FASTFIT

The FASTFIT Grocery List and Nutrition Cheat Sheet

- *Consume protein, produce, and water immediately upon waking and then every 2-4 hours*
- *Be sure to add "Fats" when selecting low-fat protein sources*
- *Low Carb Options can be consumed anytime, High Carb Options should be reserved for before noon and/or post-workout and limited to 1-2 servings per day*

Proteins	Carbs	Fats	Miscellaneous
Serving Size- 1 Fist **Optimal** *Meat, Poultry, and Fish* Grass-Fed Beef, Free-Range Chicken, Turkey, Pork, Whole Omega-3 Eggs, Wild Salmon, Sardines, Trout, Mackerel, Lamb, Any Fish, Any Wild Game, Any Seafood **Effective** *Dairy* Full-Fat Plain Greek Yogurt, Full-Fat Organic Cottage Cheese, Full-Fat Organic Cheese, Stevia-Sweetened Protein Powder **Vegan Protein** *(High Carb)* Beans, Legumes, Edamame, Tempeh, Seitan, Raw, No Sugar Added Nuts and Nut Butters, Whole Grains **Limit/Avoid** Corn Fed Beef, Tilapia (high in omega-6), Swordfish and Albacore Tuna (high in mercury), Soy Products	**Serving Size- 1 Fist** **Veggies** *Low Carb Veggies* Artichokes, Broccoli, Green Beans, Asparagus, Tomatoes, Spinach, Romaine Lettuce, Kale, Peppers, Onions, Bok Choy, Celery, Cucumber, Summer Squash, Mushrooms, Brussels Sprouts, Cauliflower, Collards *High Carb Veggies* Beets, Carrots, Corn, Jiacama, Parnsips, Potatoes, Sweet Potato, Pumpkin, Turnips, Winter Squash, Peas **Fruits** *Low Carb Fruits* Apricots, Mixed Berries, Cherries, Grapefruit, Guava, Kiwi, Nectarines, Peaches, Plums, Tangerines *High Carb Fruits* Apples, Bananas, Melon, Figs, Grapes, Mango, Oranges, Papaya, Pears, Pineapple, Raisins, Watermelon, Pineapple **Beans and Legumes** **Whole Grain Starches** Sprouted Grain Bread/Pasta (no flour), 100% Whole Grain Bread/Pasta/Cereal, Rye, Pumpernickel, Brown Rice, Old-Fashioned or Steel Cut Oatmeal, Quinoa, Kamut, Bulgur, Barley	**Serving Sizes** Handful of Nuts and Cheese, 1-2 TBSP. Nut Butters, 0.5 to 1 TBSP. Oils, 3-6 Whole Omega-3 Eggs *Low Carb Fats* Extra Virgin Olive Oil, Extra Virgin Coconut Oil, Organic Canola Oil*, Natural Animal Protein Fats, Grass-Fed Beef*, Whole Omega-3 Eggs*, Wild Salmon*, Trout*, Mackerel*, Flax Meal*, Fish Oil/EFA/Omega-3 Supplement* *Higher Carb Fats* Raw, No Sugar Added Nuts and Nut Butters, Walnuts*, Pumpkin Seeds*, Hemp Seeds* Avocado, Natural Dairy Protein Fats ** High in Omega-3's- choose often!* **Limit/Avoid** Trans Fats, Vegetable Oil and Tilapia (high in omega-6)	- No Sugar Added Tomato Sauce - No Sugar Added Salsa - No Sugar Added Vinegars for Dressings- Apple Cider, Balsamic, Red Wine - Any spices - Coffee - Tea - Stevia (plant-based sweetener) - Raw Cane Sugar (1 teaspoon) - Unsweetened Almond Milk- Vanilla or Chocolate - Limit Sweeteners like Aspartame, Splenda, etc. - Whole Foods Based Multi-Vitamin for Your Gender

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Carb Cycling to Burn Stubborn Fat and Boost Metabolism

