

DC JAMES PLAYBOOKS

FITNESS, NUTRITION AND WELLNESS



NUTRITION

THE DIFFERENCE BETWEEN DIET AND ACTUAL NUTRITION

WEEK 1

Nutrition planning accounts for 85-90% of the results of any fitness program. Therefore, when you start any meal plan, it's critical you understand what is actually being provided. Should it be viewed as simply a temporary diet, focused on the premise of 'restriction' to help you reach a short-term goal, or is it a way to better understand actual, true nutrition that can help you make better choices for the rest of your life?

The answer, of course, is the latter.

The origin of the word 'diet' is as a noun that is purely a description of the food one eats. Out of 11 definitions of the word in a dictionary, the first six are nouns, four are verbs, and one as an adjective. The verb and adjective definitions are from more modern uses of the word, to 'diet' or 'dieting'. As a noun, the original word is purely a description of the food that you eat, and among nutrition professionals, it's the most typical use of the word. However, a more modern use of the word 'diet' includes 'a selection or limitation in what someone eats.'

In our society, the word 'diet' in common public usage often means restriction. When thinking about actual nutrition, you need to know it doesn't necessarily mean restricting what you eat. This is about creating a food plan to help support your physical goals, which may include health, strength, independence, physical and mental performance, or weight management. The Evolution Nutrition (EN) meal plan component of this challenge provides the cornerstone for helping you understand what actual nutrition is, versus just a diet.

REAL, EFFECTIVE NUTRITION FOCUSES ON FIVE ESSENTIAL COMPONENTS:

1. Balance

You're getting the right amount of the right things and limiting the things that can have a negative effect on your health.

2. Calorie Control

This isn't about just reducing calories, it's about making sure you have the right amount of calories throughout the day to keep your system working effectively.

3. Moderation

This ensures you don't take in excess amounts of things that can have a negative impact on your health.

4. Variety

This helps to ensure proper nutrition but also helps eliminate the monotony of a diet. Variety is the spice of life!

5. Adequacy

This makes sure you're getting all of the essential nutrients you need to maintain health and replace what is lost on a daily or weekly basis.

All of the meal plans you will see were built on the foundation of these very principles. More importantly, they are the only things you should be focused on from Day 1, and throughout your journey towards better health.

DC JAMES IS A TRANSFORMATIONAL STRATEGIST WHO SPECIALIZES IN PERSONAL, GROUP, AND ONLINE FITNESS WORKOUTS ALONG WITH NUTRITIONAL PLANNING BASED OUT OF VIRGINIA BEACH, VA.

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