

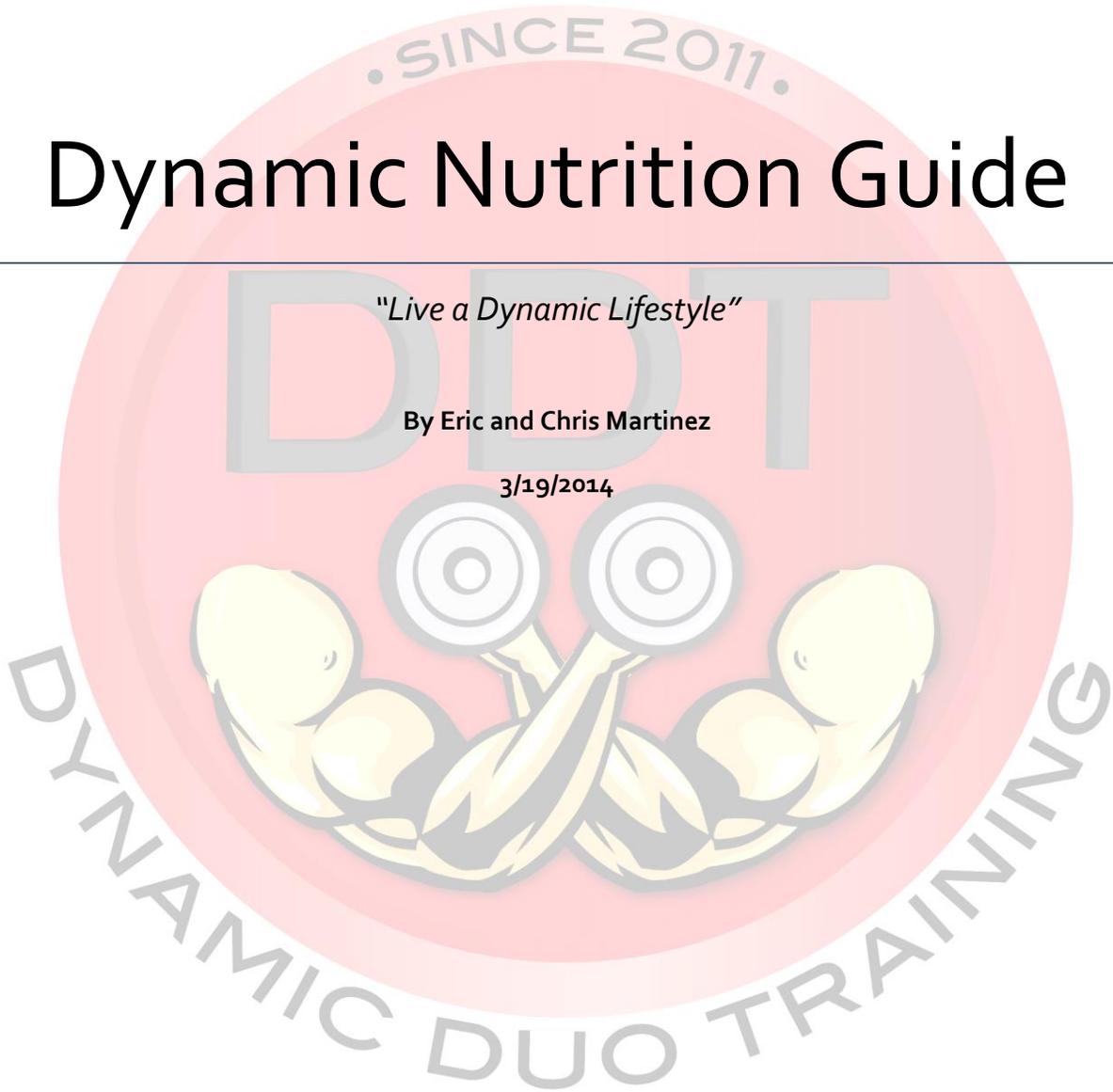
DYNAMIC DUO TRAINING PRESENTS:

Dynamic Nutrition Guide

"Live a Dynamic Lifestyle"

