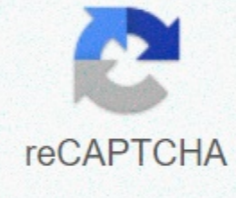




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Charleston' s nutrition information menu

Written by Marsha McCulloch, MS, RD - Updated October 16, 2018SalongFit gym activities are tiring and hectic. They change every day and involve gymnastics, weightlifting and cardiovascular exercises, such as running and rowing, among other activities. To do your best, you need to be properly fed. In fact, power is seen as the basis of CrossFit training and critical to performance. The CrossFit diet is moderately low in carbohydrates and emphasizes the consumption of macronutrients from whole plant foods, lean proteins, and healthy fats. Here's a closer look at the CrossFit diet, including what to eat and what to avoid. DIET REVIEW SCORECARD Overall score: 3.13Mation of weight: 3.75 Healthy eating: 2.25Sustainability: 3.5Stitute body replacement: 2 Nutrition quality: 5Evidence based: 2.25BOTTOM LINE: CrossFit recommends the Area Diet, which encourages a balance of lean proteins, non-starchy vegetables, nuts, seeds and fruits with a low blood sugar content while limiting starch and refined sugar. The diet is overall healthy and can help manage hunger and improve blood sugar and inflammation. Share a general guide on PinterestAs, the CrossFit website recommends athletes eat meat and vegetables, nuts and seeds, some fruit, little starch and no sugar, and keep their intake at levels that will support exercise but not body fat. More specific CrossFit dietary recommendations are based on the Zone Diet, which was developed over 30 years ago by Barry Sears, a biochemist and author of The Zone.La diet is designed to control blood sugar and minimize inflammation, which can curb hunger and reduce the risk of chronic diseases, such as obesity, heart disease, and type 2 diabetes. Reducing inflammation can also strengthen recovery from workouts (1, 2, 3, 4). To plan a balanced, zone-friendly, cross-friendly meal, divide the dish into thirds and fill it with:1/3 lean protein: options include skinless chicken breast, fish, lean beef, and low-fat dairy.2/3 healthy carbs: emphasize colorful, non-starchy vegetables and fruits with a low glycemic index (IG). A small amount of healthy monounsaturated fats: olive oil, avocado and nuts are some options. The CrossFit website advises you to try the Zone Diet for four weeks, then change it to your needs. In particular, not all CrossFit trainers provide the same dietary advice. Some recommend the paleo diet, which omits entirely dairy products, cereals and legumes (5). You can also combine the two - eat a paleo-style area diet. In addition, you can change your diet to fit a vegetarian or vegan lifestyle. SummaryThe CrossFit website recommends the Zone Diet, designed to stabilize blood sugar and minimize A typical meal consists of 2/3 healthy carbohydrates, 1/3 lean protein and a small amount of monounsaturated fats. The CrossFit-compatible zone diet recommends consuming 40% of calories from carbohydrates, 30% from protein, and 30% from fat, but says elite athletes may need more fat. To simplify your diet and make sure you get the recommended recommended report macronutrients, food is classified into blocks of protein, carbohydrates or fats. These blocks also promote nutritional balance in meals and snacks. What is a block? A blockage is a way to measure protein, carbohydrate and fat intake:1 carbohydrate block = 9 grams carbohydrates (excluding fiber)1 protein block = 7 grams of protein fat block1 = 1.5 grams of fatThe fat block represents the moderate amount of healthy fat - such as salad dressing - that is added to meals. To determine how much of a specific food counts as a block, you can consult an online chart or books about the Area Diet. How many blocks do you need? Your sex, body size and activity level determine how many blocks you need each day. A medium-sized woman needs 11 blocks a day for each category of macronutrients - carbohydrates, proteins and fats - while a medium-sized man requires 14 blocks. CrossFit provides a food chart to help you count your blocks. Alternatively, you can use the area's body fat calculator for a more accurate calculation. Once you know the block count, evenly divide your blocks into meals and snacks to make sure they have a balance of carbohydrates, proteins, and fats. A medium-sized woman needs 3 blocks of each macronutrient at meals, compared to 4 blocks per macronutrient for a medium-sized man. Another 1-2 blocks of each macronutrient are consumed as snacks. For