Option A- Daily Carb Cycling

- Great for balanced, flexible eating personalities who prefer to eat higher carb foods in moderation with greater frequency and do not care for reward meals

- Allows for less total flexibility on the weekends and in social settings due to higher weekday carb intake

Sample 3-Day Carb Cycling Plan

Day1- Low Carb: Low Carb Veggies and Fats
Day2- Medium Carb: Low Carb Veggies and Fruits and All Fats
Day3- High Carb: All Veggies, Fruits, Fats, Beans/Legumes, and Whole Grains
Day4- Repeat Days 1-3

Option B- Low Carb Weekdays, High Carb Weekends

- Great for rigid eating personalities with trigger foods that thrive on structure during the week and enjoy higher carb intakes on the weekend

- Only carbs consumed during the week are low carb veggies, fruits and fats, with best results coming from limiting/eliminating fruits entirely

- Limit all higher carb options and dairy for the weekends

Sample Low Carb Weekdays, High Carb Weekends Plan

Sunday- Low Carb: Low Carb Veggies and Fats
Monday- Low Carb: Low Carb Veggies and Fats
Tuesday- Low Carb: Low Carb Veggies and Fats
Wednesday- Low Carb: Low Carb Veggies and Fats
Thursday- Low Carb: Low Carb Veggies and Fats
Friday- High Carb: All Veggies, Fruits, Fats Beans/Legumes, and Whole Grains
Saturday- High Carb: All Veggies, Fruits, Fats Beans/Legumes, and Whole Grains

Option C- 1-2 Reward Meals per Week

- Great for rigid eating personalities with trigger foods that thrive on structure and whose lifestyle's require more social carb indulgences

- Reserve higher carb options and flexibility to 1-2 pre-planned reward meals of a 2-4 hour length per week

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- Eat low to medium carb at all other times to make room for higher carb reward meals

ALCOHOL- *Limit alcohol consumption to moderate use on higher carb days in all 3 of the above options!*

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Finding Healthier Food

You can lower your pesticide consumption by nearly four-fifths by avoiding the 12 most contaminated fruits and vegetables and instead eating the least contaminated produce, according to EWG calculations. When you eat the 12 most contaminated fruits and vegetables, you'll be exposed to an average of 10 pesticides a day. When you choose fresh produce from the 15 least contaminated fruits and vegetables, you'll consume fewer than 2 pesticides per day.

The Dirty Dozen™

Of the 12 most contaminated foods, 7 are fruits: peaches, strawberries, apples, domestic blueberries, nectarines, cherries and imported grapes. Notable findings:

- More than 96 percent of peaches tested positive for pesticides, followed by nectarines (95.1 percent) and apples (93.6 percent).
- Nearly 86 percent of peaches contained 2 or more pesticide residues , followed by apples (82.3 percent) and nectarines (80.6 percent).
- Strawberries and domestic blueberries each had 13 pesticides detected on a single sample. Peaches and apples were second, with 9 pesticides on one sample.
- Peaches had been treated with more pesticides than any other produce, registering combinations of up to 67 different chemicals. Strawberries were next, with 53 pesticides and apples with 47.

Celery, sweet bell peppers, spinach, kale, collard greens and potatoes are the vegetables most likely to retain pesticide contamination:

- Some 95 percent all celery samples tested positive for pesticides, followed by imported cucumbers (84.5 percent) and potatoes (84.2 percent).
- Nearly 85 percent of celery samples contained multiple pesticides, followed by sweet bell peppers (61.5 percent) and collard greens (53.2 percent).
- A single celery was contaminated with 13 different chemicals, followed by kale (10), and collard greens, domestic green beans, spinach and lettuce (9).
- Celery had been treated with as many as 67 pesticides, followed by sweet bell peppers (63) and kale (57).

The Clean Fifteen™

The vegetables least likely to test positive for pesticides are onions, sweet corn, sweet peas, asparagus, cabbage, eggplant and sweet potatoes.