By Eric and Chris Martinez

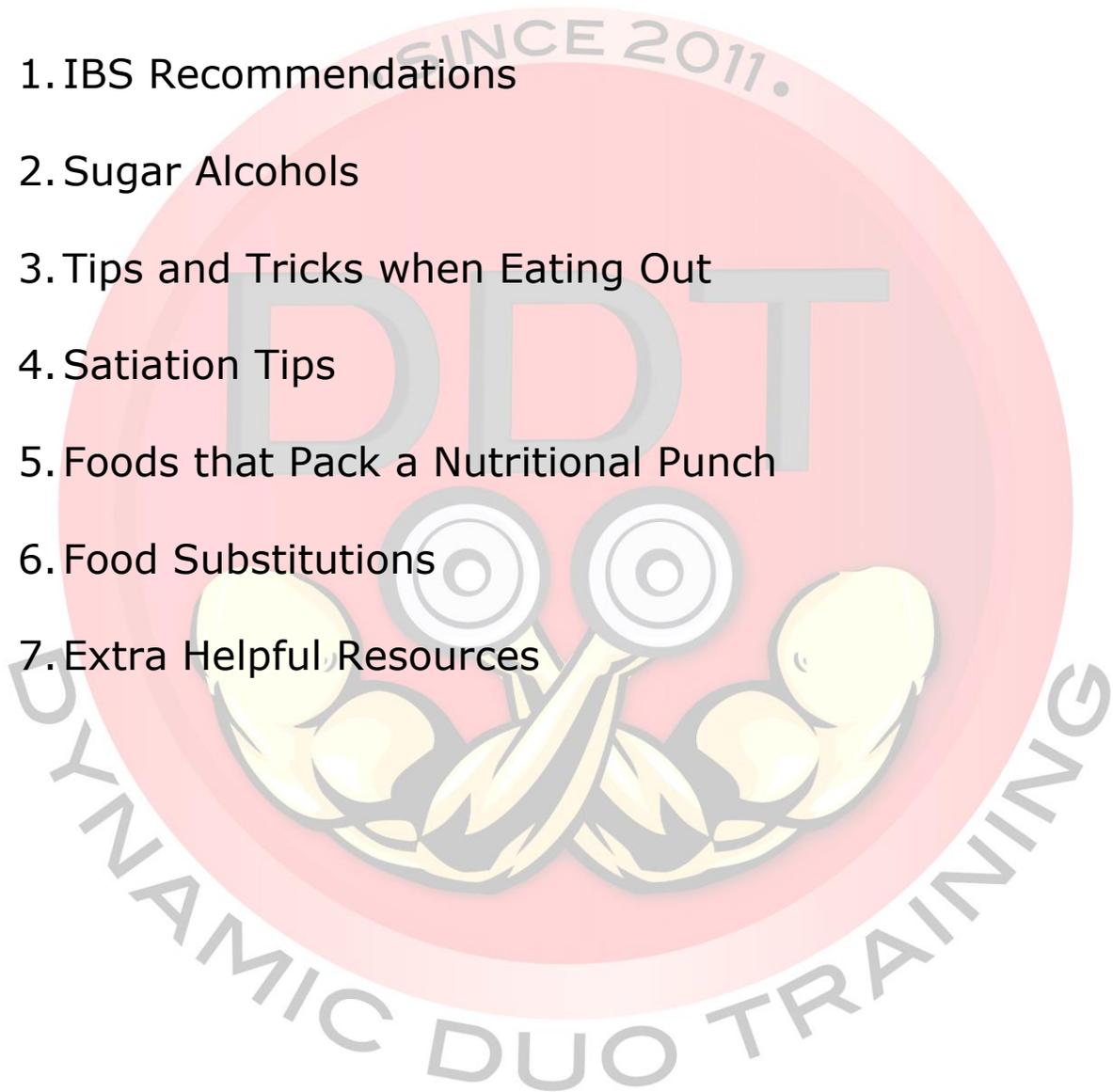
3/19/2014



This program is the intellectual property of Eric and Chris Martinez. Any copying, posting, or distribution of this program in print or electronic format including posting in an online public forum or download website is forbidden. Please contact us for written approval if you would like to post highlights from the workout, but posting the program in its entirety is strictly forbidden. Copyright © 2011 Dynamic Duo Training

