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# NUTRITION PART 1

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*\* Newsletter Disclaimer : There is no "One Size Fits ALL" when it comes to nutrition. We will mention recommendations from CrossFit HQ & some Sports' Nutritionists . In case of medical nutritional advice , always refer to a healthcare professional . - Team WW*

The beauty of CrossFit (CF) is that it's one of the few if not the only fitness methodology that takes into consideration all three pillars for better performance/movement/wellbeing which are : Training , Nutrition & Recovery.

In this newsletter (the 1st part of a series to come) , we will make an introduction about nutrition for the individual who wants to lead a healthier lifestyle. If you happen to be a CrossFitter or even train for any sport , trust that Nutrition is key to improve the way you perform and recover.

Last note before we start , take a look at the famous "sickness to Fitness" continuum found on our website which just launched by the way :) <http://crossfitwisewolf.com/>

## “ The Golden Rule “

Eat Lean Meats. Vegetables, primarily leafy greens. Some Fruit. Little Starch. No Refined Sugars.

CF recommends the following: **Protein** should be lean and varied and account for about 30% of your total caloric load. **Carbohydrates** should have predominantly a low glycemic Index<sup>1</sup> and account for about 40% of your total daily calories. **Fat** should be predominantly monounsaturated<sup>2</sup> and account for about 30% of your total caloric load. Calories should be set at between .7 and 1.0 grams of protein per pound of lean body mass depending on your activity level. The .7 figure is for moderate daily workout loads and the 1.0 figure is for the hardcore athlete (training twice a day or 2+ hours of heavy workouts).

**Small changes  
such as avoiding  
sugar & food  
with labels can  
have a huge  
impact !**

- THE NUTRITIONIST WISE WOLF

nb: **Glycemic Index** def. is a measurement carried out on carbohydrate-containing foods and their impact on our blood sugar. GI is a relatively new way of analyzing foods.

## Your Food is your fuel

Crossfit has raised the importance of eating the right foods as mentioned above, to maintain high levels of performance while getting rid of unwanted body fat levels.

<sup>1</sup> Appendix A : CF list of a foods according to their GI.

<sup>2</sup> [https://www.cdc.gov/diabetes/prevention/pdf/postcurriculum\\_session2.pdf](https://www.cdc.gov/diabetes/prevention/pdf/postcurriculum_session2.pdf)



- *What Should we eat ?*

In plain terms, base your diet on garden vegetables, especially greens, lean meats, nuts and seeds, little starch, and no sugar. That's about as simple as we can get. Want to make your life easier ? "Avoid anything with a label on it". Natural food is perishable! when you find a label on it , it's most probably industrially modified and filled with unhealthy additives.

- *What should we avoid ?*

High glycemic carbohydrates have filled our diet in the middle east and they are one of the main reason behind many health problems and chronic diseases. High glycemic Index (GI) carbohydrates are those that raise blood sugar too rapidly and when Glucose is high in the blood , Insulin raises promoting more fat storage and an internal inflammatory process in the body. High insulin levels are often associated with central obesity, cholesterol abnormalities, and/or high blood pressure (hypertension). When these disease processes occur together, it is called the metabolic syndrome. *\*read more in the 2nd reference at the end\**

Examples are white rice (brown rice has a relatively lower GI) , bread, candy, potato (sweet potatoes boiled would be your best option) *\*check reference 6\** , sweets, sodas, and most processed carbohydrates. Processing can include bleaching, baking, grinding, and refining. Processing of carbohydrates greatly increases their glycemic index, a measure of their propensity to elevate blood sugar.

As mentioned in the title , this is just part 1. Please take a good read of the content and let us know if anything was not clear, your coaches at Wise Wolf are here to help you reach your potential.

**Takeaway messages**

**(or small habit changes for phase 1)**

- When shopping next time , stay away from: Sugar (and everything that contains it) , processed foods, foods with long expiry dates labels.
- Focus on boiling your vegetables , grilling your lean meats and having the good fats we talked about above.
- Water : Drink two cups first thing when you wake up, and bring your big water bottle to training ;)



- *If you missed our first two newsletters , Click the link where you can download both : <http://crossfitwisewolf.com/blog/>*
- *Don't forget to plz. like our [Facebook](#), [Twitter](#), [Instagram](#) & give us a rating with thumbs up .*

*References (If you need any detailed source, please contact coach B) :*

1. <http://journal.crossfit.com/2010/05/crossfit-level-1-training-guide.tpl>
2. [http://www.medicinenet.com/insulin\\_resistance/page2.htm](http://www.medicinenet.com/insulin_resistance/page2.htm)
3. [https://www.cdc.gov/diabetes/prevention/pdf/postcurriculum\\_session2.pdf](https://www.cdc.gov/diabetes/prevention/pdf/postcurriculum_session2.pdf)
4. [whfoods.com](http://www.whfoods.com)
5. [www.livestrong.com](http://www.livestrong.com)
6. <http://www.precisionnutrition.com/regular-vs-sweet-potatoes>
7. [www.theboxbusiness.com](http://www.theboxbusiness.com)

Glycemic Index, continued

CrossFit Shopping List			
"Good Foods"—Low-Glycemic		"Bad Foods"—High-Glycemic	
Almonds	Olives	Acorn Squash	Ketchup
Apple	Onion	Bagel	Lima Beans
Asparagus	Orange	Baked Beans	Mango
Avocado	Peach	Banana	Maple Syrup
Beef	Peanut Butter	BBQ Sauce	Melba Toast
Black Beans	Peanuts	Beets	Molasses
Blueberries	Pear	Biscuit	Muffin
Broccoli	Pineapple	Black Eyed Peas	Noodles
Brussel Sprouts	Plain Yogurt	Bread	Pancakes
Canned Chicken	Plum	Bread Crumbs	Papaya
Canned Tuna	Pork	Bulgar	Parsnips
Cantaloupe	Protein Powder	Butternut Squash	Peas
Carrots	Salmon	Cereal	Pinto Beans
Cheese	Salsa	Chocolate	Popcorn
Chick Peas	Sauerkraut	Cocktail Sauce	Potato
Chicken	Shrimp	Cooked Carrots	Potato Chips
Cottage Cheese	Soy Beans	Corn	Pretzels
Cucumber	Soy Burgers	Corn Chips	Prunes
Deli Meat	Soy Milk	Cornstarch	Raisins
Dill Pickles	Soy Sausage	Cranberries	Refried Beans
Egg Substitute	Spinach	Croissant	Rice
Eggplant	Spirulina	Crouton	Rolls
Eggs	Strawberry	Dates	Saltine Crackers
Grape	Swordfish	Doughnut	Steak Sauce
Ground Turkey	Tahini	English Muffin	Sugar
Ham	Tempeh	Figs	Sweet Potato
Hot Dogs	Tofu	French Fries	Sweet Relish
Kidney Beans	Tomato	Fruit Juice	Taco Shell
Lamb	Tomato Sauce	Granola	Teriyaki Sauce
Lettuce	Tuna Steak	Grits	Tortillas
Macadamia Nuts	Turkey	Guava	Turnip
Mayonnaise	Turkey Sausage	Honey	Udon Noodles
Milk	Water	Hubbard Squash	Vegetable Juice
Mushroom	Zucchini	Ice Cream	Waffle
Oatmeal		Instant Oatmeal	
Oil		Jelly	