- Asparagus, sweet corn, and onions had no detectable pesticide residues on 90 percent or more of samples.
- More than four-fifths of cabbage samples (82.1 percent) had no detectible pesticides, followed by sweet peas (77.1 percent) and eggplant (75.4 percent).
- Multiple pesticide residues are extremely rare on vegetables low in overall contamination. No samples of onions and corn showed more than one pesticide. Sweet potatoes showed multiple pesticides in 9.3 percent of samples.
- The most contaminated single sample among the low-pesticide vegetables showed 4 different chemicals.

The fruits least likely to test positive for pesticide residues are avocados, pineapples, mangoes, kiwi, domestic cantaloupe, watermelon, grapefruit and honeydew.

- Fewer than 10 percent of pineapple, mango, and avocado samples showed detectable, and fewer than one percent of samples had more than one pesticide residue.
- Nearly 60 percent of honeydew melons had detectable pesticides but only 14.2 percent of samples contained more than one residue. Grapefruit had residues on 54.5 percent of samples, and 17.5 percent showed multiple pesticide residues.

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COUNTERTHINK

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BEWARE of Product Placement!!

To encourage impulse sales:

- Many new and expensive items are placed at **eye-level** of consumer (adult vs. kid)

- Sugary cereals placed lower so kids can see them

- Cheaper “in house” brands of same quality found lower on shelve (most people won’t look at a product that is 16 in. or less off the floor)

- **Soups** are not arranged in alphabetical order (scanning different types increasing buying power)

- **“Boutiquing”:** bread near jam, meat near sauce

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How to Read a Nutrition Facts Label

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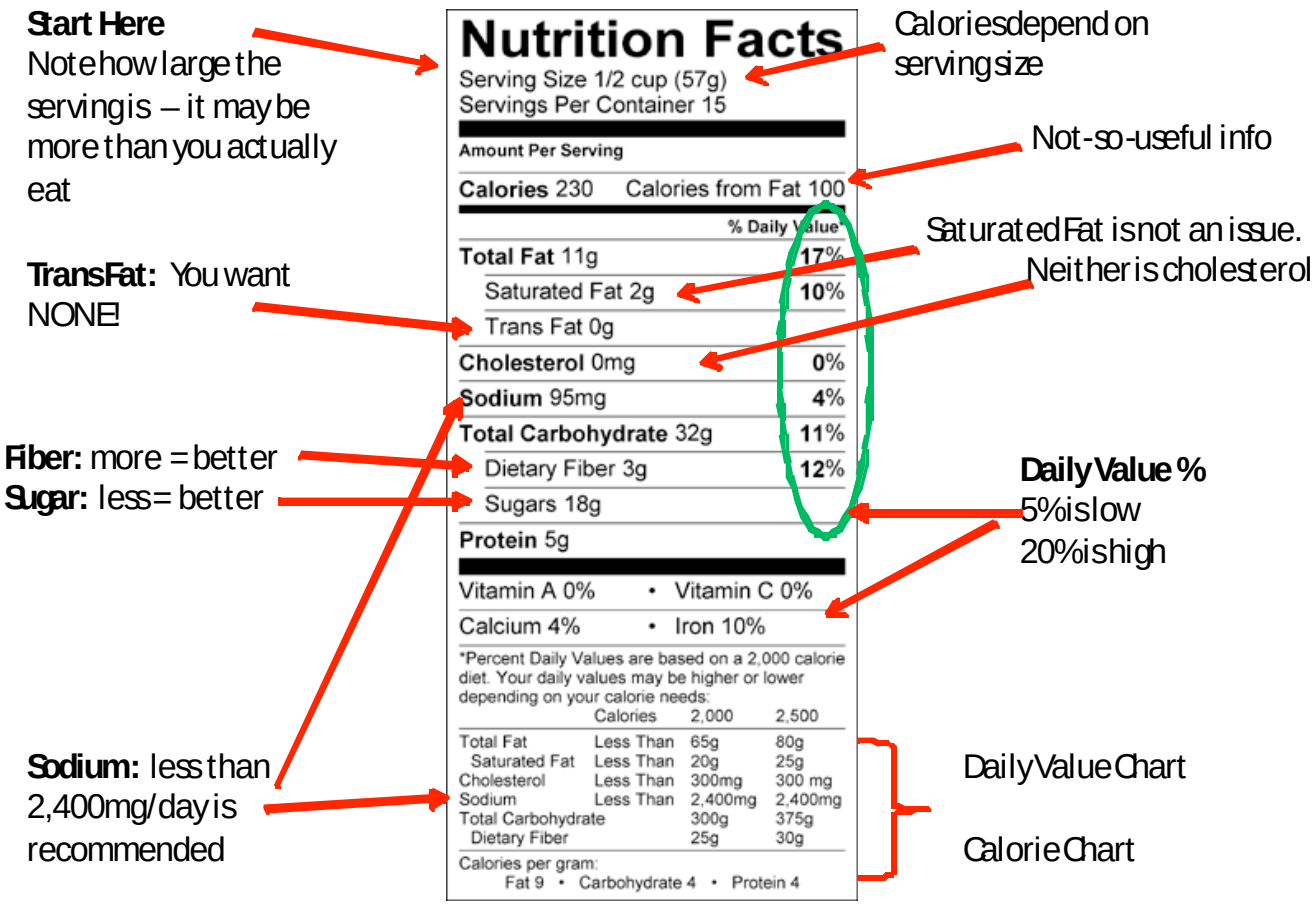