Table of Contents

1. IBS Recommendations
2. Sugar Alcohols
3. Tips and Tricks when Eating Out
4. Satiation Tips
5. Foods that Pack a Nutritional Punch
6. Food Substitutions
7. Extra Helpful Resources



Dynamic Nutrition Guide

IBS Recommendations

What's IBS: Irritable Bowel Syndrome is a chronic functional gastrointestinal disorder that affects 9-23% of the population.

Symptoms: Abdominal pain, bloating, disordered bowel habit

Subtypes of IBS: Diarrhea and constipation

How Does IBS Occur: Through diet, lifestyle, food sensitivity, sensitive GI/Digestive tract

IBS Through Diet:

- Lactose intolerance leads to GI symptoms similar to those IBS (abdominal pain, bloating).
 - Get a detailed dietary assessment of milk/lactose tolerance.
 - Some people with IBS avoid milk and dairy products, but its hard to distinguish what the actual cause is
 - You could try gradual lactose re-introduction to determine lactose tolerance threshold.
 - Cow's milk and milk proteins could be sensitive on an individual
 - If cows milk proteins aren't tolerable, try a non-mammalian alternative milk (soy, rice, oat, quinoa, nut, coconut, pea, preferably calcium fortified). Avoid goat or sheeps milk due to similar cow's milk proteins.
 - You can also try taking lactase enzymes
- Changes in non starch complex carbohydrates to improve IBS symptoms.

Dynamic Nutrition Guide

- Soluble fiber (Wheat, rye, bran, rice, whole grains)- These foods undergo significant fermentation, slows the rate at which foods are absorbed and increases absorption of nutrients
- Insoluble fiber (oats, legumes, beans, peas, fruits, veggies)- These foods tend to undergo slow and incomplete fermentation and have a greater effect on bowel habit. The benefits include absorbing and removing toxins and contributing to a healthier digestive tract.
- Try different food sources that contain soluble and insoluble fiber to see what your body tolerates best

• Abdominal Bloating in IBS and the role of fermentable carbohydrates.

- Fermentable carbs are poorly absorbed, osmotically active, and undergo bacterial fermentation in the gut, leading to bloating and gas.
- The foods to be aware of are: Fructans in wheat and onion, beans and pulses, lactose in milk and dairy products, high fructose corn syrup, honey, some fruits, fruit juice, processed foods/drinks, undigestible vegetables and fruits, green banana, and reheated potatoes.
- Monitor/listen to your body and the way it feels after you eat the above foods. If they cause abdominal pain and bloating then eliminate them.
- Also look out for celiac disease. Celiac's is caused by an allergic reaction to gliadin, a small peptide component of gluten, which is a protein found in wheat, oats, rye, and barely. If you have this, then go the gluten free route

• Probiotics in managing IBS symptoms.

- Probiotics have been shown to produce more good bacteria so it could help with digestion with food.
- If one probiotic doesn't help, then you could trial others
- Some probiotics ingredients could increase IBS symptoms (fructans, polyols, fructose, lactose)
- If a probiotic is beneficial after 4 weeks then continue using it.

• Allergies to Lactalbumins found in whey or casein protein.

- The lactalbumin (alpha and beta) proteins found in the whey fraction of milk protein, and casein proteins (also found in milk) can cause bad allergic reactions. Symptoms are very similar to Celiac's disease with an additional skin reaction, bloating, abdominal pain, and occur very rapidly after ingestion.
- This allergy is a particular problem since many people choose to supplement with a whey or casein supplement. In the case of casein, there is not much that one can do other than avoid products that contain it. In the case of the lactalbumins found in whey, there are a few solutions: Try a whey protein isolate or hydrolyzed whey protein

Dynamic Nutrition Guide

Extra:

