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Welcome to Caryn's XTERRA Nutrition Snippet Series

1 race down...9 to go.

XTERRA RACE 2: NUTRITION SNIPPET **GETTING LEANER – makes for easier hill climbing**

One way to make running up those infamous Total Sport hills easier is to get lighter (i.e. losing weight, and by weight I mean body fat). The main way to get leaner than you currently are is to follow these guidelines below:

- Choose low fat / LITE dairy products (low fat milk / yoghurt / cheese)
- Remove skin from chicken and fat from meat before you eat it
- Do not fry foods, grill, BBQ, steam, bake instead
- Reduce intake of high fat takeaways, go for sushi / select your own sandwich instead
- Choose healthy snacks (fruit, yoghurt, nuts rather than chips, chocolate, muffins or pies)
- Avoid creamy sauces and dressings- your food doesn't need to be swimming
- Use small amounts of margarine or butter, if you use any at all
- Don't be fooled by marketing. Rice crackers may be 99% fat free, but if you eat enough of them, the calories will add up very quickly.
- Reduce your alcohol intake
- If you consume full sugar soft drinks on a regular basis, substitute them for diet products (i.e. diet coke for coke)
- Nibbles every night are counter-productive (unless they're celery and carrots)!

NOTE: If your diet is good and you are already following all the above guidelines and STILL wish to lose body fat... you need to reduce the calories you consume and expend more calories.

In other words...

EAT LESS AND

MOVE MORE...

Good luck!