example, a woman who needs 11 blocks of each macronutrient per day could eat:Examples of blocksTo plan a 3-block breakfast, you would need 3 blocks each of protein, carbohydrates and fats. Consultation of a block chart shows that 1/3 cup cooked oatmeal counts as 1 block of carbohydrates. To get 3 blocks, you could eat 1 cup of cooked oatmeal. Similarly, 1/4 cup of cottage cheese counts as 1 protein block. To get 3 blocks, eat a cup of ricotta 3/4. Finally, 3 almonds count as 1 block of fat. Therefore, eating 9 almonds would give you 3 blocks. Weighing and measuring foodsGuidelines for the CrossFit-recommended Zone Diet give you permission to use the hand-eye method to estimate healthy protein and carbohydrate portions. This means selecting proteins, such as meat, which are about the size and thickness of the palm of the hand (3-4 ounces cooked), then make about two-thirds of the vegetables of the dish and a small amount of fruit. However, you need to weigh and measure dishes for at least a week to give you a better eye to estimate portions of food. SummaryIn the area diet recommended by CrossFit, food is classified into blocks of the three macronutrients proteins, carbohydrates and fats. A woman of Size needs 11 blocks of each macronutrient per day while 14.In medium-sized man needs 14.In the Zone Diet, foods are classified as the best choices if they have low GI and are low in saturated fat and omega-6 fats. The highest foods in these indicators are designed to be more inflammatory and therefore classified as right or bad choices. Examples of the highest rated vegetables — generally non-starchy — and their portions of blocks are (6):Examples of the highest rated fruit are (6):Examples of Lean proteins include (6):Examples of higher rated fats rich in monounsaturated fats include (6):In addition, people are encouraged to take an omega-3 supplement to help reduce inflammation. SummaryThe area diet recommended by CrossFit encourages many non-starchy vegetables and a moderate amount of low-blooded fruits, lean protein and healthy monounsaturated fats to control blood sugar and inflammation. Although no food is completely off-limits, the Zona Diet encourages you to limit or avoid certain foods, including:High-glycemic fruits: bananas, dates, figs, mango, and raisins. Juice: Sugary juice and 100% juice, such as apple juice, orange or grapes. Cereal foods: Bread, dried cereals, crackers, muffins, pasta, pancakes and tortillas, especially when made with refined flour (white). Starchy vegetables: Winter pumpkin, corn, peas, potatoes, sweet potatoes and legumes. Desserts and desserts: Donuts, biscuits, candies, cake, cake and ice cream. Sugary drinks: soda, lemonade and energy drinks. Cereals, starchy vegetables, dried fruits and sugar-sweetened items feed carbohydrate blocks into a small portion. If you eat one of the foods above, it is essential to measure and limit portion sizes. SummaryTo enjoy satisfying portions and get most of the nutrition during a CrossFit program, limit sugary, high-glycemic fruits, starchy vegetables, legumes, and cereal-based foods while on the Area Diet. Strictly reduce or avoid sugary foods and drinks with juice and sugar. Here's an example of an 11-block menu, which would be appropriate for a medium-sized woman (6):Breakfast (3 blocks of each macronutrient)3 protein blocks: 3/4 cup (170 grams) of cottage cheese1 block of carbohydrates: 1.5 cups (2 70 grams) of chopped tomatoes2 blocks of carbohydrates: 1 cup (148 grams) of blueberries3 blocks of fat: 9 almonds (11 grams)Lunch (3 blocks of each macronutrient)2 3 protein blocks: 3 ounces (84 grams) of grilled chicken breast1 block of carbohydrates: 1 cup (180 grams) of cooked asparagus2 blocks of carbohydrates: 1/2 cup (99 grams) of cooked lentils3 blocks of fat: 1 teaspoon (4.5 grams) of extra virgin olive oil to flavor vegetablesDopoon Snack (1 block of each macronutrient)1 protein block : 1 large hard-boiled egg (50 grams)1 block of carbohydrates : 2 cups (298 grams) of cherry tomatoes1 fat block: 1 tablespoon of avocado (14 grams)Dinner (3 blocks of each macronutrient)3 protein blocks: 4.5 ounces (127 grams) of baked salmon with dill1 carbohydrate block: 1.5 cups (234 grams) of steamed broccoli1 block of carbohydrates: 2 cups (380 grams) of vegetables with skipped collar1 block of carbohydrates: 1 cup (1 66 grams) of strawberry slices3 blocks of fat: 1 teaspoon (4.5 grams) of extra virgin olive oil for cooking salmon and with collar Evening snack (1 block of each macronutrient)1 protein block: 