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FUEL · SWEAT · SCIENCE



TOP 5 BIG FAT FOOD MYTHS

MYTH #1

Carbs make you fat.

This may well be true in some cases...because excess calories, in any form: carbs, fat or protein can lead to stored fat. The issue with this statement is the assumption that it is only excess carbs that will result in stored body fat. If you eat in excess of your total daily energy expenditure...meaning how many calories you effectively burn in a 24 hour period, you will gain weight over time. So simply compartmentalizing your focus on carbs while potentially over consuming protein, fats, alcohol, etc. can and will lead to the same weight gain over time. The important thing is to understand the difference between SLOW buring, complexa carbs and simple, refined carbs. The more you can focus on lower sugar sources and balance them with healthy fats and lean protein, the less of an impact they will have on your blood sugar, insulin response and potential for stored body fat!

SLOW BURNING CARB SOURCES:
Beans
Sweet Potato
Whole Grain Pasta/Breads
Quinoa
Barley
Lentils
Veggies
Brown Rice



MYTH #2

If I eat After 6pm I will gain more weight.

Individualization, and note generalization, is everything in this game of fat loss. We cannot simply make a blanket statement about when everyone needs to or should turn off the faucet on food. Here are some pointers:

Training Dictates. If you are exercising in the late afternoon or early evening then you will be more apt to handle eating later in the day.

Keep It Complex. If your schedule forces you to eat later evening meals, I would suggest you focus on protein-centric meals, less starches and sugars on these nights.

Protein Types. A protein shake is often a simple evening snack or meal if you run late. I would think about casein vs. whey protein for late nights. It will breakdown slower preserve muscle through sleep.



MYTH #3

Abs are made in the kitchen...exercise is not important to fat loss.

NOT HARDLY!

Fuel Your Goals.

You MUST be engaging in an exercise regimen that compliments your nutrition, and targets your goals.

If your goal is to sustain, or build muscle then you cannot just drink protein shakes, and eat chicken breasts until you see a six pack. Your nutritional intake must compliment a well-formulated resistance based training plan.

To breakdown, create adaptation, and grow new muscle cells...or increase the size of the ones you have, you have to put your body under load. This load can come in the form of gravity (body weight workouts), weight training, TRX (suspension) or yoga/pilates type workouts. Each will create a different type and speed of adaptation.

What you must do, is know the importance of each nutrient for performance levels, when you need it, how much and the way that FUEL and SWEAT work together to give you the body you want.

MYTH #4

If you don't eat every two hours your metabolism will shut down.

The opposite is actually the truth...if you are constantly "grazing" your way through the day...then your metabolism is not really having to do much digging. Before you have a chance to breakdown, use up and benefit from the last feeding frenzy, you are already refilling the tanks.

You have to burn through the readily available nutrients entering and floating freely in the blood stream, muscle and liver. Once finally all these tanks have been depleted, the body will start to look for fuel from fatty acids or amino acids.

So, just think about how much sugar you have stored in the system, especially if you are eating carb rich foods, and not exercising. The longer you can go between meals, the better for fat loss.



MYTH #5

A Calorie is a Calorie... is a LIE.

A donut and an apple might both be carbs...but there are always variation in the quality of the nutrients in certain foods,

You can derive fuel from any number of sources, just like you can buy regular, premium, or diesel gas...but how your engine will function is highly dependent on the quality of the gas you choose.

In addition, it will determine whether your body can handle and untilize the sources you are feeding it. If you know you perform better with a higher carbohydrate, lower fat diet, like I do...listen to that and feed your body the types of foods it thrives on.

Regardless there is a difference between high saturated fat choices like red meat, cheese, whole milk dairy, butter, bacon fat...and salmon, avocado, nuts, olive oils and ghee. Think about what your body needs, what it craves and how you can create balance between quantity and quality.





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