

Update 6, Nutrition Challenge 2023

2/17/23

Challengers,

We're entering the last week of the challenge, and it's time to start completing your final action items. Also, read below for some more info on recommended supplements and nutrient timing:

Action Items For This Week

- ☐ Complete Meal Prep #5 before Monday 2/20
 - ☐ Finish your Challenge Checklist (turn these in the week of 2/27)
 - ☐ Check-in to class
 - ☐ Sign-up for your final InBody scan (sheets will be in the lobby starting on Monday)
 - ☐ Record 90+ min of **Zone 2** exercise
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Supplements

Supplements make up about 5% of the “what matters in nutrition” pie chart. While they can be helpful. Most people would benefit more from eating a balanced variety of whole foods on a more consistent basis. Also, there are very few supplements out there that have been shown to make a big difference for your health and performance.

Below are three supplements that we think are worth taking. All three are well studied and can have a legitimate impact on your health. Click into the links to learn more about their benefits and recommended dosages.

Fish Oil / Omega 3s

Fish oil improves heart, cellular, and muscular health. It also has a host of other benefits. If you're looking for a good / affordable brand, we recommend [Sports Research Triple Strength Omega 3](#). Also, based on Rhonda Patrick's dosage recommendation (at the link below), you should likely take two capsules a day (of the brand above, versus only one that's recommended on the bottle).

[Learn More About Fish Oil Here](#)

Creatine

Creatine can improve strength, performance, recovery, muscle health, and cognitive health. Some people avoid creatine because they've heard it will make you bulky / bloated, but this is mostly a myth. Any weight gain from creatine is minimal, and it comes from retaining a little more water in the muscle or from building lean tissue (so it's good weight). We recommend [Thorne Creatine](#). Follow the dosage instructions on the bottle for this one.

[Learn More About Creatine Here](#)

Vitamin D

70% of Americans have insufficient Vitamin D levels. Vitamin D plays an important role in immune function, bone density, blood pressure regulation, and cellular growth. It's a good idea to take a Vitamin D supplement year round, but it's especially important during the winter months when you have less exposure to the sun. We recommend one capsule per day of [Thorne Vitamin D-5000](#).

[Learn More About Vitamin D Here](#)

Nutrient Timing

Nutrient timing makes up about 10% of the healthy eating equation. In general you want to get a pretty even dose of macronutrients at each of your meals. On non-training days each meal should contain the same macronutrients (Example: 5 meals over the course of the day, each with 30g protein, 40g carbs, & 15g fat). Training days are similar, with the primary difference being a bigger dose of carbohydrate following your workout. See below for more guidelines on nutrient timing.

- **Eat every 3-4 hours** to give your body a steady stream of healthy nutrients throughout the day. This also helps curb hunger, overeating, and unhealthy snacking.
- **Try to stop eating 90 minutes before bed.** This can help with your sleep quality and recovery, and helps you avoid unneeded calories from late night snacks.
- **Have a 10-12 hour gap** between your last meal of the day and your first meal the next morning. This allows your digestive system to rest and helps reset some hormonal processes.
- **Add an extra 30-50g of carbohydrate** to your post workout meals. Potatoes, rice, fruit, & oatmeal are good options. During resistance training and high intensity exercise your muscles are operating primarily off of glycogen that is stored in the muscle. Your carbohydrate intake eventually converts to glycogen, and it's important to replenish glycogen in the muscle for recovery purposes post exercise.

**Intermittent fasting has been a big trend over the past few years. While there are some benefits to longer fasts (72 hours +), there's nothing magical about going 16-18 hours without food. The reason some people lose weight with intermittent fasting is because they eat less frequently and often eat fewer calories because of this (ultimately putting them into a caloric deficit). The issue with intermittent fasting is people tend to fall short on getting enough protein (and sometimes enough carbs and fat) to fuel recovery and / or muscle retention.*

We're almost there! Keep some effort and focus on your nutrition, and get through those final action items.