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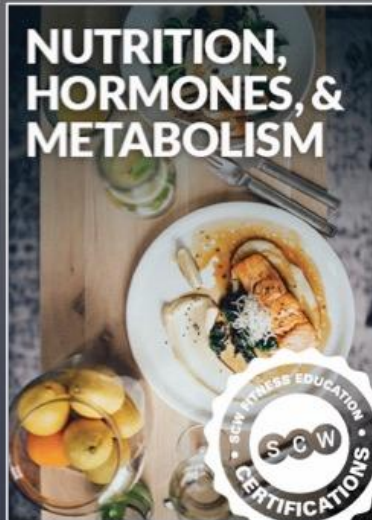
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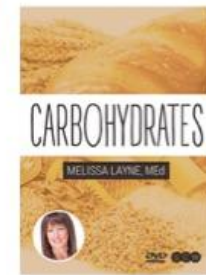
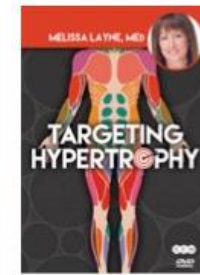
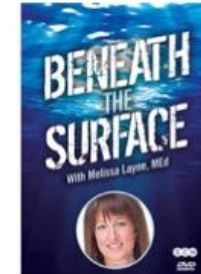
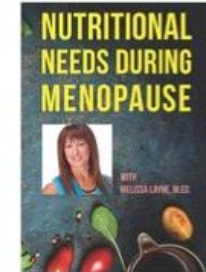
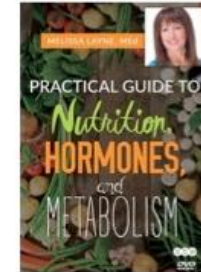
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# Nutrition Coaching for Fitness Professionals

Melissa Layne, MEd.



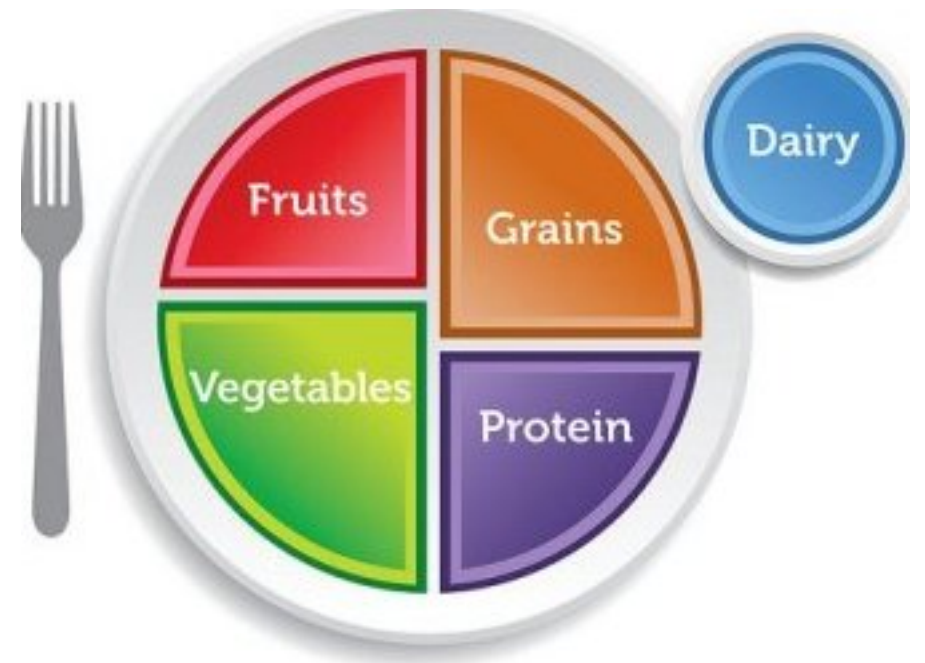
# Scope of Practice

- The state of Georgia has no licensing for any nutrition professional except for a RD.
- Anyone can call themselves a nutritional professional or nutritionist.
- Personal trainers can guide clients through nutritional changes using readily available public documents.



# What Can You Use?

- Food pyramids
- Glycemic index
- Glycemic load
- Apps (Lose It, Fit Bit, Fooducate, etc.)



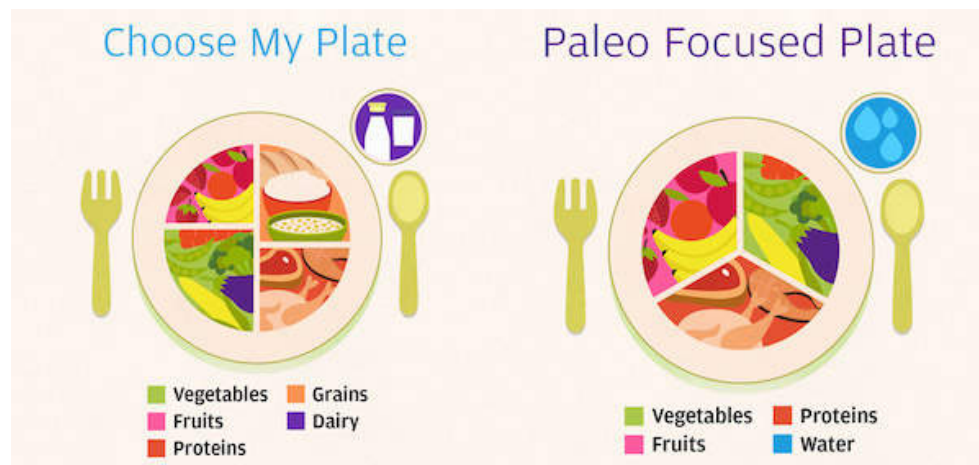
# What Can't You Do?

