

# CHEATSHEET

## GENERAL NUTRITION INFORMATION



### SODIUM

Sodium is the sixth most abundant element on earth and found naturally in the earth and environment, always bound up in minerals and rocks. Sodium is most commonly eaten as a component of table salt, which is only partly sodium. Table salt contains 40% sodium and 60% chloride. And while we generally think of the salt shaker as the only source of sodium, sodium also exists in most whole foods, from cantaloupe to eggs. It also hides out in a lot of unlikely places, like sandwich bread, milk, and even medication. Spices are great to use for flavour and added health benefits; just watch for high sodium levels. Even tracking the salt that you add to meals is strongly recommended. I really preach on the importance of sodium intake because I went through a very long phase of holding onto a ridiculous amount of water because my sodium levels were so darn high. I want to ensure you're not following my poor choices and that we get this right as quickly as possible.

### WATER

Water intake is crucial for optimal health, as it flushes toxins out of your body and keeps you hydrated throughout the day. A lack of body hydration may result in headaches, stomach pains, trouble focusing, and bloating. Males should be consuming between 4-5 litres (128-160 ounces) of fresh, filtered, room temperature water every day, and females should be consuming anywhere from 3-4 litres (96-128 ounces.) This may depend on your activity levels as well, so it is ok if you go over this number. Adding lemon or lime to your water is also recommended as they both have strong health benefits (cleansing, detoxing the liver, etc.)

### FIBRE

You should be consuming approximately 20% of your carb source from fibre (carbs are broken down into fibre, starch and sugar), but if you feel confident that your body doesn't need a certain fibre intake number, then do what is absolute best for your body.

### ALCOHOL + CAFFEINE

If you are trying to lose weight and/or become healthier, all alcohol and caffeine should be eliminated as it can greatly hinder your results. If you are a daily coffee drinker then I understand that it will be hard to completely cut it out cold-turkey, but it is strongly recommended if you want to be healthier. Take time over the next 4 weeks to drop and eliminate your caffeine intake; the sooner the better. As the caffeine in your body eliminates, you may experience headaches. Please see the next section on medication to aid with headaches. Alcohol (beer, wine, spirits, liqueurs - anything with alcohol content on the label!) can and will greatly hinder your weight loss progress. Alcohol can it reduce testosterone in males by up to 23%. When consumed, your body sees alcohol (converted into acetaldehyde and acetate by-products) as dangerous and will want to use them as fuel to rid them from your body. This means that your body will significantly blunt fat-burning by up to 75% after just one drink, and also stop using carbs for energy. So although very little alcohol will be stored as fat, the fat and carbs that you do eat will have an increased chance of being stored as fat.

### PRESCRIPTION MEDICATION + OVER-THE-COUNTER PILLS

In my opinion, you should not be taking any Advil or Tylenol if you have headaches, or any other symptoms for that matter. Your body is not a pile of chemicals so you should not have to take any to be able to 'feel better'. There is the exception of doctor prescribed medicine for certain illnesses or symptoms; just make sure you know exactly what you're consuming and why. If you do have a headache, try drinking more water. The first sign of dehydration is usually a headache. If that doesn't help, try taking a nap or eat some health, nutrient-dense foods.

### UNDER-EATING

You would think eating less would result in less stomach fat. Unfortunately, this isn't necessarily so. Eating less food than your body needs results in malnutrition. This can be in the form of vitamin deficiencies, protein deficiency or carb deficiency. Ultimately, this leads to starvation of the body. Your body needs a wide variety of nutrients to keep it functioning. Just like your car, if you don't fill up every once in awhile, you won't be going anywhere. Your body works in a similar manner. If we don't eat enough, stored fat can't keep the body functioning. To lose weight, you do need to cut calories and increase activity. You need to continue to eat enough food to support your body's functions and stay healthy. Under-eating means you are starving the various parts of your body and they'll eventually quit on you. If your body isn't getting enough food, you are going to be tired and your stomach growling and cramping may disrupt your sleep. Building and repairing muscle takes place during sleep, which can't happen when there isn't enough food to work with. You're at risk for kidney failure, heart attack and even death. You will also suffer from mood swings and generally not feel well. Eating enough to supply your body with enough fuel will actually help you to lose weight. So in short, don't think that just by eating less you will necessarily lose weight.

### SLEEP

Always get a great sleep as inadequate sleep throws off your body's hormonal balance, lowers strength and cognitive function. Aim for 7-8 hours each night.

*Courtney Ustrzycki is not a registered dietician or a physician, and this information should not be taken as professional medical advice. Courtney is not implying that this information will treat, cure or prevent any health complications. This is just information that has been learned, practiced and applied to her own nutrition as well as with a lot of her clients. The intent of document is to share the information that she knows, in hopes that the reader may benefit as well.*

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