- Avoid eating large amounts of sugar alcohols (found in sweeteners and protein bars) such as malitol, sorbitol, and glycerol. These sugar alcohols are easily fermented by the bacteria of the gut and can cause gas and uncomfortable bloating.
- Keep an eye on how your body responds to bars, low quality protein bars, high fiber-low carb wraps/tortillas because they are made with undigestible fiber and full of soy
- If you have the money, get screened for food allergies. You may have one and not even realize it.
- Supplementing with glutamine may also be beneficial for those individuals who experience severe food allergies that cause inflammation and atrophy of the mucosal cells.
- Try digestive enzymes after meals
- Try ginger tea after meals

References:

McKenzie et al. British Dietetic Association evidence-based guidelines for the dietary management of irritable bowel syndrome in adults. J Human Nutr Diet. 2012

Dynamic Nutrition Guide

Sugar Alcohols

Background Info:

- There are approx. 2-2.6 k calories per gram
- The body partially absorbs some sugar alcohols and absorbs others slowly. They are slower to enter the bloodstream than other sugars. Unabsorbed sugar alcohols may be metabolized by bacteria in the GI tract, producing side effects such as gas, abdominal discomfort and diarrhea
- Metabolically could be faster than carbs & stored as fat more easily than carbs
- Typically they include sugar alcohols in total carbs
- People get digestive problems because the sugar alcohols are very fermentable by the bacteria in your intestines and that produces gas and gives you stomach discomfort.
- Sugar alcohols don't replenish muscle glycogen like regular carbs do

Where Are They Found?

- Protein bars
- Sugar free products
- Reduced calories products
- Some low carb products

These Are Sugar Alcohols Found in Ingredients:

- Erythritol
- Isomalt
- Lactitol
- Maltitol
- Mannitol
- Sorbitol
- Xylitol

Take Home Point:

Make sure to factor sugar alcohols into your macros as carbs

References:

Whitney, Ellie. Rolfes, Sharon. Understanding Nutrition. 2013

Dynamic Nutrition Guide

Tips and Tricks When Eating Out

Let's face it, we all enjoy indulging a bit here and there and enjoy having a meal out with friends, family, or loved ones. Why sit there and isolate yourself and worry about a one-time eating out occasion? The key is to just plan ahead, enjoy yourself, and get back on your plan the following meal or day. Here are some great tips to prepare when eating out. Enjoy!

1. When you sit down, think about what you NEED. What have you already had and what do you have left to play with?
2. Look for key words like grilled or baked, sauteed, etc. They tell you whether something will have a lot of fat (oil, butter, or margarine).
3. Regardless of the method of cooking, ask for it to be cooked without oil, butter, or margarine.
4. If you're ordering eggs, ask for egg whites or egg beaters.
5. Look for toppings, sauces, etc. and ask for them to either be left off or altered or put on the side. For example, if something comes with a cream sauce, ask for marinara instead.
6. Ask for buns or breads to be "dry"- they will not butter them or grill them with butter or oil.
7. Ask for croutons, cheese, fatty toppings, or nuts to be left off.
8. Even if it's not on the menu, you can ask for it. Ask for a plain grilled chicken breast on a bed of greens. Most places are accommodating!
9. Split a meal with someone. Don't be afraid to ask them to remove half of your plate and put it in a box to take home before it comes to you.
10. Limit alcohol (mixed drinks are full of simple sugars and empty calories); go for one glass of wine instead or plain water (adding splenda and lemon makes for a no calorie lemonade!)

Dynamic Nutrition Guide

11. Order broth-based soups rather than creamy soups (i.e. minestrone, vegetable instead of broccoli-cheese, chowders)
12. Limit the amount of chips or bread you eat prior to meals or ask the wait staff not to bring any at all and order a small salad to nosh on prior to your meal if you're really hungry
13. Plan ahead: ask your favorite places to fax you their menus so you can choose your meal before you go and/or know what you're going to order ahead of time.
14. Ask for a to-go box to be brought out with your meal, so you can divide it in half and save the other half for another meal.
15. Remember that it takes 20 minutes for your body to register fullness/satiety; eat slowly so you don't overdo it.

