

# NUTRITION GUIDE

A GUIDE TO ULTIMATE PERSONAL NUTRITION



## THE BASICS

Just as petrol fuels our cars, calories are energy that fuels our bodies. In general, an adult body needs at least 1000+ calories to have enough energy to fuel key organs like the brain, heart, and lungs.

This minimum number of calories is called your resting metabolic rate (RMR) meaning what your body burns at rest and it varies greatly depending on genetics, sex, weight, age, hormones and muscle mass.

To lose weight you need to use/burn more calories than you consume. This is the same for weight gain/muscle gain.

Calories are made up of macronutrients. There are three macronutrients:

- Carbohydrate
- Protein
- Fat

Although macronutrients provide calories the amount each macronutrient provides varies:

- Carbohydrate provides 4 calories per gram.
- Protein provides 4 calories per gram.
- Fat provides 9 calories per gram.
- Alcohol is not a macronutrient but has 7 calories per gram.

It's not as black and white as that. Let's go through each macronutrient and describe the function and benefit of each



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# MACRONUTRIENTS AND THEIR FUNCTIONS AND BENEFITS

## PROTEIN

**If you're trying to build muscle, burn fat or gain strength protein will be the most important nutrient in your overall diet. Protein is responsible for building and repairing damaged muscle tissue and is the only micronutrient that can directly improve body composition on its own.**

Whether trying to burn body-fat or build muscle your protein intake will remain around the same. This is 1.5-2 grams of protein per kilogram of bodyweight. Some bodybuilders can go 2.5-3+ grams. There has been no proven detriment for protein intake at this level, I personally have 3x my bodyweight eg 80kg + 240g of protein or more on most days.

Proteins are digested to release amino acids (the building blocks of proteins). Some amino acids are essential which means that we need to get them from our diet, and others are nonessential which means that our body can make them. Protein that comes from animal sources contains all of the essential amino acids that we need. Next to water, protein makes up the greatest portion of our body weight. In the human body, protein substances make up the muscles, ligaments, tendons, organs, glands, nails, hair, and many vital body fluids, and are essential for the growth, repair and healing of bones, tissues and cells.

The benefits of protein are:

- Growth
- Tissue repair
- Immune function
- Making essential hormones and enzymes
- Energy when carbohydrate is not available
- Preserving lean muscle mass

Complete proteins are those that contain all essential amino acids in sufficient quantity. Main sources of protein will come from these complete proteins:

- Meat - Lean cuts of beef, ham, lamb, pork and veal
- Poultry - Chicken, turkey ect
- Seafood - Fish e.g. salmon, tuna, hoki, barramundi and Shellfish e.g. mussels, oysters, scallops, prawns, lobsters, etc.

- Dairy - Eggs, milk, yoghurt, cheese and whey

Note: Choose low fat dairy sources. Egg whites are pure protein, egg yolks contain protein and fat.

- Supplements - Whey protein, Casein Protein, Egg protein, Vegetable protein and amino acids.



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## SECONDARY SOURCES

The reason these are secondary sources is because they are incomplete proteins or are high in other macronutrients. Incomplete proteins are those that don't contain all 9 essential amino acids and need to be supplemented to with other proteins to meet the body's requirements.

- Raw Nuts & Seeds - Also high in healthy fats and contain carbohydrates
- Grain Protein
- Beans and legumes
- Vegetables

## CARBOHYDRATES

Carbohydrates are the most interchangeable macronutrient depending on your goal. If the goal is to build muscle then the highest percentage of your calories will come from carbohydrates but if your goal is to burn body fat the macronutrient ratio will shift.

Technically carbohydrates are not essential and we can survive without them. Glucose is needed for the brain to function but our bodies can turn protein into glucose. However carbohydrates are the body's main source of fuel and are easily used by the body for energy. All of the tissues and cells in our body can use glucose for energy.

Carbohydrates are used for the central nervous system, kidneys, brain and muscles (including the heart) to function properly. Carbohydrates can be stored in the muscles and liver and later used for energy. They are important in intestinal health and waste elimination.

