The 10 Rules of Good Nutrition

By Dr. John Berardi, PhD
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"Building Better Bodies"
Dear Health and Fitness Enthusiast,

When my colleague, Dr. John Berardi, sent me an email letting me know about his new nutrition course, I admit I had some doubts.

Don't get me wrong, I like JB and respect his work as I've been a fan for years, but I was skeptical about the course itself. 'Body Transformation with Precision Nutrition -- in 8 Days' -- indeed. Eight days?

But I'll read anything and I'm always looking for new ways to approach and teach nutrition, so I decided to give it a look. And in the end, I really enjoyed it.

The course starts with three consecutive online questionnaires, which were pretty cool - they get right to the point, highlighting your weaknesses and offering solutions. Even just reading the questions called attention to some of the areas I could improve upon, and I know this stuff!

Each lesson offers a concise, no-nonsense message, one that beginners and experts alike will benefit from hearing. John does a great job of putting aside the fads and getting down to the point. He makes no mistake about telling you exactly what will lead to failure, and what will lead to success.

John also does a great job of going beyond the actual food to talk about how to ensure you actually follow the plan. What good is a great program if you don't follow it? And that's what I am most excited about. Anyone and everyone who wants to change their health and get lean needs to learn how to eat in the real world.

And best of all, he tells you exactly what rules to follow, in no uncertain terms. His 10 Rules cover everything from what to eat to when to eat it. Very good stuff, which I didn't expect in such a short course.

Now, nothing's perfect and this course is no exception. My one gripe is that I wish there was a little more detail on meal plans, perhaps a recipe or two, or some examples. But in fairness, you can get a good idea from the rules and lessons, and JB covers meals and meal plans extensively in Precision Nutrition (his superb nutrition program, which I highly recommend). So it's a small, forgivable gripe.

All in all, this is an excellent little course, and in eight days you'll learn more about what really works nutritionally than most people do in a lifetime. I'm not pulling your leg either.

For More Information:  http://www.precisionnutrition.com
The bottom line is that if you're not in the shape you want to be, and you want to learn how to turn things around with nutrition, I strongly recommend that you check the course out yourself.

I've included “The 10 Rules of Good Nutrition” in this document for you to get started right away. But I encourage you to look at Precision Nutrition on line and definitley sign up for the Free 8 Day mini course.

Committed to your success,

Larry Wasserman

P.S. To sign up for the Free 8 Day mini-course Click on the link below.
8 Day Nutrition Course

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The 10 Rules of Good Nutrition

By Dr. John Berardi, PhD

What are the rules of good nutrition? What exactly do you have to do to succeed – and importantly, what do you have to avoid? Take a moment and think about it.

If you want to improve the way your body looks, the way it feels, and the way it performs – and if you want to do all three simultaneously – what guidelines should you follow?

Come up with that list in your mind right now. Write it down if you can.

Now take a look over that list and think for a moment about where you learned those rules. Some of the rules we live by are taught to us by our parents. Others come from other family and friends.

Some food choices are shaped by emotional associations (real or perceived); these are the so-called comfort foods.

And of course, no one is immune to media influences. A report on the nightly news, an article in a newspaper or glossy magazine, the commercials on television. These days you can’t take a step without someone reading the riot act about this or that ingredient or pitching you this or that new food product. Nutrition is the talk of the town. Heck, every 3rd episode of Dr. Phil is about food and dieting.

And, no doubt, your nutrition rules have probably been influenced by your own past attempts, successful or unsuccessful, at changing your body.

When you list all these influences, you start to notice a few things: one, that most of the influencing is done subconsciously, without our even knowing it; and two, that we’re being influenced by people who know little or nothing about good nutrition.

Hey, I love my friends, I love my family, and I love reading and watching TV as much as the next guy. But I’m very selective about whom I trust, and where I do my research – and if you care about your body, then you should be too. So let’s look at what really works. Let’s change the rules.

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Before we begin, I’m going to level with you here: changing the rules means changing your habits – and it’s difficult. Not only does it take a desire to change (the “want to”) but also a strategy (the “how to”).

The “want to” is all your own. But the “how to” is something I can help you with. It’s what I do best: I’ve committed my career to helping people change their rules and change their habits. I’ve seen first hand what works and what doesn’t, both in the lab and in the field, so I can help you skip the common pitfalls, bust the prevailing myths, and fast-track to success.

I’m not going to soft-pedal it, though. Depending on where you’re at right now, this could mean making big changes. But by making those changes to how you eat, you’ll also reap the rewards. You’ll improve your mood and sense of well-being, the quality of your sleep, they way you perform in day-to-day activities or during athletic events, and of course, the way you look.

To do so requires a systematic approach, one I cover in great detail in Precision Nutrition. Here I’m going to teach you a critical part of that system, the Triple S Criterion and the 10 Rules of Good Nutrition, and if you want more help, come check us out at precisionnutrition.com. Make no mistake, though: even just by applying the principles outlined in this chapter alone, you’ll be ahead of nearly 99% of all recreational exercisers and elite athletes – never mind the general population.

The Triple S Criterion

What’s the Triple S Criterion? Well, it represents a three-step way of evaluating a strategy for its usefulness.

**Step 1: Simplicity.**
Are the rules easy to follow?

**Step 2: Science.**
Are the rules based on sound scientific principles?

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Step 3: Success.