Planning, Preparing, and Moderating Intake

You do not have to cut out your favorite foods, but you do have to moderate how you are eating them. When you eat, think about the following:

1. What do I need?
2. How can I fit in what I like?
3. I won't eat that now because I want to be able to eat that other thing later.
4. Is that food worth it to me?
5. How is this going to satisfy me? Will I end up hungrier if I eat this?
6. When am I training, I need to make sure I've got a good meal lined up prior to my workout (pre/post).

Dynamic Nutrition Guide

Satiation Tips

➤ This list of foods was adapted from Holt et al. The foods are listed from most filling to least filling:

- Potatoes, boiled
- Ling Fish
- Oatmeal/Porridge
- Oranges
- Apples
- Brown Pasta
- Beef
- Baked Beans
- Grapes
- Whole Wheat Bread
- Popcorn
- Eggs
- Cheese
- White Rice
- Brown Rice
- All-Bran
- Cottage cheese with yogurt
- Fresh salads with cucumbers, tomatoes, radishes

Satiety Tips:

- At breakfast meal, have a very fiber heavy meal or veggies with breakfast meal
- Drinking a large glass of water before and after a meal eases hunger, fills the stomach, and could reduce energy intake
- Eat slowly, take smaller bites, chew your food longer, research shows that this leads to increased satiety levels

Dynamic Nutrition Guide

Water Filled Foods List:

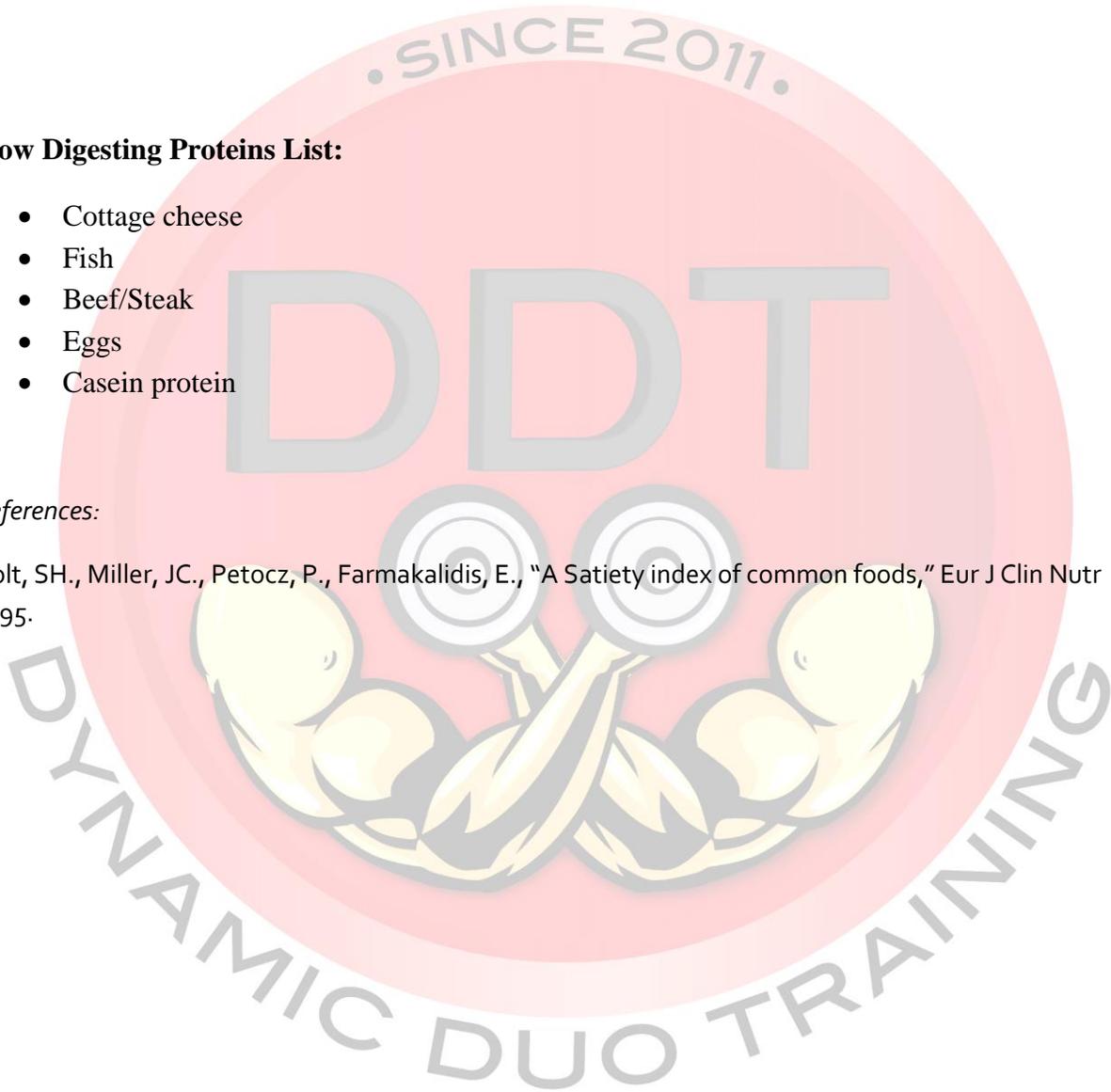
- Grapes, watermelon, oranges, apples, grapefruit
- Water packed tuna
- Fresh fruits and veggies

