

RPE Fitness

# Nutrition

# For Fat

# Loss



## **Table of Contents**

| Section  | Page |
|--|------|
| Food Selection .....                                   | 3    |
| Calculating Your Calorie Needs .....                   | 6    |
| Calorie Recommendations for Obese Individuals.....     | 7    |
| Carbohydrates .....                                    | 8    |
| Protein .....  | 11   |
| Protein Recommendations for Women & Obese Persons..... | 12   |
| Fat .....  | 14   |
| 12 Rules for Fat Loss .....                            | 18   |
| + Bonus Supplement Report.....                         | 19   |

### **Disclaimer**

The diet and exercise advice given within these pages is for information purposes only and in no way supersedes any prior advice given by a medical practitioner, registered dietician, physical therapist or nutritionist etc  
Should you follow the advice herein you are choosing to do so of your own free will, without coercion and in the full knowledge that the dietary and exercise recommendations have not been personally designed for you and that should you suffer from a medical condition of any kind or suspect that the dietary or exercise regimen may cause you a medical problem of any kind whatsoever that you should speak to a qualified medical practitioner or qualified trainer for advice.  
Further, if you choose to follow the dietary or exercise recommendations and feel that it is affecting you adversely or that you are feeling negative side effects in any way then you should cease it immediately and consult your doctor.

## Nutrition for Fat Loss

Fat loss was thought to be a really a simple equation---what goes in must be less than what comes out, meaning you must use more energy (Calories) than you eat and drink, so move more and eat less. To some extent this true, but there are a lot of other factors that come into play.

It's not just the quantity of Calories you eat, but also the **quality** that makes a huge difference. Sure, you can lose weight by eating fat free pastries, as long as you don't eat too many; however, you can also kiss your muscles goodbye if that is your choice.

Instead, it's crucial to look at the overall quality of everything you consume—food and beverages.

With that said, let's take a look at some specific guidelines and recommendations that, when coupled with a sound exercise regimen, such as an RPE Fitness program, can cause you to lose fat, while preserving as much muscle as possible.

### Food Selection

Some people like to count calories, others like to write everything down they eat, while some just prefer to eyeball it and hope for the best. Out of those three examples, writing everything down would be the best suggestion; if you want to stay on track and continue to lose fat fast while being healthy, you need to know what you're putting in your mouth. And this means tracking your intake.

I don't mean you have to record every last detail about all nutrients you put in your body, unless you want to; however, monitoring your intake by keeping track of the servings of foods and beverages you're consuming is the best way to keep you on track to fat loss success.

Keep in mind, also, that it's not just solid foods that count towards your total intake; any beverages should also be included, as they can provide a significant amount of calories. And this includes alcohol, which is often "forgotten" about in the whole fat loss equation---these too can add a significant amount of calories, even if just having a few drinks during the weekend.

Now, as mentioned above, it's not just the total Calories that matter, but also where these calories are coming from. First, remember that carbohydrates are not the enemy; they can and should play a role in an overall healthy diet, whether you're trying to lose fat, gain muscle, or even just for general health.

## Food Selection

Specific carbohydrate needs vary from person to person; an endurance athlete, for example, would need more starched based carbohydrates to fuel their performance, while someone who is doing an RPE Fitness weights program 3 times per week would not need as much.

Of course we know that protein is also crucial; it's imperative for helping preserve as much muscle as possible during a fat loss program, assist with recovery from training, and provide essential nutrients for basic health and performance.

Finally, let's look at fat for a bit. Like carbohydrates, fat has been put on a roller coaster over the last few decades. It was demonized in the early 90's and embraced over the last few years. Some avoid it like the plague and others think it's wise to add when cooking and serving.

The fact of the matter is fat is crucial to an overall healthy diet; it provides a variety of essential fatty acids that cannot otherwise be consumed. So how much should we eat? Well, hang in there for a while and remember, quality is just as, if not more important, than total quantity.

So let's make Fat Loss Nutrition simple. Without delving into a million different equations and mapping out a food label like something used to navigate the globe, let's take a simpler approach to helping you achieve your goals.

