



# Arenal Fitness

www.arenalfitness.com

## Erupt into Nutrition!!!

### Personal Training

- One on One
- Pairs
- Small Group
- Corporate
- Team Building

### Group Classes

- CrossFit
- CrossFit Kids
- Kettlebells

### Nutritional Consultations

### Memberships

24/7 Access

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In a few words, here are some helpful dietary guidelines to get you started on the right path for a healthy eating lifestyle...eat lean meat, vegetables, fruits, nuts and seeds. Drink plenty of water. Avoid foods with ingredients you can't pronounce. Buy foods that are located on the perimeter of grocery stores.

### What foods should I eat each day?

**Eat** - grass fed meat, fowl, some pork, wild fish, eggs, roots, tubers, bulbs, veggies, and mono unsaturated fats (plant oils)

**Moderate** - the intake of saturated fats (things that are solid at room temperature), nuts & seeds (cashews & macadamia nuts), fruit (low in fructose=berries, lemons, limes; high in fructose =bananas)

**Limit-Avoid** - grains (oats, rye, barley, corn), cereals, gluten, and legumes (beans & peanuts)

### How many calories should I eat each day?

**to gain weight** - 20 calories per pound of body weight

**to maintain weight** - 15-17 calories per pound of body weight

**to lose weight** - <5 calories per pound of body weight

**Nutrient stats** - 4 calories p/gram of protein

(must eat at least 1 gram of protein p/lb of body weight)

4 calories p/gram of carbohydrate

9 calories p/gram of fat

Use the Zone Diet for portion control & Paleo Diet for better food choices. For more specific dietary guidelines, meet with our Registered Dietitian, Patrick Sullivan, psullivan@arenalfitness.com.