deli chicken
- Food profile of 90/10 creates resiliency to foods and reminder of why high food quality



EMOTION

Emotion - There will be changes in energy and emotion based on food changes, and create awareness of those changes

- Tracking food profile creates higher compliance to the prescription by creating awareness
- Awareness is knowing how you should feel acutely based on food intake
- Change can be uncomfortable - how will you feel when making food changes and success occurs?
- It is your responsibility to make the changes and own it with food profile tracking
- Discuss openly the successes and failures so that we can build upon previous successes
- The goal is long term approach in which small change creates large change over time