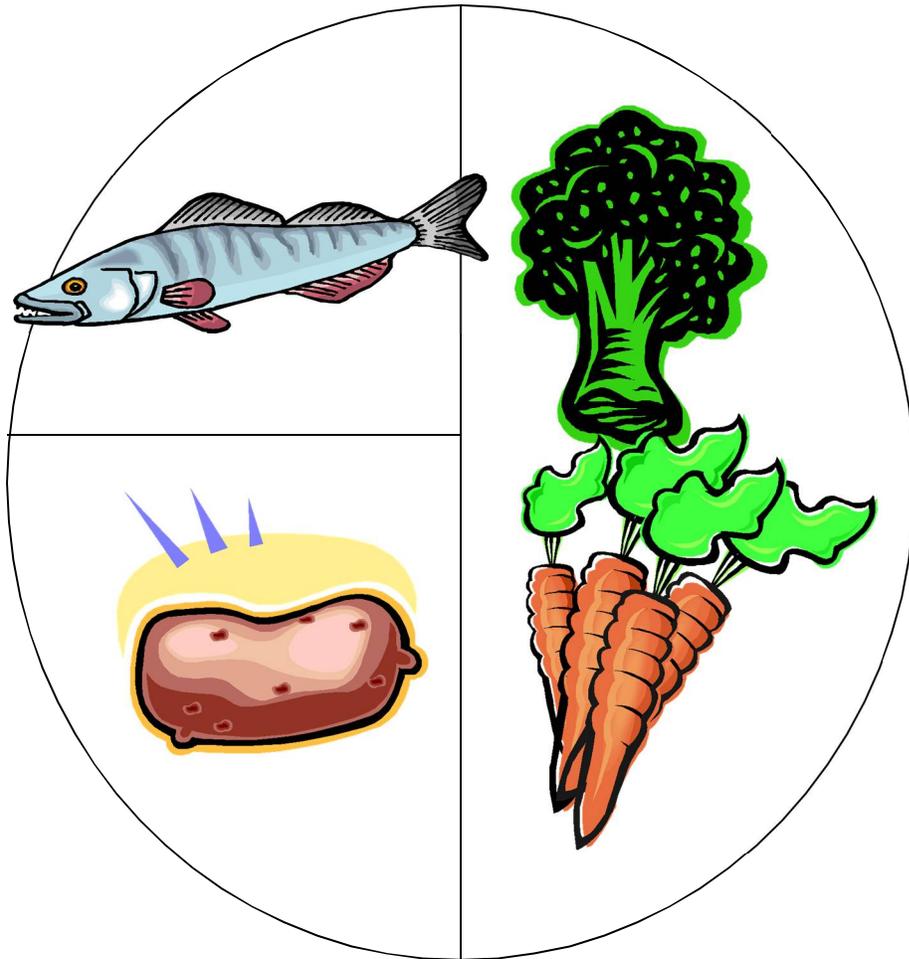
## Food Selection

When eating, I urge you to divide your plate or bowl into three sections, like that outlined below. This way you have all components covered---healthy protein, whole grain carbohydrates (think fibre, not carbs), and some healthy fats. Here's an example below.

**1 part lean protein** 4-6oz (in this case fish)

**1 part Starchy carbohydrate** 2-3oz (a whole sweet potato is pictured here)

**½ the plate of vegetables of different colours** (in this case broccoli and carrots)



## Calculating Your Calorie Needs

Just how many Calories should you eat to lose weight? There are a variety of calculations available to estimate your needs, but I don't want you to have to pull out your calculators for this. Instead, I want you to do something that you can do right in your head.

## Estimating Basic Calorie Needs

Multiply your current body weight in lbs times 10.

So for a 200 lb person you would multiply 200 number by 10:

**200 x 11 = 2000 calories each day for basic body functions only.**

For an active person the calculation is body weight x 15, so 3000 ideally calories/day.

## Weight Loss Calorie Needs

To calculate caloric needs for weight loss the numbers are slightly different, you take your goal weight and multiply it by 13.

For example –

Current weight 180 lbs

Goal weight 140 lbs

Multiple 140 x 13 = 1820 calories per day

Now understand this is not exactly a scientific equation but it does correlate fairly well with many of the more comprehensive formulas available, though. (If you do not see any discernible weight loss drop the calories to 12 x body weight and see how that works.)

When this value is coupled with an RPE Fitness program, you'll be losing fat at a safe pace. The goal is to aim for about 1-2 lbs of weight loss per week, remember, you want the fat off, but you also want this to be sustainable and not some quick fix program.

