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THE WHITE COAT TRAINER NUTRITION GUIDE



**“Stop Following Diets, What You
Need is a Nutrition Plan”**

Dedication

This book is dedicated to everyone who understands that health and fitness needs to be a priority in their lives. To those individuals who lead a busy life, studying their passions, working in their dream profession, or taking care of their wonderful family. This book is dedicated to you.



Disclaimer

The information presented in this manual is not intended to diagnose, prevent or treat any disease. It is purely for informational purposes only. The recommendations set forth in this manual are to be pursued at the sole discretion and risk of the reader. As with all dietary and exercise regimens, please consult with your qualified medical health care provider first. The authors assume no liability for the consequences encountered following the advice presented in this manual.



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Introduction

You live a very busy life. There are a lot of things competing for your attention and the last thing that you need is a complicated nutrition plan.

Notice that I didn't use the word 'diet.'

In today's world, diets tend to be associated with many negative connotations. What are the first things that come to mind when you hear the word 'diet?'

Sacrifice

Limitations

Restrictions

Temporary

Hunger

Difficulty

Why associate something as basic as eating with these concepts? Eating should be easy, simple, and most of all enjoyable.

You do not need a diet. What you need is a nutrition plan.



What is a Nutrition Plan?

A nutrition plan is a carefully constructed approach to the foods you decide to consume.

We tend to see eating as a highly enjoyable social event, but we cannot forget what the true purpose of eating is.

Our body requires a diverse range of nutrition, and as such, your food choices should be tailored towards obtaining those key nutrients.

Unfortunately, the foods served and sold at most restaurants and local supermarkets are the complete opposite of what you need.

Consuming real, high quality, nutrient dense foods is the **absolute best way** to improve your overall health and fitness.

By obtaining all of the nutrients your body needs, you may experience some or all of these benefits:

Improved energy levels

Better sleep

Increased metabolism

Improved body composition

Improved athletic performance

Decrease in aches and pain

The problem is, there are so many controversial and mixed messages out there, it is difficult to know which foods are healthy and which aren't.



What Should I Eat?

Most people assume that they have a general idea of which foods are healthy, and which foods aren't. No one will ever deny that green vegetables are healthy. On that same token, everyone should know that doughnuts aren't healthy (or at least I hope this is true).

But what about everything else in between?

Unfortunately, many of the general dietary recommendations made by society are just plain wrong. One of the worst examples I could think of is the recommendation to consume a low fat diet.

This recommendation was made because antiquated research linked fat consumption to heart disease. What we didn't realize is that the majority of these correlations were predicated on poor, low quality *trans* fats.

As a result, all kinds of fat were lumped together and vilified by the American culture. Sadly, we have been taught to avoid one of the healthiest and most essential macronutrients. We will talk more about fat and macronutrients later.

So what kind of nutrition plan should you follow?

There is no perfect nutrition plan. Everyone is unique, and different people will respond differently to different types of foods.

With that said, you should aim to consume foods that have been around for thousands of years, and are as close to their natural state as possible.

Twinkies, for example, didn't exist in the 1800s.



Do Calories Matter?

As a society, we have been taught to focus all of our attention on the amount of calories we consume.

According to the first law of thermodynamics, if you consume more calories, you will gain weight, and if you consume less calories, you will lose weight.

Therefore, if you want to lose weight, you should simply eat less calories and exercise more. Right?

Could it be that simple?

First, let's examine what a calorie actually is.

A calorie is the amount of energy needed to raise the temperature of 1 gram of water, 1 degree Celsius. In other words, a calorie is a unit of measurement, just like kilograms, or fluid ounces.

Units of measurements are helpful because they allow us to compare and contrast different things.

However, a comparison is just a comparison.

A calorie is not just a calorie.

8 oz of water is not the same as 8 oz of soybean oil. 200 calories of avocado is not the same as 200 calories of soda.

We cannot discuss your total caloric intake without understanding the actual composition of those calories.



Are those calories mainly composed of fat, of protein, or of carbohydrates?
How much sugar is in those calories? What about fiber?
What effect will those 200 calories have on your energy levels, your insulin response, your nutrient extraction, your appetite and your mood?

