



# CLEAN EATING!

I get a lot of questions about which foods are BAD and which foods are GOOD. Well, I can go on forever but that will only confuse you more. So what is clean eating? Clean eating focuses on consuming whole, minimally processed foods. It's about nourishing the body with natural ingredients and avoiding artificial additives, refined sugars & unhealthy fats. When you make a meal, it should consist of 3 main macronutrients: protein, fats & carbohydrates. Here's a breakdown of these macronutrients to help you build a healthy plate!

## # 1 - PROTEIN

Protein is the King of macronutrients. Good sources of protein are meats, dairy, eggs and fish. Some other non-animal sources are beans, lentils, oats, chickpeas and quinoa. All of these are highly nutritious and will help you build and maintain muscle. Choose organic, non-GMO, pasture raised sources when possible. Protein is a great tool in losing fat as it makes you feel full longer. Aim for 1g of protein daily per lb of bodyweight. Consume protein first in your meals that way if you don't finish your plate at least you ate 100% of your protein.

## # 2 - FATS

Fats are NOT BAD! They are essential for your body. The "fat free" marketing strategy made myself and many Americans fatter. Crazy right?!?! We think if we eat less fat we won't be fat. This hasn't worked & won't work. There are 3 main fats: unsaturated, saturated and trans fat. Avoid foods with trans fats, limit saturated fats and prioritize unsaturated fats. Saturated fats are found in meat and animal sources (especially red meat). Choose leaner red meats and chicken and you will hit your saturated fat daily intake with ease. Unsaturated fat is mainly found in oils, nuts and seeds. Avocados are best known for this type of fat. There are two types of unsaturated fats (monounsaturated - found in oils (olive, sesame, avocado and foods like peanut butter & certain nuts) and the corresponding foods those oils are made from & polyunsaturated - found in walnuts, salmon, mackerel, herring, albacore tuna, trout, sunflower seeds, etc.).

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Both sources are great nutritionally speaking and I would suggest having a good balance of both. Limit your daily fat intake to about .3-.5g of fat per lb of bodyweight. Avoid going below 40-50g of fat daily for long periods of time. This has been shown to cause hormone issues for some.

## # 3 - CARBOHYDRATES

This is my favorite macronutrient and I'm sure most would agree. Carbs are not essential but they do have tremendous value to your health. Our bodies use carbohydrates (glucose) as the number one resource for energy. This allows you to perform at your best when you face demanding physical activity. The 3 different types of carbs are sugars, starches & fiber. I want you to stick to the fiber rich carbs. These would be fruits, vegetables, oats, brown rice, sweet potato, beans, etc. Fiber is so important that recent studies show that it's the food that is linked to Longevity. Yes, it can increase your life expectancy! Because carbs are not essential, they are easy to eliminate with minor side effects and are great to leverage when losing & gaining weight. These are recommendations. The real measurable amount of calories and macronutrients you should have is based on how you feel throughout the day, how much energy you have and how you perform in life. That's the only measurement that counts.

**"DON'T COUNT CALORIES,  
MAKE CALORIES COUNT"**  
- MIKE DOLCE