You may notice that I didn't add in any activity factors for this, but merely used a person's body weight to calculate needs. You can use more comprehensive formulas to determine your specific needs, multiply by an activity factor, subtract to cause a deficit--but I'm making it as simple as possible, while still allowing you to reach your goal, and the results come out pretty similar no matter how you slice it.

## **Important Calorie Considerations**

The lowest Calorie limit, when not under a MD's care, should be 1200 calories for men and women (according to NHLBI weight loss guidelines).

However, even at this very low number, you will lose a good amount of muscle. And that's why it's encouraged to couple calorie reduction with exercise, so your negative energy balance isn't solely from the calorie reduction, which eats away at muscle.

Aside from the risk of losing more muscle than desired, eating such a low amount of calories also makes it difficult to provide optimal nutrients for your body.

Regardless, it's recommended to eat plenty vegetables, lean proteins, healthy fats, etc; however, when limiting intake too much, it makes this difficult.

## **Calorie Recommendations for Obese Individuals**

The above calculations are not appropriate for obese individuals, as the equations would significantly over-estimate calorie needs.

With most behavioural weight loss studies, we use 1200-2000 calories/day---a pretty drastic reduction, but when folks are morbidly obese, they need to get that weight off so they can even function! For those men and women that are over 300 pounds, use the 2000 calories/day.

As you are able to move more and do more training, you'll be able to up the calories a little at those high bodyweights, though, we're not tremendously concerned with muscle gain or maintenance; you actually have a good deal just to support their body weight, so it's expected that you will lose some muscle (as it is physically impossible not to).

## Calorie & Nutrient Specifics

Let's look a little closer into Calorie specifics. Remember, it's not just total quantity, but also quality of what comprises those calories in the above mentioned examples. Let's look more specifically at where these Calories come from and discuss each macronutrient: carbohydrates, protein, and fat.

### Carbohydrates

Carbohydrates play a number of roles in the body. Two of the primary functions of carbohydrates are to provide glucose for the brain and energy for working muscles. Carbohydrates are stored in the muscles and liver as glycogen. Glycogen allows individuals to perform exercise for a sustained period of time, ride a bike, go for a run, etc.

While there are no essential carbohydrates, per se (meaning the body can make glucose from non-glucose sources during extreme situations, such as fasting, as described earlier), **carbohydrates play a crucial role during exercise**. Energy levels will decrease if carbohydrate intake is limited or carbohydrate stores in the body are low.

Some individuals need higher levels of carbohydrates than others (e.g., endurance athletes vs. purely strength trained athletes), but **no one should eliminate or drastically reduce carbohydrates for non-medical reasons**. Doing so will hurt mental and physical performance and there are two nutrients that cannot be obtained by any other food aside from carbohydrates: fibre and vitamin C.

There is surely much confusion about carbohydrates. Popular diets recommend avoiding them; they are often blamed for "fattening America" and nearly every food product on the shelf has a low-carbohydrate alternative.

Individuals often follow what they hear in the media and questions arise: "Should I stop eating carbohydrates after 4 PM? If I have too many carbs, will it make me fat? I can't eat fruit; it contains too many carbohydrates, right?"

So what is the truth? The truth is that carbohydrates are great for you; it is the type of carbohydrates that should be of concern, rather than carbs alone.

The key with carbohydrates is to avoid grains and always...**think fibre, not carbs**.

High fibre carbs are fantastic for you, will help with weight loss, and provide loads of nutrients you can't otherwise get from other foods. Remember no simple carbohydrates should be part of your diet when trying to lose weight.

## Carbohydrates

And remember too that sugar can often go unnoticed, food companies attempt to disguise their identities by changing names, so don't fall for any of these.

| Common Names of Sugar Found on Food Labels |                 |                  |              |
|--|-----------------|------------------|--------------|
| Brown Sugar                                | Turbinado Sugar | Honey            | Maple syrup  |
| Sucrose                                    | Glucose         | Corn syrup       | Dextrin      |
| Sugar                                      | Lactose         | Molasses         | Fructose     |
| Confectioner's Sugar                       | Date Sugar      | Chicory syrup    | Caramel      |
| High fructose corn syrup                   | Fruit Sugar     | Brown rice syrup | Agarve syrup |
| Maltodextrin                               | Dextrose        | Molasses powder  |              |

Now to help you make sense of the normal carbohydrate confusion, here's a table that can be useful in helping you choose the right types of carbs.