Slow Digesting Proteins List:

- Cottage cheese
- Fish
- Beef/Steak
- Eggs
- Casein protein

References:

Holt, SH., Miller, JC., Petocz, P., Farmakalidis, E., "A Satiety index of common foods," Eur J Clin Nutr 1995.



Dynamic Nutrition Guide

Foods That Pack a Nutritional Punch

Eating well is one of the keys to living a healthy life, and some foods can be the go-to sources for particular nutrients. Use this chart to remind you of foods with the highest content in a variety of nutrients, or [print a version to keep handy](#).

Sources: USDA, National Institutes of Health

Calcium

Calcium is key to strong bones and teeth, as well as proper nerve and muscle function, and while milk is instantly considered as a source of calcium, there are many other foods that can help you get the calcium you need:

Milk, other dairy products
Cornmeal
Wheat flour
Collards
Rhubarb
Sardines
Spinach
Soybeans
Turnip greens
Salmon, canned with bone
Kale

Vitamin C

Vitamin C helps your body repair itself, fight off diseases and infections and even has shown some indications of fighting off cancer. Here are some of the foods that pack the highest Vitamin C punch:

Oranges/orange juice
Peppers (sweet and chili)
Grapefruit juice
Papayas
Strawberries
Broccoli
Brussels sprouts
Peas
Kiwi fruit
Sweet potato

Fiber

Fiber keeps digestion on track and has been shown to help prevent heart attacks, intestinal problems and several types of cancer.

Barley
Bulgur
Beans
Peas
Wheat flour, whole-grain
Oat bran
Dates
Tomato products
Raspberries
Cornmeal
Artichokes

Anti-oxidants

Anti-oxidants are chemicals that may help prevent a host of ailments including cancer, heart disease and Alzheimer's.

Beans
Blueberries
Cranberries
Artichokes
Blackberries
Prunes
Russet potatoes

Folic acid

Folic acid promotes cell division and growth, red cell development and helps prevent some birth defects and can help reduce the risk of some types of cancer.

Turkey/chicken giblets
Lentils
Cowpeas/Black eyed peas
Orange Juice
Beans (specifically kidney, pinto, navy)

Iron

Iron helps carry oxygen through our bodies. If you don't get enough you can become anemic, which will make you feel tired, and weak.