Carbohydrates food list:

- Vegetables (Starch and fibre)
- Fruit (Fructose)
- Dairy (Lactose)
- Cereals/Oats
- Pastries
- Beans/Legumes
- Grains/Pasta/Rice
- Drinks (Fruit/Vegetable juices/Soft drinks)
- Sauces/Condiments
- Honey
- Simple sugars to minimise:  
E.g. Cakes cookies, lollies, soft drink chips, sugar sauces deep fried foods, chocolate, pastries, pizza's ice cream, white bread

The different types of carbohydrates are:

- Simple (Sugars)
- Complex (Starch)
- Fibre



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## SIMPLE CARBOHYDRATES (SUGARS)

These are the small molecule carbohydrates or sugars. These carbs can be used directly by the cells in body. For this reason they create a greater insulin spike and need to be consumed in moderation (preferably post workout).

## COMPLEX CARBOHYDRATES (STARCH)

Complex carbs need to be broken down to release sugar. Since sugar is released gradually they provide a slower release and a consistent level of energy. Complex carbohydrates are the ideal carbohydrate to consume for this reason. Some complex carbs are a great source of vitamins, minerals and fibre.

## FIBRE

Fibre is important yet is often forgotten in the average diet. There are two types of fibre: soluble and insoluble. Fibre has no caloric value but is still classed as a macronutrient. Fibre refers to certain types of carbohydrates that our body cannot digest. It is important for artery, gut health and help prevent indigestion and constipation. Fibre helps slows down digestion. When carb digestion slows, insulin levels drop, which favours fat burning. Average recommended intake is between 25-35 grams per day.

Some foods that are high in fibre are: Apples, pears, parsnip, broccoli, brussels, carrots, spinach, whole Grains, quinoa, amaranth, legumes, beans, flax seeds, chia seeds, avocado and quest bars.

## FATS

**Although fats are the most calorie dense macronutrient they shouldn't all be avoided. We hear it all the time "99% fat free", "don't eat that it's full of fat". That can be misguided information. Fats are required to produce and build new cells. They are a source of energy and critical in the transmission of nerve impulses and brain function and development. They are also involved in the synthesis of other essential molecules such as hormones.**

To simplify fats are broken down to 4 categories:

Monounsaturated fats and polyunsaturated fats are the "Good fats" helping lower cholesterol and reducing your risk of heart disease and Trans fats and some saturated fats are "Bad fats" because they raise your cholesterol and increase your risk for heart disease. Saturated fats are ok in small doses and have their own benefits like testosterone production.

The fats I suggest you use are:

- Cooking oils: Coconut oil Extra virgin olive oil, macadamia nut oil even butter
- Any nut butter (Such as almond or peanut butter)
- Nuts - peanuts, walnuts, macadamia nuts, pistachio, almonds, brazil nuts
- Flaxseed oil
- Fish oils (krill, omega 3s)
- MCT.
- Avocado
- Animal fat sources: Fatty fish, dairy, egg yolks, meat and poultry

*Avoid processed foods fried in hydrogenated oils!*



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# MICRONUTRIENTS

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**Now that we've covered macronutrients let's go over micronutrients. Micronutrients are comprised of vitamins and minerals that are required in small quantities to ensure normal metabolism, growth and physical wellbeing.**

Now even though they won't play a big role in body composition like macronutrients, it is important to consume as much micronutrient dense food as possible to look after your body. Proper intake of vitamins and minerals can mean the difference between a healthy, productive life, and a life fraught with illness. A lack of these important vitamins and minerals also has a profound impact on the body's immune system. Micronutrients are nature's wonder drug.

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# WATER

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**Water is essential for whole body function. It makes up more than two-thirds of the weight of the human body. Without water, humans would die in a few days. All the cells and organs need water to function. The human brain is around 80% water by weight and is very sensitive to dehydration.**

For a bodybuilder, adequate hydration is just as important as adequate nutrition. In a survival situation, hydration is much more important than nutrition. Most of the muscle cell is water.

The facts:

- Water cleanses your body from toxins and pollutants that would get you sick.
  - Water is needed for all of the complex chemical reactions that your body needs to perform on a daily basis. Processes such as energy production, muscle building, and fat burning require water. A lack of water would interrupt all of these processes.
  - Water helps lubricate the joints.
  - When the outside temperature is up, water serves as a coolant to bring the body temperature down to where it is supposed to be.
  - Water helps control your appetite. Sometimes when you feel hungry after a good meal this sensation indicates a lack of water. Drinking water at that time would take the craving away.
  - Water helps your supplements work better.
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