## Grains

| Select Most Often                  | Select Moderately                                      | Avoid   |
|------------------------------------|--|---|
| Whole Gluten Free Products<br>Rice | Oatmeal<br>Tortillas<br>Quinoa<br>Sorghum<br>Wild rice | Amaranth Barley Beans Buckwheat<br>Noodles<br>Pitas<br>Ready-to-eat breakfast cereals<br>Whole grain barley<br>Whole grain cornmeal<br>Whole rye<br>Whole grain bread<br>Whole wheat pasta<br>Whole wheat tortillas<br>White sandwich buns and rolls<br>White bread |

Note: while fairly comprehensive, this is not a complete list of all food choices

## Carbohydrates

Remember too that fruits and vegetables are carbohydrates; make sure each of these categories is covered on a daily basis. Just like fibre, fruit and vegetable intake is correlated to weight loss, meaning the more you eat, the less you weigh and less fat you'll have.

### Eating Your Colors: Fruits and Vegetables by Colour

Eat a variety of fruits and vegetables from every column daily

| Green            | Yellow/Orange      | Blue/Purple | White       | Red         |
|------------------|--------------------|-------------|-------------|-------------|
| Artichoke        | Acorn squash       | Beets       | Apple       | Apple       |
| Arugula          | Butternut squash   | Blackberry  | Cauliflower | Pomegranate |
| Asparagus        | Carrots Grapefruit | Blueberry   | Garlic      | Radish      |
| Bean sprouts     | Lemon              | Cabbage     | Mushroom    | Raspberry   |
| Bok Choy         | Nectarine          | Eggplant    | Onion       | Onion Red   |
| Broccoli         | Pineapple          |             | Parsnip     | Pepper      |
| Brussels sprouts | Pumpkin Sweet      |             | Potatoes    | Strawberry  |
| Cabbage          | Potato Yellow      |             | Shallots    | Tomatoes    |
| Celery           | squash             |             | Turnips Wax |             |
| Collard greens   |                    |             | bean        |             |
| Cucumber         |                    |             |             |             |
| Green Bean       |                    |             |             |             |
| Green Peas       |                    |             |             |             |
| Green Pepper     |                    |             |             |             |
| Kale             |                    |             |             |             |
| Mustard greens   |                    |             |             |             |
| Okra             |                    |             |             |             |
| Peas             |                    |             |             |             |
| Romaine lettuce  |                    |             |             |             |
| Spinach          |                    |             |             |             |
| Zucchini         |                    |             |             |             |

Note: while fairly comprehensive, this is not a complete list of all food choices

## **Protein**

There has always been debate over the protein requirements of athletes. Muscle contains about 40% of the protein in the human body, which has lead people to believe that eating dietary protein correlates directly to large muscles.

The truth is that eating protein does not build muscle; it is the stimulus of exercise (resistance training) that ultimately builds muscles.

Yes, dietary protein is crucial in the rebuilding and recovery process, but in and of itself, protein does not build muscle. This misguided belief is particularly true among strength athletes, who regularly consume an abundance of dietary protein, protein supplements, and amino acids.

So what are the requirements for fat loss? The exact protein requirements can be debated for days on end, with some folks saying they are no higher than in the general population and others saying if you're consuming a side of beef you will never succeed.

The simplest recommendation is for folks to aim for 1g of protein/lb of body weight. So, using the example above, if you weigh 180 lbs, you should aim for 180 grams of protein each day. If one day you get 150 grams, trust me, you'll be fine. Honestly, don't sweat the small stuff. Aiming for this number, though, is sufficient for all your growth, recovery, and repair needs.

### **Protein Recommendations for Women & for Obese Persons**

Since women have less overall lean body mass than men, they won't require as high an amount of protein each day (0.8g of protein/lb of body weight will suffice). This value is still in line with the recommendations for strength trained athletes.

For obese individuals, just as with the calorie estimations, the protein calculations will also be over-estimated.

Therefore, in my opinion, I would put women at a maximum of 150g of protein per day and men at a maximum of 200g of protein per day. Because being obese does put them at risk for diabetes, this would also impact kidney health, so obese individuals don't need the additional urea being filtered through if in fact they do have diabetes.