Have the rules actually worked for people like you?

No matter what nutritional information you’re given, you’ve got to apply that three part test. If the answer to each question isn’t a resounding “YES,” you might as well toss the info out the window.

Think again about those nutritional rules you came up earlier, the things that have influenced your thinking. Would they pass the test? Are those rules based on simplicity, science, and success? And importantly, have they produced the desired effect, a lean, healthy body that you’re able to maintain easily? Have those rules built a body that you’re happy with when looking in the mirror? If not, perhaps they could use a re-evaluation.
The 10 Rules of Good Nutrition

First, I want to help you rethink your whole nutrition approach and provide you with a new set of nutrition rules and habits, a set that swiftly moves you in the direction of your goals.

Secondly, I want to show specifically how these strategies offer much more than a few ideas – they represent a complete success system, fully integrated into the basic habits of good nutrition.

**Here Are The 10 Rules:**

1. **Eat every 2-3 hours.**
   
   Are you doing this – no matter what? Now, you don’t need to eat a full meal every 2-3 hours but you do need to eat 6-8 meals and snacks that conform to the other rules below.

2. **Eat complete, lean protein each time you eat.**
   
   Are you eating something that was an animal or comes from an animal – every time you feed yourself? If not, make the change. Note: If you’re a vegetarian, this rule still applies – you need complete protein and need to find non-animal sources.

3. **Eat vegetables every time you eat.**
   
   That’s right, in addition to a complete, lean protein source, you need to eat some vegetables every time you eat (every 2-3 hours, right?). You can toss in a piece of fruit here and there as well. But don’t skip the veggies.

4. **Eat carbs only when you deserve to.**
   
   Well, not ALL carbs – eat fruits and veggies whenever you want. And if you want to eat a carbohydrate that’s not a fruit or a vegetable (this includes things like simple sugars, rice, pasta, potatoes, bread, etc), you can – but you’ll need to save it until after you’ve exercised. Yes, these often heavily processed grains are dietary staples in North America, but heart disease, diabetes and cancer are

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medical staples – and there’s a relationship between the two! To stop heading down the heart disease highway, reward yourself for a good workout with a good carbohydrate meal right after (your body best tolerates these carbohydrates after exercise). For the rest of the day, eat your lean protein and a delicious selection of fruits and veggies.

5. Learn to love healthy fats.

There are 3 types of fat – saturated, monounsaturated, and polyunsaturated. Forget about that old “eating fat makes you fat” maxim. Eating all three kinds of fat in a healthy balance (about equal parts of each) can dramatically improve your health, and even help you lose fat. Your saturated fat should come from your animal products and you can even toss in some butter or coconut oil for cooking. Your monounsaturated fat should come from mixed nuts, olives, and olive oil. And your polyunsaturated fat should from flaxseed oil, fish oil, and mixed nuts.

6. Ditch the calorie containing drinks (including fruit juice).

In fact, all of your drinks should come from non-calorie containing beverages. Fruit juice, alcoholic drinks, and sodas – these are all to be removed from your daily fare. Your best choices are water and green tea.

7. Focus on whole foods.

Most of your dietary intake should come from whole foods. There are a few times where supplement drinks and shakes are useful. But most of the time, you’ll do best with whole, largely unprocessed foods.

8. Have 10% foods.

I know you cringed at a few of the rules above. But here’s the thing: 100% nutritional discipline is never required for optimal progress. The difference, in results, between 90% adherence to your nutrition program and 100% adherence is negligible. So you can allow yourself “10% foods” – foods that break rules, but which you’ll allow yourself to eat (or drink, if it’s a beverage) 10% of the time. Just make sure you do the math and determine what 10% of the time really means. For example, if you’re eating 6 meals per day for 7 days of the week – that’s 42 meals. 10% of 42 is about 4. Therefore you’re allowed to “break the rules” on about 4 meals each week. strategies for success 7

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The hardest part about eating well is making sure you can follow the 8 rules above consistently. And this is where preparation comes in. You might know what to eat, but if isn’t available, you’ll blow it when it’s time for a meal.


Let’s face it, when you’re busy during the week, you’re not going to be spending a ton of time whipping up gourmet meals. During these times you’re going to need a set of tasty, easy to make foods that you can eat day in and day out. However, once every day or a few times a week, you need to eat something different, something unique and tasty to stave off boredom and stagnation.

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The 21 Superfoods

PROTEINS

1. Lean red meat (93% lean, top round, sirloin)
2. Salmon
3. Omega-3 eggs
4. Low fat, Plain Yogurt, (lactose free if you can find it)
5. Protein Supplements (milk protein isolates, whey protein isolates, or rice protein isolates)

VEGGIES and FRUITS:

6. Spinach
7. Tomatoes
8. Cruciferous vegetables (Broccoli, Cabbage, Cauliflower)
9. Mixed Berries
10. Oranges

OTHER CARBS:

11. Mixed beans
12. Quinoa
13. Whole oats

GOOD FATS:

14. Mixed Nuts
15. Avocados
16. Extra Virgin Olive Oil
17. Fish Oil
18. Flax Seeds (Ground)

DRINKS/OTHER:

19. Green tea
20. Liquid exercise drinks (quickly digested carbohydrates and protein)
21. Greens+ (vegetable concentrate supplement)

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