

Using your nutrition library

If you have taken my previous recommendations on starting your dietary reference library you now have a nutrition almanac, a pocket calorie counter, and a glycemic index (GI) guide.

Here are some recommendations on using these references.

Your nutrition almanac is your in depth source for the nutrient content of foods. The table of food composition gives you helpful information about balancing your intake of the three macro-nutrients, protein, carbohydrate, and fat, plus information about vitamins, minerals, and even fiber present in various foods. You can use this information to make better choices about what you put into your body, you may be surprised at how the information in your nutrition almanac can help you enjoy your diet while reducing calories, fat and sodium. Don't forget the details when gleaning your nutritional information. Small items in your daily intake can add up in the long term, as an example, limiting the use of a few condiments can reduce caloric intake by 100 calories a day a small adjustment that can produce a fat loss of up to ten pounds a year!

The pocket calorie counter is your mobile reference so take it with you whenever you can. A calorie counter that includes caloric values of restaurant foods should help you maintain your discipline when you find out how many calories those appetizers and desserts contain. You may also find yourself splitting more meals when dining out reducing your caloric intake and dining expense. Don't forget the beverage section of the calorie counter, you may find your favorite beverages contain more calories than you think.

A glycemic index guide may be included in your nutrition almanac but a pocket version will be more complete and portable. Carbohydrates get bashed frequently the key is to know good carbs from less desirable carbs. Use your glycemic index (GI) guide to separate good carbohydrates (GI rating of below 55) from less desirable carbohydrates (GI rating above 70). Making good carbohydrate decisions will help to keep your blood sugar level more constant and usually promote an increase in your consumption of raw and whole foods.

Remember: Knowledge plus application equals success.

Coming soon: “how your body type should influence your diet and training”

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