## **Animal vs. Plant Proteins**

Very often I am questioned about protein quality and what's the best source of protein. Or if someone is a vegetarian, can they meet the needs recommended. The fact of the matter is that all proteins are good and you should aim to get a variety in your diet. Here's the deal...

Animal and plant proteins can differ considerably in proportions of essential and nonessential amino acids. Animal proteins contain very high amounts of the essential amino acids. (Choose quality natural raised meats though)

On the contrary, plant proteins (legumes, rice, etc) are low in one or more essential amino acid (called the limiting amino acid). Avoid soybeans products all together as there is a growing mountain of evidence showing that they are damaging to our health.

Proteins that offer a complete amino acid profile are sometimes referred to as complete proteins, whereas ones that do not provide all the essential amino acids are referred to as incomplete proteins.

However, this is not really a concern in developed countries. Assuming individuals are consuming adequate levels of calories and these calories come from a variety of foods, there is little concern for meeting protein needs.

This is because eating a variety of foods offers the ability to consume "complementary proteins." Complementary proteins are when two or more proteins combine to compensate for deficiencies in essential amino acid content in each protein.

For example, rice and beans are each limited in different amino acids; when combined, however, all amino acid requirements are met.

If someone was to live solely on corn as their protein source, for example, they would not obtain sufficient quantities of all essential amino acids. If all essential amino acids are not consumed in sufficient quantities, none of them can be used in the body, and it limits the amount of protein the body can synthesize.

The take home message is that it is very possible to consume adequate sources of vegetable proteins if one is a vegetarian. However, in my opinion it is an un-healthy practice and if it undertaken then the following points should be noted:

1. Enough calories are consumed on a daily basis.
2. There is sufficient variety in the diet.
3. Diets must be sufficiently planned to ensure protein adequacy.

## Protein

Now, just like with carbohydrates above, here's a list of a variety of foods high in protein and how the frequency in which they should be consumed. Many cuts of meat are accompanied by saturated fat, which if from a grass fed naturally raised animal is not something to be alarmed about, but we don't want too go overboard on it

| Select Most Often  | Select Moderately  | Avoid  |
|--|--|--|
| Chicken<br>Crab Eggs<br>Flounder<br>Halibut<br>Shrimp<br>Whole eggs<br>Turkey breast<br>Salmon (canned or fresh)<br>Snapper (red or blue)<br>Tuna (steaks or canned, in water) | Canadian bacon<br>Beef, lamb, pork<br>Low-fat luncheon meats (e.g., turkey)<br>Mixed nuts<br>Nut butters<br>Beans<br>Chicken wings<br>Ribs<br>Sausage<br>Liver, kidneys and heart<br>Bacon | Low-fat/non-fat cottage<br>Low-fat/non-fat milk<br>Low-fat/non-fat yogurt<br>Fatty luncheon meats (e.g., bologna, pastrami, corned beef)<br>Fried chicken and fish<br>Reduced fat and part-skim cheese<br>Tofu<br>Texturized vegetable protein<br>Turkey bacon<br>Whole pasteurized milk<br>Soy milk |

Note: while fairly comprehensive, this is not a complete list of all food choices

## Fat

In the early 1990's, dietary fat received the same bad rap that carbohydrates are now receiving. It was thought that fat would be detrimental to performance, health, and cause weight gain when eaten in excess.

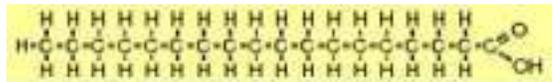
Contrary to this belief, though, scientists are now realizing more and more that fats play a crucial role in the body for performance and health.

The key is to focus on the quality of the fat, maybe even more so than the quantity. Aside from protein, fat is the only other essential macronutrient; dietary fat provides essential fatty acids (like essential amino acids) that cannot be produced by the body and must be consumed via the diet.

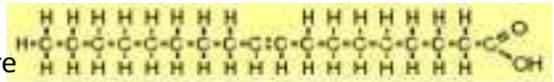
## Types of Fat

All fatty acids have the same basic structure; they are a chain of carbon atoms with varying amounts of hydrogen atoms attached to each carbon. One simple way of describing the various types of fats is to think of the structure of fats as a school bus; the bus itself is the carbon atom chain discussed above and all the seats are the hydrogen atoms.