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Nutrient Content Claims

FDA has established definitions for content descriptors and health claims

Free: product must have <0.5 g fat or sugar per serving

Low: food contains no more than 3 g fat per svg

High: food contains 20% or more of the Daily Value

Good Source: food contains 10-19% of the Daily Value

Reduced: food contains 25% or less of a nutrient or energy than the regular product

Light: product contains 1/3 less calories or 50% less fat

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Alternative Names for Sugar/Synonyms

If you encounter one of the names below in a product ingredient list – it's sugar in one form or other and will contribute 4 calories per gram consumed (exceptions noted in parentheses). Artificial sweeteners contain no calories but are at times controversial due to other health risks they may or may not pose.

Aspartame – marketed as Nutrasweet (artificial, 0 calories)
Acesulfame potassium (acesulfame-K)
Barley Malt Extract
Brown Rice Syrup
Brown sugar
Corn sweetener
Corn syrup, or corn syrup solids
Crystalline Fructose
Dehydrated Cane Juice
Dextrin
Dextrose
Evaporated Cane Juice
Fructose
Fruit juice concentrate
Glucose
High-fructose corn syrup
Honey
Invert sugar (golden syrup)
Lactose
Maltodextrin
Malt syrup
Maltose
Mannitol (2.6 calories)
Maple syrup
Molasses
Neotame (artificial, 0 calories)
Raw sugar
Rice Syrup
Saccharin (artificial, 0 calories)
Saccharose
Sucralose – marketed as Splenda (artificial, 0 calories)
Sucrose
Sugar
Sorbitol (2.6 calories)
Sorghum syrup
Syrup
Treacle
Turbinado Sugar
Xylose

Conclusion: … there is no significant evidence for

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concluding that dietary saturated fat is associated with an increased risk of CHD or CVD.
Am J Clin Nutr, Dec 2009

Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease[1–5]

Patty W Siri-Tarino, Qi Sun, Frank B Hu, and Ronald M Krauss

ABSTRACT

Background: A reduction in dietary saturated fat has generally been thought to improve cardiovascular health.

Objective: The objective of this meta-analysis was to summarize the evidence related to the association of dietary saturated fat with risk of coronary heart disease (CHD), stroke, and cardiovascular disease (CVD; CHD inclusive of stroke) in prospective epidemiologic studies.

