

NUTRITIONAL VALUES



Energy balance (how much energy we eat and how much we expend) is the most important factor in changing body weight and body composition.



Adequate protein intake is the second most important dietary factor (calories first) for changing body composition. It is key for maintaining and gaining muscle mass and for keeping you full.



Tracking food is about awareness and opportunity.



Food shouldn't be viewed as good or bad. It should be viewed as making sense or not making sense in a particular situation.



You should eat mostly nutrient-dense whole foods but don't feel bad about having some treats.



You can have too many calories from healthy foods.



Food is a part of health it is not the only influencer of it.



All foods can fit but that doesn't mean they all should.



Nutrient timing matters most for strategic purposes and performance.
Not fat loss.



Structured exercise can be important for many aspects of overall health but has a limited influence on weight loss.



Daily movement and activity can have a large influence on the number of calories you can eat per day.