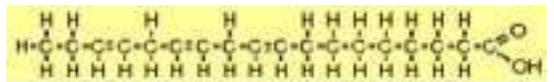
1. **Saturated Fat (SFA):** all the carbon atoms are full of hydrogen atoms making the “seats on the bus” full. No other atoms can fit onto the structure because there are no “empty seats.” Saturated fats are easy to identify because they are solid at room temperature (butter, shortening, animal fats, etc).



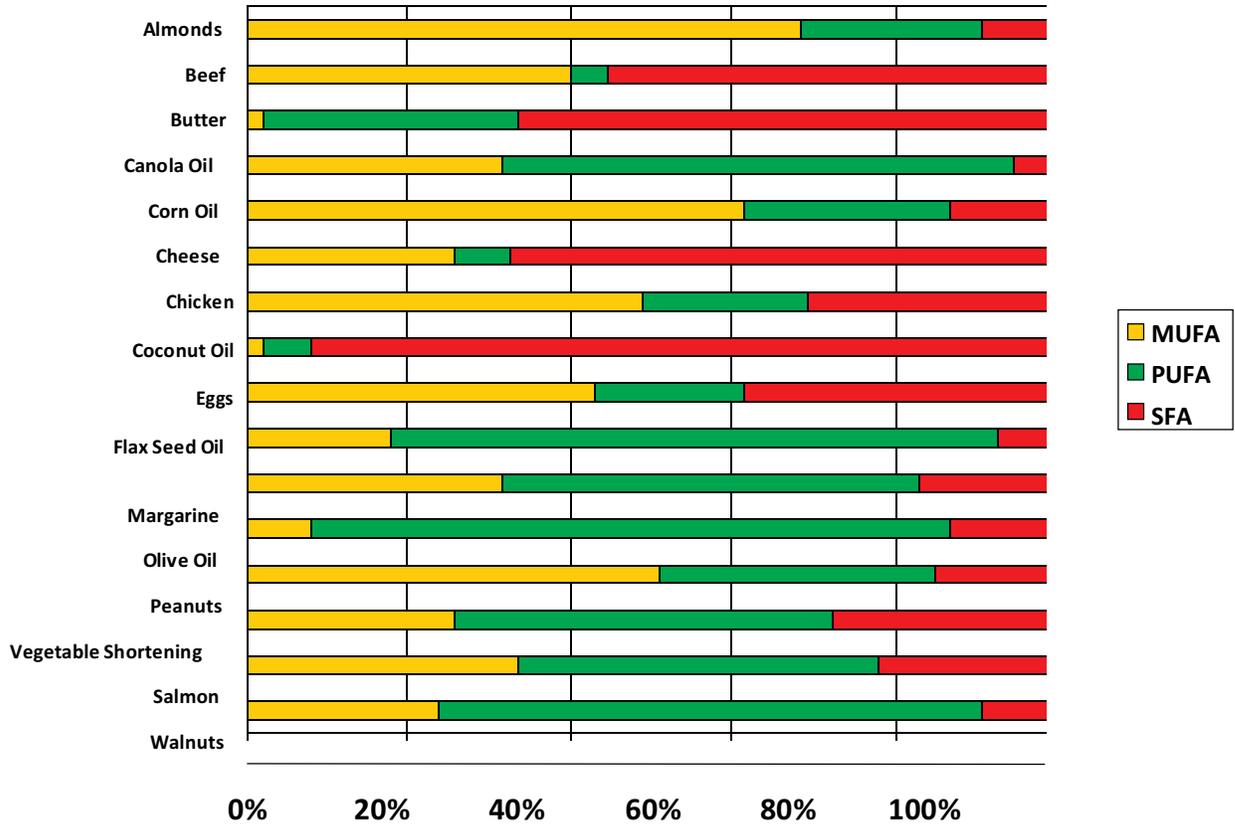
2. **Monounsaturated fat (MUFA)** (mono, meaning one): there is one “empty seat” on the bus and the rest are full. There is room to fit more hydrogen because of the one “empty seat.” Monounsaturated fats are liquid at room temperature (vegetable oils, olive oil, canola oil, etc).



3. **Polyunsaturated fat (PUFA)** (poly, meaning many): several of the “seats” are empty. Polyunsaturated fats are also liquid at room temperature (flax oil, fish oil, etc).