Design: Twenty-one studies identified by searching MEDLINE and EMBASE databases and secondary referencing qualified for inclusion in this study. A random-effects model was used to derive composite relative risk estimates for CHD, stroke, and CVD.

Results: During 5–23 y of follow-up of 347,747 subjects, 11,006 developed CHD or stroke. Intake of saturated fat was not associated with an increased risk of CHD, stroke, or CVD. The pooled relative risk estimates that compared extreme quantiles of saturated fat intake were 1.07 (95% CI: 0.96, 1.19; $P = 0.22$) for CHD, 0.81 (95% CI: 0.62, 1.05; $P = 0.11$) for stroke, and 1.00 (95% CI: 0.89, 1.11; $P = 0.95$) for CVD. Consideration of age, sex, and study quality did not change the results.

Conclusions: A meta-analysis of prospective epidemiologic studies showed that there is no significant evidence for concluding that dietary saturated fat is associated with an increased risk of CHD or CVD. More data are needed to elucidate whether CVD risks are likely to be influenced by the specific nutrients used to replace saturated fat. *Am J Clin Nutr* doi: 10.3945/ajcn.2009.27725.

fat to saturated fat (P:S), a hypothesis supported by a recent pooling analysis conducted by Jakobsen et al (24).

The goal of this study was to conduct a meta-analysis of well-designed prospective epidemiologic studies to estimate the risk of CHD and stroke and a composite risk score for both CHD and stroke, or total cardiovascular disease (CVD), that was associated with increased dietary intakes of saturated fat. Large prospective cohort studies can provide statistical power to adjust for covariates, thereby enabling the evaluation of the effects of a specific nutrient on disease risk. However, such studies have caveats, including a reliance on nutritional assessment methods whose validity and reliability may vary (25), the assumption that diets remain similar over the long term (26) and variable adjustment for covariates by different investigators. Nonetheless, a summary evaluation of the epidemiologic evidence to date provides important information as to the basis for relating dietary saturated fat to CVD risk.

SUBJECTS AND METHODS

Study selection

Two investigators (QS and PS-T) independently conducted a systematic literature search of the MEDLINE (http://www.ncbi.nlm.nih.gov/pubmed/) and EMBASE (http://www.embase.com) databases through 17 September 2009 by using the following

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Conclusion: … no association was seen between egg consumption at levels of 1+ eggs per day and the risk of coronary heart disease in non-diabetic men and women."

Egg Consumption and Coronary Heart Disease: An Epidemiologic Overview

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Key words: dietary cholesterol, eggs, coronary heart disease, epidemiology, review

Serum cholesterol has been established as a modifiable risk factor for coronary heart disease. Experimental feeding studies show that saturated fat and cholesterol increase serum cholesterol levels; thus, dietary recommendations for lowering the risk of heart disease proscribe the intake of both substances. Recommendations have also included limits on the intake of eggs because of their high cholesterol content. In free-living populations, diet reflects a pattern of associated choices. Increases in one food may lead to changes in the consumption of other foods that may modulate disease risk. Epidemiologic data are helpful in assessing the importance of foods and nutrients in the context in which they are actually consumed. We review epidemiologic data relating dietary cholesterol and eggs to coronary disease risk. Cholesterol intake was associated with a modest increase in the risk of coronary events. The true magnitude of the association is difficult to estimate because most studies fail to account for potential confounding by other features of the diet. When a full-range of confounding factors was considered, the association between cholesterol intake and heart disease risk was small (6% increase in risk for 200mg/1,000kcal/day difference in cholesterol intake). Several studies have examined egg intake and its relationship with coronary outcomes. All but one failed to consider the role of other potentially confounding dietary factors. When dietary confounders were considered, no association was seen between egg consumption at levels up to 1+ egg per day and the risk of coronary heart disease in non-diabetic men and women.

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