1 ounce (1 ounce 28 grams) of a stick of mozzarella1 block of carbohydrates: 2 cups (184 grams) of pepper strips1 block of fat: 5 small olives (16 grams)Due to their low number of carbohydrates, some vegetable portions at 1 block are large. You can eat a smaller amount if you wish. For other ideas, ideas, CrossFit website, where you can find meals and snacks at 2, 3, 4 and 5 blocks. SummaryIf you want to follow the area diet recommended by CrossFit but are not sure how to get started, there are many sample menus available online and in the books on the Area Diet. Eating low-blooded carbohydrates - as recommended in CrossFit and the Area Diet - is known to improve glucose (glycogen) reserves in muscles, which are used to fuel exercise (7). However, it is unclear whether a low-glycemic diet significantly improves athletic performance (7). Although CrossFit founder and CEO Greg Glassman says his best performers follow the Zone Diet, published studies are limited. The diet was not tested in a study of CrossFit athletes, but was used for a week in a study of eight endurance athletes. While the study failed to demonstrate a benefit to diet performance, it was also very small and short-term (8). A small amount of research on non-athletes suggests that the Zone Diet may have health benefits. Its carbohydrate guidelines could be useful to prevent chronic diseases, such as obesity, heart disease, and diabetes (9, 10, 11). In a study of 30 people with type 2 diabetes who followed the Zone Diet for six months and supplemented with 2,400 mg of omega-3 per day, average blood sugar decreased by 11%, life size by 3% and an inflammation marker by 51% (12, 13). Finally, the diet's emphasis on protein consumption with every meal and snack - especially at breakfast and lunch - is increasingly recognized as a way to support muscle growth and repair, particularly with age (14, 15). SummaryThis is the evidence of the benefits of the CrossFit Recommended Zone Diet in athletes are limited. It can reduce the risk of chronic diseases and preserve muscle mass with age. In addition, eating low-blooded carbohydrates can improve fuel reserves for glucose in the muscles. Some aspects of the area diet's carbohydrate, protein, and fat recommendations are of potential concern. First, some scientists wonder whether the moderately low number of carbohydrates in the diet is enough for CrossFit athletes. Keep in mind that research to assess this concern is limited. In a nine-day study of 18 athletes, those who ate an average of 1.4 grams of carbohydrates per pound (3.13 grams per kg) of body weight performed as many repetitions in a CrossFit workout as those who ate 2.7-3.6 grams of carbohydrates per pound (6-8 grams per kg) of body weight (7). Therefore, zone diet carbohydrate levels may be adequate for CrossFit athletes, at least in the short term. It is not certain whether it provides athletes enough long-term carbohydrates (7). Secondly, if you have a health condition that requires you to limit proteins, such as chronic kidney disease, the Local Diet contains too much protein for you (16). A third concern concerns the strict limits of the Diet Zone on saturated fats, in particular its encouragement of low-fat or fat-free dairy products, such as non-fatty cheese. Research increasingly shows that not all saturated fats are the same, and some saturated saturated — like that of milk products — may have a neutral or even positive effect on health (17, 18, 19, 20). Just like I would for any branded diet, watch out for the highly processed foods sold by Zone Diet creators. Although they may claim to be scientifically justified, many contain refined grains, sugar and other unhealthy ingredients. SummaryIt is uncertain whether the Zone Diet provides enough carbohydrates for all athletes. It is too high in protein for people who require protein restrictions and can be too severe in limiting saturated fats, especially from dairy products. CrossFit recommends the Zonal Diet, which encourages a balance of lean proteins, non-starchy vegetables, nuts, seeds and low-blooded fruits while limiting starch and refined sugar. Although this diet has not been studied in CrossFit athletes, it is a general healthy diet that can manage hunger and improve blood sugar and inflammation. Many resources, including meal plans and recipes, are available online and in books to help you follow the diet. You can change it to your individual needs. Monitor your performance to see if the Zone Diet improves your CrossFit workout. Training.