- Prescribe supplements
- Meal planning
  - If your club has a purchased computerized nutritional program, yes.
  - If you create a meal plan for your clients, legally you will be in the wrong.
    - Due to disease states and possible health consequences



# What Are Clients Looking for?

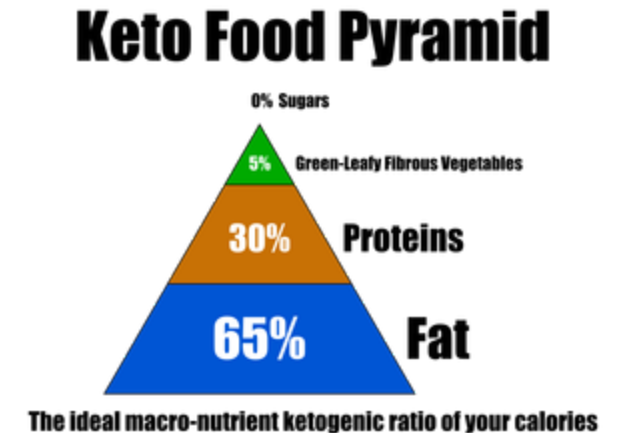
- Basic TRUE health information about nutrition
  - Decrease inflammation, risk of disease, increase longevity
- Something they can adhere to for an extended period of time
- Easy prep and grocery shopping
- Reaching a goal





# Stop the Fad Diets

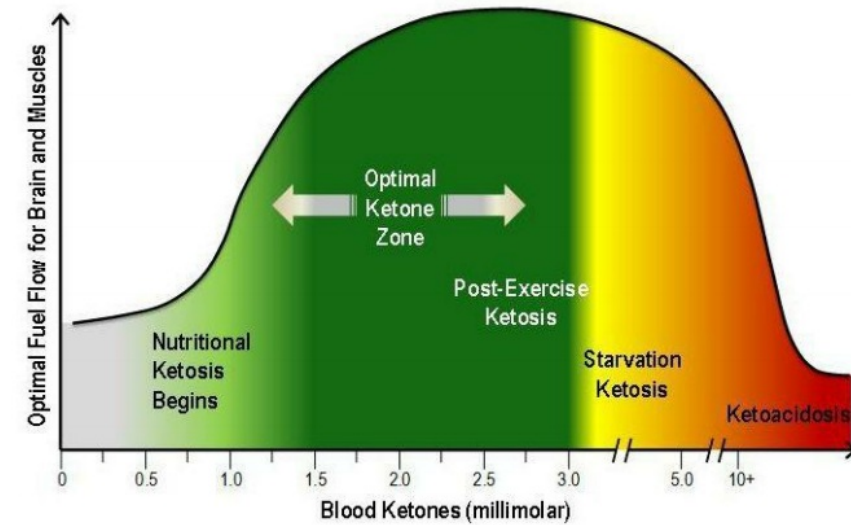
- Diets that omit a food group are next to impossible to maintain.
- Any diet that omits a food group drops pounds, not always healthy.
- Diets that create a very low caloric intake
  - Carbohydrates (unprocessed)
    - Full of vitamins and minerals
    - Simple
    - Complex
  - Protein
    - Animal (complete)
    - Plant (incomplete)
  - Fat
    - Saturated
    - Unsaturated
    - trans



