

General Nutrition Guide Map

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There is not a one-size-fits all approach to getting swimsuit ready. One contestant may need to increase her calories while another may need to decrease to achieve a lean look. However, if you're following this advice and still not getting results you may need to seek out a personalized professional consultation or change your fitness routine to see results.

Eliminating Food Groups / Fad Diets - Unless a contestant has a medical condition that requires them to eliminate a food group, it is not necessary to cut out dairy, gluten, or any other food component. Diets will come and go, and there will always be the latest fad (paleo, gluten-free, etc.), but don't fall into the trap of believing everything you read online, hear from a friend, see on Dr. Oz, etc. The internet is full of advice from individuals who have absolutely no education or credentials in the area of nutrition. Always consider the source, and consult a professional if you aren't sure how to proceed. Oftentimes, the risk of diets far outweighs any benefit.

Food Variety - A good rule of thumb is to eat a variety of foods overall and a variety of food groups at each meal. Eating often throughout the day (3 small meals + 2-3 snacks) is ideal for achieving a lean look. Here is an example of what a day MIGHT look like in terms of food groups.

- Breakfast: protein + carbohydrate (grain or fruit) + healthy fat
- Snack: protein + carbohydrate (grain or fruit)
- Lunch: protein + vegetable + carbohydrate (grain and/or fruit)
- Snack: protein + carbohydrate (grain or fruit)
- Dinner: protein + veg or fruit + healthy fat
- Snack: fruit or veg

Carbs - Cutting out carbohydrates is not necessary. In fact, doing so can be dangerous. Your body needs carbohydrates for energy. Cutting back on refined carbohydrates (pasta, white breads, white crackers, pretzels, etc.) is helpful. Choose whole grains more often (oatmeal, brown rice, whole wheat pasta, popcorn, whole grain crackers, etc.).

Fueling Up - Fueling up before and after workouts is important. In general, a carbohydrate source such as fruit would be fine to consume 1 hour before exercising, and a combination of protein and carbohydrate is ideal within 30 minutes to 1 hour after.

Importance of Water - Drink lots of water. Keep a water bottle with you all day long.

Watch that Sweet Tooth - Limit sweets, candy, cookies, etc. If you have a sweet tooth, allow yourself something small a few days per week.