## Fatty Acid Profile of Common Foods



Note: Information obtained from the USDA National Nutrient Database  
[http://www.nal.usda.gov/fnic/cgi-bin/nut\\_search.pl](http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl)

## Trans Fats

*Trans* fats are basically vegetable fats that have been changed chemically by a process known as hydrogenation. Remember the unsaturated fats from above had empty “seats” without a hydrogen atom.

The process of hydrogenation or partial hydrogenation is when food manufacturers artificially add hydrogen to liquid unsaturated fats to provide greater stability and, ultimately, longer shelf life; hydrogenation makes liquid fats solid at room temperature.

### Trans fats should be avoided at all costs!

Beginning in 2006, all food labels will be required to have *trans* fats listed on the food panel. In the meantime, if the words “hydrogenated” or “partially hydrogenated” are listed on the ingredient list, the food contains some quantity of *trans* fats.

Foods such as hard margarines, shortenings, and most commercially fried foods and bakery items usually contain *trans* fats. This table lists several common foods and their *trans* fatty acid content.

#### Trans Fatty Acid Content of Common Foods

| Food                        | Trans fatty acid (grams) |
|-----------------------------|--------------------------|
| Animal Crackers             | 1.0                      |
| Biscuit                     | ~4.0                     |
| Breakfast cereal            | 0.0-1.5                  |
| Chocolate chip cookies      | 1.5-2.5                  |
| Cinnamon buns               | 6.0                      |
| Doughnut                    | 6.0                      |
| French fries, large         | 5.0-7.0                  |
| Frozen apple pie            | 2.0-4.0                  |
| Margarine, regular (1 tbsp) | 3.0-4.0                  |
| Microwave popcorn           | 2.0-3.0                  |
| Onion rings                 | ~7.0-9.0                 |
| Shortening                  | 1.0-5.0                  |
| Tortilla chips              | 1.5                      |

***Trans* fats have been shown through a number of studies to be more harmful than saturated fats; they tend to raise blood cholesterol and increase the risk of cardiovascular disease. Intake should be as low as possible; there is no need for *trans* fats in the diet.**

## Essential Fatty Acids

The essential fatty acids are labelled depending on their particular structure. Without delving into advanced biochemistry, the length of the carbon chain (remember from above all fats have a carbon backbone), deciphers the specific types of fat.

The primary dietary sources of essential fats are seafood, flax oil/seeds, and mixed nuts.

Omega-3 fats are a family of essential unsaturated fats that have recently received a tremendous amount of press lately; they are touted for their heart health properties, potential aiding in recovery, and reducing the risk of several other diseases as well.

The three omega-3 acids are **alpha-linoleic acid (ALA)**, **eicosapentaenoic acid (EPA)**, and **docosahexaenoic acid (DHA)**.

ALA is found in the plant sources of omega-3's, such as flax and nuts, while DHA and EPA are both found in highest concentrations in cold water fish (e.g., salmon, mackerel, lake trout, tuna steaks and canned, anchovies, etc.). ALA can convert to the more useful EPA & DHA, but the conversion rate is low (~5%).

Omega-6 fats are also essential fats.

The major omega-6 fatty acid is known as **linoleic acid** and is found in primarily in vegetable oils, like canola and corn oils. While these are essential fatty acids, the typical American diet is very high in omega-6 fats; it is recommended instead to boost the intake of omega-3's through the food sources listed above.

The goal with essential fatty acids is to shoot for a few grams each day. In addition to making sure to include fish in the diet, omega-3 supplements are recommended for optimal health.

| Select Most Often   | Select Moderately                                     | Avoid  |
|---|---|--|
| Avocado<br>Fish oil<br>Eggs/ egg yolks<br>Olives/ olive oil<br>Coconut oil<br>Cream (grass Fed)<br>Butter (grass fed) | Animal fat (natural raised)<br>Flax oil<br>Mixed nuts | Margarine<br>Vegetable oil<br>Sunflower oil<br>Canola oil<br>Fried foods<br>Ice cream<br>Lard/shortening<br>Safflower oil<br>Soybean oil<br>Other dairy products |

Note: while fairly comprehensive, this is not a complete list

## 12 Rules of Fat Loss

1. Eat breakfast EVERY DAY
2. Think fibre, not carbs
3. Eat some protein with every meal, aiming for approximately 1 g protein/pound of body weight
4. Drink about ½ gallon of water for every 1000 Calories you eat
5. Keep fat about 40% of total calories consumed; this amount will typically come from foods you naturally eat and add good fats to foods, like coconut products and grass fed butter which are healthy.
6. Drink unsweetened green tea throughout the day—aim for at least 3 cups each day
7. Have at least 1 dark fruit per day and load up vegetables at every single meal, with the goal of 8+ servings each day.
8. Get a few grams of fish oil each day, either through fish and/or supplements
9. Do not skip a meal with the intention of “saving Calories”
10. Record what you eat and drink---self-monitoring is crucial to success
11. Do not have an all or nothing attitude towards food---if you can get 90% of your intake to meet the guidelines listed above, you’ll succeed, just slower.
12. Eat 3 good sized meals throughout the day.

## **Bonus Supplement Report**

### **Protein - The Rules for Protein Consumption**

While it is understood that protein is important, few can seem to agree on just how much is necessary. Most strength training research recommends around 1.7 g/kg of body weight (about 0.75 g/lb), where as most magazines suggest consuming at least 1 g/lb of body weight.

One thing we can at least agree on is that eating above and beyond the RDA for protein is safe; whether it is necessary is a different story. Is this 1 g/lb of body weight recommendation really necessary?

It's a wise idea to aim for 1 g/lb of body weight. It is not much above what the scientific evidence has shown to meet the needs for growth and recovery, and it's a much easier calculation to do since everyone knows their body weight.

What is even more important, actually, is the timing of this intake. Some protein should be consumed with every meal and research is now showing that taking some protein pre, during, and post-workout may be particularly important as your muscles are starving for amino acids to build, repair, and grow during this period.

Here's what to do. Simply divide the number of meals you'll eat each day by your body weight and that's how much protein you should eat each meal. And while supplements can be a useful adjunct to your intake, particularly around and during workouts, focusing on real foods is key; foods like whole eggs, avocado's, red meats, chicken and turkey, organic vegetables, coconut products, all work. The bigger the variety, the better off you'll be.

### **Fat Burners**

The only true fat loss "product" is something called "eating less and exercising more." Now, when saying that, we're not saying starve yourself and don't stop jogging until you hit the floor.

Smart exercise, such as an RPE Fitness Program 3 times per week and a moderate caloric reduction is what's necessary. You are constantly bombarded with ads, infomercials, advice, etc. on what pill will help torch fat like tissue paper doused with gasoline; the fact of the matter is that if they actually worked liked promised, there wouldn't be a new one available nearly everyday.

Even if these products worked (which they don't), they would cause a very moderate additional calorie loss, which can be done much more safely, easily, and less expensive, by eliminating cookies, chips, juices, sodas, grains each day.

## **Fat Burners**

Research continues to show these products are ineffective; in fact, a recent scientific review paper in the prestigious American Journal of Clinical Nutrition, concluded there is no substantial evidence that any fat loss products evaluated (which was most on the market) are effective.

## **Fish Oils**

Now here's a product that should be considered by everyone. The safety data is there and the efficiency of these products continues to grow for everything from decreasing risk of heart disease to stroke, Alzheimer's to eczema.

If you're taking fish oil as a preventative measure, aim for around 1-2 grams each day; however, if you have elevated lipids or a family history of heart disease, shoot for a higher amount.

As always, even with the lower doses, speak with your physician prior to supplementing with fish oil since there is a potential for interactions with fish oil and other products. They also decrease clotting time, which shouldn't be an issue, unless you need emergency surgery.

Supplement quality is always a concern; fish oil in particular is of utmost importance. My two favourite brands to date are Nordic Naturals and Carlson Labs; both make high quality fish oils. Remember, if you're burping them up, they're rancid—high quality fish oil should not have any after-taste.

## **Vitamins, Minerals, & Antioxidants**

All adults should be taking a multivitamin; this is particularly important for those who are also on a fat loss plan, as you will be eating less food.

Look for products that provide around 100% of the RDA for all vitamins and minerals; they make a nice insurance that you're consuming an adequate intake of these micronutrients, but it's important to note that they should and can never replace what you get from real foods, so don't rely on your multivitamin/mineral product for your nutrient needs.

And the same goes with antioxidants. There is a lot of conflicting evidence about antioxidants. The best way to consume any and all vitamins, minerals, and antioxidants is by following a sound diet. Pick foods from the "eat most often" columns in the charts provided, making sure to always get a variety of colours of vegetables with every meal.