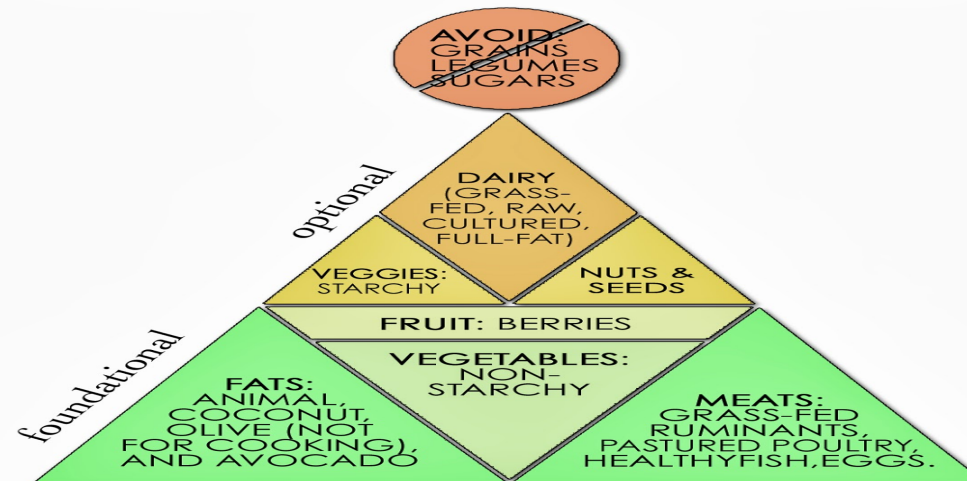


# Popular Fad Diets

- Ketosis
  - 1200 calories, 75-80% fat, 15% protein, 5% carbs
- Paleo
  - High protein, lots of greens, no processed foods
- SOS
  - No salt, no sugar, no oil

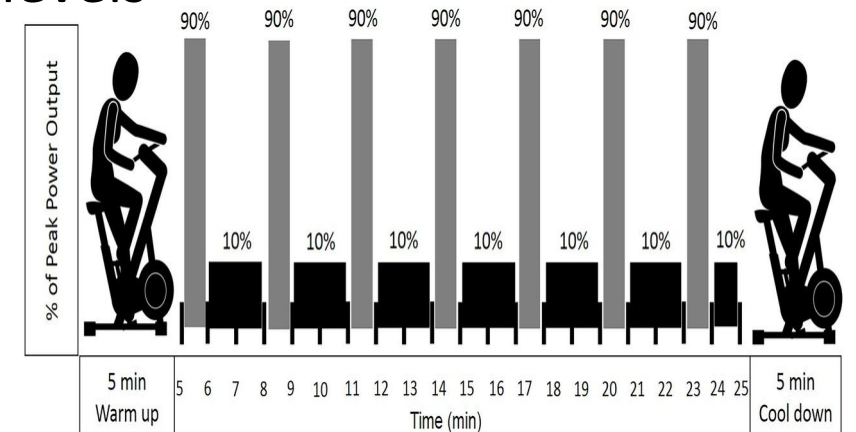


## paleo food pyramid



# Popular Diet Strategies

- Carb cycling
  - Keeping carbs low <20% on endurance or active rest days
  - Keeping carbs high on HIIT days
- Intermittent fasting
  - Men fasting for a minimum of 16 hours; women 14
- DASH
  - Most popular plan in the US, decreases sodium levels



# Support with Peer Reviewed Research

- Use research with peer reviewed articles
  - ACE
  - ACSM
  - Nutrition Action
  - Fooducate
  - Nutrition.gov
  - Eatright.org



**"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"**



# One Plan Does Not Fit All

- Make sure you know the goals of a client
  - “getting fit” means many things
  - “being healthy” may not mean losing weight
    - Decreasing inflammation, reversing a disease state
- Keep food logs
  - Periodically to keep client responsible for choices
  - Encourage being truthful – adopt a nonjudgmental attitude
- Experiment with different percentages of macros
  - Create an open dialogue during the workout about how client feels

Daily Food Journal

Time	Food	Category	Notes	
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Water	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			

In the Category column, mark each meal as Nourishment (N), Fun (F), Mindless (M) or Binge (B). [chocolatekitchen.com](http://chocolatekitchen.com)

# Psychology of Nutritional Issues

- Mental health
  - Why are clients eating?
  - Are they hungry? Angry? Sad? Bored?
- Enablers
  - Does an overweight spouse or partner buy the groceries?
  - Are mothers finishing the children's food?



# Recent Research on the Nutrition of the Aging

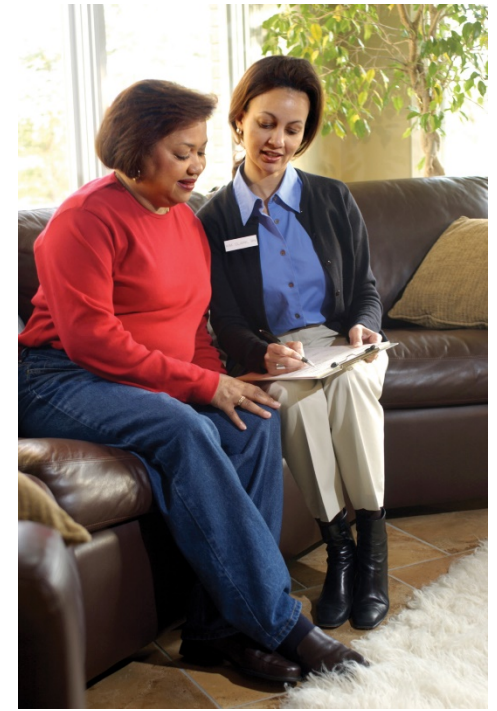
- Most disposable income
- Used for health improvements to increase longevity
  - Portion sizes
  - Macronutrient percentages
  - Vitamin and mineral requirements





# Special Considerations

- For the chronically ill adult, seek a RD referral.
  - Osteoporosis
  - Arthritis
  - Cancer
  - Diabetes
  - Hypertension
  - Heart disease





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