While calories are an important aspect of any nutrition plan, it isn't the entire picture.

So what should you focus on?



The Basic Principles of Nutrition Planning

The quintessential concept to understand is that almost all foods can be classified into one of three food groups: Proteins, Carbohydrates and Fats.

It is important to be able to identify which foods falls under which category.

PROTEIN

Protein is by far the most important macronutrient, and the one that people usually eat the least of.

High protein foods keep you satiated, and serve as the primary building blocks for muscle toning and muscle strengthening. Everyone needs to have strong healthy muscles, regardless of your size.

Fortunately, many foods contain high quality protein. These include:

- Animal products such as meat, fish, eggs and dairy*
- Plant based sources such as soy products and several legumes
- Several seed varieties
- Protein powder supplements (whey and plant based)

*An important caveat to keep in mind is that dairy comes loaded with additional fat and carbohydrates.

Ideally, protein should account for 20-40% of your total caloric intake which could be approximately 60-180g of protein per day depending on your body weight and goals.



FAT

Fats are the next most important macronutrient. Unfortunately, it is the macronutrient that we are afraid to eat because of the bad rap it has gotten from the media. The truth of the matter is, the vast majority of people don't eat enough of the right kinds of fat.

The kind of fat that our bodies need, and the ones that actually have a multitude of health benefits.

Fat is an essential macronutrient that is necessary for many vital processes such as hormone function, vitamin absorption and thermal regulation. It is also the largest energy reservoir our body possesses.

Fats come in many different varieties; saturated, monounsaturated, polyunsaturated and trans. Unsaturated fats are considered to be the healthiest, while trans fats are to be avoided at all cost.

Unsaturated fats can be obtained from

- Healthy oils such as extra virgin olive oil, fish oil, coconut oil, and avocado oil
- Avocados
- Dark chocolate
- Nuts
- Seeds

A very common misconception is that high fat consumption is what makes you fat. This is absolutely false.

Excessive calorie consumption, of the wrong types of food, coupled with little physical activity (and of course, your genetics) is what contributes to elevated body fat levels.



Fat intake could account for 20-40% of your total caloric intake. This means that you can consume approximately 60-120g per day, depending on your body weight and goals, with the majority of this intake coming from unsaturated sources.

CARBOHYDRATES

Carbohydrates serve as the primary source of energy for your brain and they are used to maintain glucose levels in your bloodstream.

This macronutrient is the one that people tend to eat too much of. They are overly abundant and are very easy to eat in large quantities. If eaten in excess, your body will first store carbohydrates as glycogen, and then ultimately as fat.

Unfortunately, an enormous amount of low quality foods are in the carb category. Most of them have very little nutritional value, and have a very high glycemic index.

This means that these carbs are composed of simple sugars that raise your blood glucose rapidly, leading to large fluctuations in insulin levels.

Examples of high glycemic carbs include white bread, regular pasta, and baked goods such as cakes and cookies.

Excessive consumption of these kinds of carbs is one of the leading causes of poor weight management, insulin resistance, Type II Diabetes Mellitus and increased body fat levels.

When selecting carbs, it is important to focus on low glycemic fruits, non-starchy vegetables, whole wheat options and fiber rich varieties.



Good examples include berries, sprouted grain bread, all kinds of vegetables, (especially leafy greens) and quinoa.

Similar to Proteins and Fats, Carbohydrates can make up 20-40% of your total caloric intake depending on your body weight and your goals.



The Most Underrated Concept in Nutrition: Micronutrients

While macronutrients are the building blocks of your body, micronutrients are the catalysts that allow these building blocks to function. You can eat the proper amount of Protein, Fat and Carbs but if you lack the appropriate amount of micronutrients, you are missing out on half of the equation.

If you do not regularly consume real, high quality food, you are probably deficient in some of these key nutrients. Here are some of the most important micronutrients and where to get them.

***The nutrients demarcated by asterisks are the ones most people need to focus on

MICRONUTRIENTS

Vitamin A	
Necessary for:	Anti-oxidation, Bone Health, Skin Health, Immune Function
Deficiency:	Vision problems, Bad skin, Susceptibility to Infection, Aches and Pains
Best Sources:	Carrots, