3 STEPS TO FIX A BROKEN DIET

IDENTIFY AND REMOVE NUTRITIONAL DEFICIENCIES

STEP 1

Dietary deficiencies are more common than you think.

<table>
<thead>
<tr>
<th>ATHLETES</th>
<th>STUDENTS</th>
<th>PEOPLE ON POPULAR DIETS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Selenium</td>
<td>15%</td>
<td>Vitamin B7</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>21%</td>
<td>Vitamin D</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>22%</td>
<td>Zinc</td>
</tr>
<tr>
<td>Niacin</td>
<td>24%</td>
<td>Vitamin E</td>
</tr>
<tr>
<td>Thiamin</td>
<td>28%</td>
<td>Iodine</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>30%</td>
<td>Zinc</td>
</tr>
<tr>
<td>Copper</td>
<td>31%</td>
<td>Magnesium</td>
</tr>
<tr>
<td>Iron</td>
<td>34%</td>
<td>Vitamin D</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>35%</td>
<td>Omega 3s</td>
</tr>
<tr>
<td>Zinc</td>
<td>42%</td>
<td>Protein</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>48%</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>55%</td>
<td></td>
</tr>
<tr>
<td>Magnesium</td>
<td>68%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>73%</td>
<td></td>
</tr>
<tr>
<td>Folate</td>
<td>75%</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td>86%</td>
<td></td>
</tr>
</tbody>
</table>

Percentage of U.S. Population NOT meeting the RDA

ATHLETES
- Iodine
- Vitamin D
- Zinc
- Vitamin E
- Calcium

STUDENTS
- Zinc
- Magnesium
- Vitamin D
- Omega 3s
- Protein

PEOPLE ON POPULAR DIETS
- Vitamin B7
- Vitamin D
- Vitamin E
- Chromium
- Iodine
- Molybdenum
Once nutrient deficiencies are corrected, it’s time to adjust food amount. Please note: We actively avoid calorie counting.

Short-term food journals work well as dietary awareness tools. But calorie counting can actually backfire. For more, see: www.precisionnutrition.com/calorie-control-guide
SO, HOW MUCH SHOULD I EAT?
Based on your body type...

I TYPE

- 55% CARBS
  Their engine speed is set to "high revving".
  - 2 palms of protein dense foods
  - 2 fists of vegetables
  - 3 cupped handfuls of carb dense foods
  - 1 thumb of fat dense foods

- 25% PROTEIN
  They tolerate carbs well.
  - 1 palm of protein dense foods
  - 1 fist of vegetables
  - 2 cupped handfuls of carb dense foods
  - 0.5 thumb of fat dense foods

- 20% FAT
  They’re high-energy.
  - 1 palm of protein dense foods
  - 1 fist of vegetables
  - 2 cupped handfuls of carb dense foods
  - 0.5 thumb of fat dense foods

V TYPE

- 40% CARBS
  Their bodies are designed to be powerful machines.
  - 2 palms of protein dense foods
  - 2 fists of vegetables
  - 2 cupped handfuls of carb dense foods
  - 2 thumbs of fat dense foods

- 30% PROTEIN
  They tend to be testosterone and growth hormone dominant.
  - 1 palm of protein dense foods
  - 1 fist of vegetables
  - 1 cupped handfuls of carb dense foods
  - 1 thumb of fat dense foods

- 30% FAT
  Thus, they can usually gain muscle and stay lean easily.
  - 1 palm of protein dense foods
  - 1 fist of vegetables
  - 1 cupped handfuls of carb dense foods
  - 1 thumb of fat dense foods

O TYPE

- 25% CARBS
  Their engine speed is set to "idle".
  - 2 palms of protein dense foods
  - 2 fists of vegetables
  - 1 cupped handful of carb dense foods
  - 3 thumbs of fat dense foods

- 35% PROTEIN
  They’re naturally less active.
  - 1 palm of protein dense foods
  - 1 fist of vegetables
  - 0.5 cupped handful of carb dense foods

- 40% FAT
  They typically have a slower metabolic rate and generally don’t tolerate carbs as well.
  - 1 palm of protein dense foods
  - 1 fist of vegetables
  - 2 thumbs of fat dense foods

PORTION SIZES

The following portion guide assumes 3-4 meals a day. Notice that, instead of counting calories, you can use your own hand as a portable portion guide. Your palm measures protein, your fist for veggies, your cupped hand for carbs, and your thumb for fats.
For more about this strategy visit: www.precisionnutrition.com/calorie-control-guide
Once deficiencies are corrected and you’re eating the right types of food in the right amounts, everything else is just a minor detail.

**HOW OFTEN SHOULD I EAT?**

As long as we eat the right foods in the right amounts, meal frequency is a matter of personal preference. You could eat smaller meals often or large meals less often.

**SHOULD I CYCLE CALORIES OR CARBS?**

For some people this strategy can make a difference. Here’s how to do it…

- On the days you’re lifting weights – add starchy carbs to your baseline diet.
- On the days you’re not lifting weights – eat a baseline diet of mostly protein, vegetables and healthy fats with minimal carbs.

**WHAT SHOULD I EAT BEFORE, DURING, OR AFTER EXERCISE?**

Workout nutrition really doesn’t matter for most people except elite athletes training specifically for maximal muscle adaptation and/or training with high volume and intensity (potentially multiple times every day). For those individuals…

- **1-2 HOURS BEFORE AND AFTER**
  Eat an appropriate meal as outlined above.

- **DURING**
  Have water, a branched-chain amino acid drink (5-15 grams mixed in 1 liter of water), or a protein plus carbohydrate drink.

For the full article explaining this infographic: [www.precisionnutrition.com/fix-a-broken-diet](http://www.precisionnutrition.com/fix-a-broken-diet)