

# Gaglione Strength Performance Nutrition

## Helpful Tips and Guidelines

### I Healthy Habits:

- Start small - The number 1 reason for failure with any nutrition program or lifestyle change is doing too much too soon; you wouldn't try to squat 225lbs before first being able to do a bodyweight squat
- Master the 5 Major Habits 1st
  - 1. Eat slowly and stop at 80% full**
    - It takes 20 minutes for the body to feel satisfied from a meal, this is your target
    - **Baby Steps.** If you normally scarf down a meal in 5 minutes, shoot for 10 minutes
    - Eliminate distractions such as TV, reading the newspaper, etc. Really focus on and enjoy your meal
    - Turn meal time into a social event; eat with your family and friends and enjoy each other's company
  - 2. Eat protein dense food with each meal**
    - Palm sized portion for women, 2 Palm sized portions for men
  - 3. Eat vegetables with each meal**
    - Mostly leafy greens
    - Think diversity
    - 1/2 cup chopped or 1 cup leafy vegetables equals a serving
    - 2 fist fulls is a good general guideline
  - 4. For fat loss, eat a majority of other carbohydrates *after* exercise**
    - This includes fruit and starchy carbs such as grains, potatoes, and rice
  - 5. Eat healthy fats daily**
    - Thumb sized portion with each meal
    - Olive oil, nuts, seeds
    - Fish also contain high amounts of healthy fats
    - Diversify your fats and think equal portions of monounsaturated (avocado, olive oil, almonds, cashews), polyunsaturated (fish oil, walnuts, flax seeds, chia seeds), and saturated fats (eggs, meat, cheeses, coconut oil)

**Build A Better Plate:** Easy tips to eat healthier at every meal

- Include Protein and Vegetables with every meal
- Women - 20-30 grams of Protein per meal (about a palm sized portion)
- Men - 40-60 grams of Protein per meal (about 2 palm sized portions)
- Include a thumb sized portion of healthy fats every meal (except post workout)
- Try to limit starchy carbs (potatoes, rice, grains) and fruit to pre and post-workout meals, when insulin sensitivity is heightened
- Try to eat 2 servings of vegetables per meal, or about 2 fist sized portions
  - mostly leafy greens
  - 1/2 cup chopped vegetables = 1 serving
  - 1 cup raw leafy greens = 1 serving
- Eat a minimum of 25 grams of fiber a day
  - optimally 35 grams for woman, 48 grams for men
  - mostly from whole plant foods (unprocessed grains, fruits, vegetables, and beans/legumes)

**Set Goals:** "A goal without a plan is a dream"

- Sit down and think about what your goals are, think of the deeper meaning beyond the superficial of why you want to achieve each goal (more confidence, look better for your spouse, be healthier for your kids), write down the goals with the real reasons behind them, read your goals daily
- Figure out your limiting factors (obstacles keeping you from your goals)
  - these could be lifestyle factors such as a busy schedule, stress from work, living with people who eat junk food all day, lack of support, etc.
- Develop an action plan to overcome your limiting factors and achieve your goals
- Find social support to both motivate you and hold you accountable