









Alloy Nutrition

Fats

Let's talk about fats! The word can have a negative connotation - and some of us have goals to get rid of it - but what we are focusing on here is our friend, fat. It is a macronutrient used for the nervous and hormonal systems, so it's an essential nutrient. We need fats to survive!

Fats are here for much more than insulation, so it's important not to avoid them! In fact, we should thank them. They keep our hormones in check and reduce bodily inflammation, especially in the joints. When you don't consume enough fat in your daily diet (under 15% of your total calories), your endocrine and nervous systems take a hit, which can result in a decline in the production of estrogen, testosterone, progesterone, and thyroid function. Yikes!

Determining your daily fat intake is going to be based on your goals, but a good place to start is making sure that 20% - 30% of your daily calories come from fat. Set a goal to find the balance with your fat consumption. You don't want to lower your fat intake too much because it could possibly cause issues and derail your progress in the gym. Part of this process includes consuming enough calories to be able to maintain a healthy fat intake.

Fats are here to support us. Choose the right foods to help your digestion and feel satiated after a meal. Smart decisions outside of the gym will help you inside of the gym. Just remember - the fats are where it's at!

Fat Intake

Aim for .4 grams per pound of weight (ex, 200 pounds x .4g = 80g fat a day) or 20-30 % of your total calories

- *Nuts/Nut Butter*
- *Seeds*
- *Avocado*
- *Oils/Butter*
- *Fatty Fish*
- *Whole Eggs*
- *Chocolate*
- *Full-Fat Yogurts*
- *Olives*