Mollusks, clams
Turkey or chicken giblets
Enriched whole wheat flour
Enriched rice
Soybeans
Tomato products
Spinach

Dynamic Nutrition Guide

Pecans
Apples
Cinnamon

Chickpeas
Okra
Spinach
Asparagus
Beef liver

Liver
Beef
Jerusalem-artichokes, raw
Baking chocolate, unsweetened squares



Dynamic Nutrition Guide

Food Substitutions

Instead of:	Try:
Whole Milk If Lactose Intolerant	Skim Milk/Low Fat Milk Light Soy Milk
Cheddar, Jack, Swiss	Part-Skim Mozzarella, string cheese, low fat or fat free cottage cheese, cheese that contains less than 5g fat per ounce*
Ice Cream	Ice milk, low-fat/nonfat frozen yogurt
Butter or Margarine	Low sugar jam, ricotta cheese, light/nonfat cream cheese, low-fat yogurt, light/non-fat sour cream
Bacon or Sausage	Low-fat turkey bacon, Canadian bacon, soy sausage
Ground Beef	Extra lean ground beef/turkey
Fried Chicken	Baked/grilled/broiled chicken without skin
Doughnuts and pastries	Whole wheat bagels, breads, muffins
Apple pie	Baked or raw apples
Chocolate candy or bars	Hard candies, jelly beans, licorice
Cookies, cakes, brownies	Fig newtons, gingersnaps, graham crackers
French fries	Sweet potato fries (baked), baked potato
Meat Lovers pizza (usually has pepperoni, sausage, hamburger...)	Whole wheat (if available) or thin crust with light or no cheese, lots of veggies, and lean meat like chicken, ham or Canadian bacon

*Cabot makes 75% fat free cheddar and 50% fat free cheddar and pepper jack

Dynamic Nutrition Guide

Extra Helpful Resources

Food Count Resources

<https://itunes.apple.com/us/app/my-macros+-diet-weight-calorie/id475249619?mt=8>

<http://www.fitday.com/>

<http://www.thedailyplate.com/>

<http://www.livestrong.com/>

<http://www.calorieking.com/>

<http://nutritiondata.self.com/>

<http://www.acaloriecounter.com/>

<http://www.sushifaq.com/sushi-calories.htm>

<http://www.myfitnesspal.com/>

<http://www.nutrientfacts.com/>

<http://www.my-calorie-counter.com/>

<http://caloriecount.about.com/>

<http://www.newcaloriecounter.com/>

<http://calorielab.com/index.html>

<http://www.fatcalories.com/>

Recipe Websites

<http://dynamicduotraining.com/category/dynamic-healthy-recipes/>

<http://www.eatingwell.com/>

<http://www.lowfatlifestyle.com/>

<http://www.foodfit.com/>

<http://www.calorieking.com/recipes/advancedsearch.php>

Dynamic Nutrition Guide

<http://www.mealsmatter.org/>

<http://allrecipes.com//Recipes/healthy-cooking/low-calorie/300-calories-or-less-per-serving/Main.aspx>

<http://www.recipezaar.com/recipes/low-calorie>

<http://www.caloriecontrol.org/recipes-for-a-healthy-lifestyle>

<http://www.free-gourmet-recipes.com/healthyrecipes.shtml>

http://www.chef2chef.net/recipes/recipe_index.php

To download apps:

<http://itunes.apple.com/us/app/fast-food-calorie-counter/id290886367?mt=8>

Exercise Demonstrations/Tutorials

<http://www.youtube.com/user/Dynamicduotraining>

<http://www.acefitness.org/exerciselibrary/default.aspx>

<http://exrx.net/>

<http://www.workoutz.com/exercises.php>

Food Measurements, Conversions Calculators, Serving Sizes

<http://www.cuisinecuisine.com/FoodConversions.htm>

<http://www.fareshare.net/conversions-volume-to-weight.html>

Scales and Measuring Items

http://www.salterhousewares.com/salter_us/catalog-us/kitchen-scales

<http://www.foodnetworkstore.com/c-0+369+405-Measuring-Tools.aspx>

Dynamic Nutrition Guide

Vitamins and Minerals Guide

<http://www.aolhealth.com/tools-and-resources/diet-nutrition>

Health and Wellness Information

<http://www.webmd.com/>

Eating Out

Macrocounting While Eating Out <http://youtu.be/EGVweMX7MnI>

http://helpguide.org/life/fast_food_nutrition.htm

<http://www.healthydiningfinder.com/>

