



THE ALASKA CLUB

Nutrition Guidelines

Where to Start?

The first step to understanding your nutrition is to begin tracking what you are currently eating. We recommend using either a food log or some kind of food tracking app, like MyFitnessPal. Tracking your macronutrients and calories can give you an idea of where you need to improve, based on what your goal is.

What are Macronutrients?

- **Carbohydrates:** Carbs are your bodies preferred source of energy, and includes vitamins, minerals and fiber.
- **Fats:** Fat provides energy to the body as well as protects the long term health of your vital organs. Fats digest more slowly in the body, and can provide long term energy, and keep you fuller longer.
- **Protein:** The building blocks of muscle. Protein contains amino acids which are responsible for rebuilding tissue.

Setting and Achieving Goals.

Depending on what your fitness goals are, you want to adjust your nutrition to fit your goals. Setting a realistic timeline will be essential to your success. Using a calorie counter such as a Fitbit or a MyZone Heart Rate Monitor, can be helpful when tracking your progress.

How Many Calories?

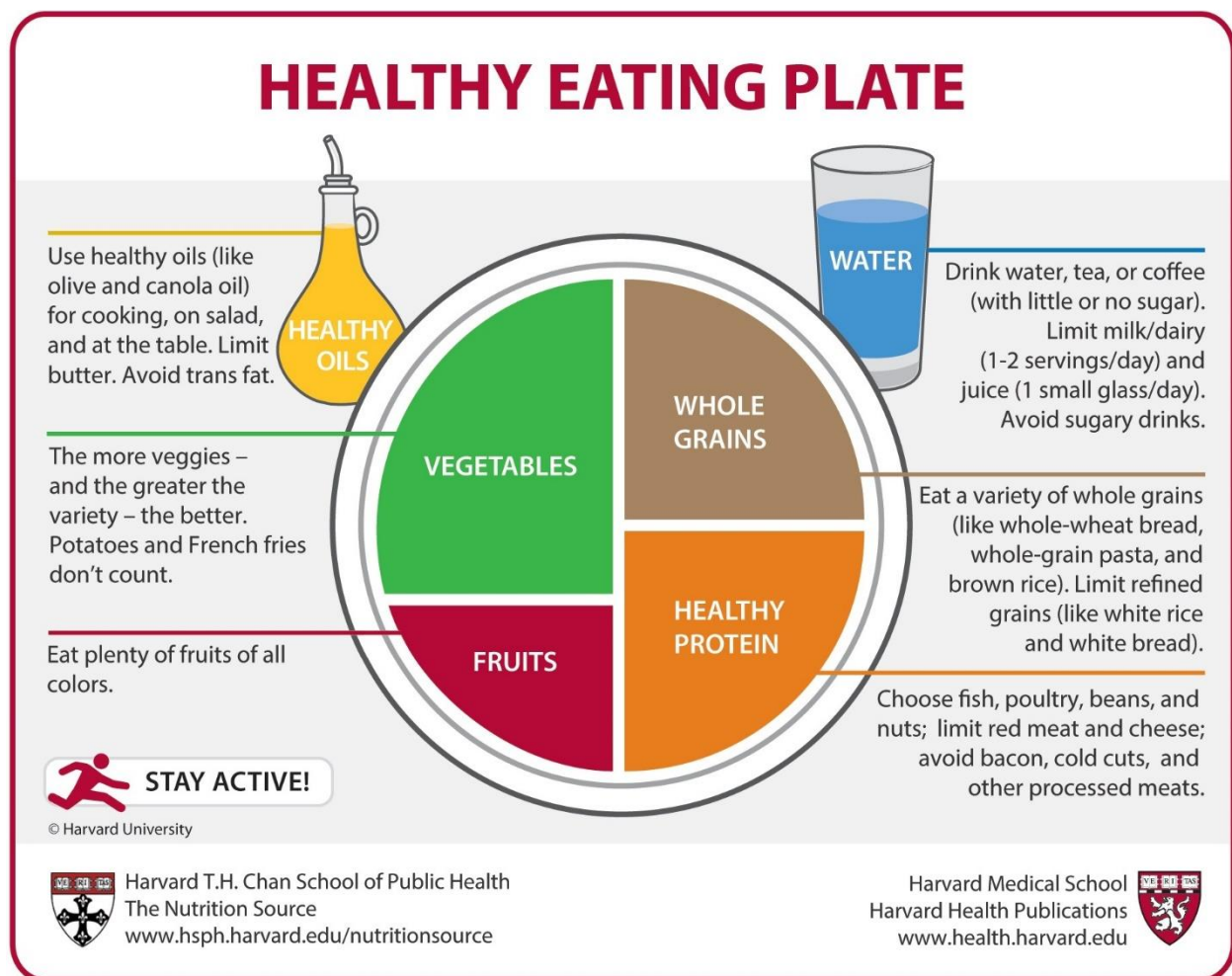
Calculating your Basal Metabolic Rate (BMR) is used to determine how many calories your body burns at rest. This can be helpful when determining how many calories you should consume each day.

- Men: $66 + (6.23 \times \text{Weight lbs}) + (12.7 \times \text{Height}) - (6.8 \times \text{Age}) = \text{BMR}$
- Women: $655 + (4.35 \times \text{Weight lbs}) + (4.7 \times \text{Height}) - (4.7 \times \text{Age}) = \text{BMR}$

Balance!

Our bodies require tons of vitamins and minerals (micronutrients) to have a truly healthy and nutritionally balanced diet. It is important to make sure you are eating a variety of fruits and vegetables along with your macronutrients. Here are some of the vitamins and minerals that are key in living a healthy lifestyle.

- Vitamins: Vitamin A, Vitamin B, Vitamin C, Vitamin K and Vitamin E
- Minerals: Potassium, Calcium, Magnesium, Sodium and Iron



Some Healthy Macronutrients

Carbohydrates:

Brown Rice	1 cup	44.8g carbs	1.8g fat	5g protein	216 cal.
Sweet potato	1 cup	27g carbs	0.1g fat	2.1g protein	114 cal.
Rolled Oats	0.5 cups	27g carbs	3g fat	5g protein	150 cal.
Black Beans	0.5 cups	19g carbs	1g fat	7g protein	110 cal.
Quinoa	1 cup	39g carbs	4g fat	8g protein	222 cal.

Fats:

Almonds	1 ounce	6g carbs	14g fats	6g protein	160 cal.
Avocado	1 ounce	0.6g carbs	4.3g fat	0.6g protein	45 cal.
Olive Oil	1 tbsp.	0g carbs	13.5g fat	0g protein	119 cal.
Coconut Oil	1 tbsp.	0g carbs	14g fat	0g protein	120 cal.
Peanut Butter	2 tbsp.	8g carbs	16g fat	7g protein	190 cal.

Protein:

Chicken Breast	3 oz.	0g carbs	2g fat	26g protein	120 cal.
Salmon	3 oz.	0g carbs	10g fat	24g protein	200 cal.
Eggs	1 large	0.4g carbs	4.8g fat	6.3g protein	72 cal.
Greek Yogurt	1 cup	12g carbs	22g fat	16g protein	310 cal.
Lean Red Meat	4 oz.	0g carbs	11g fat	23g protein	190 cal.

Disclaimer: Please consult a doctor before making any dietary changes.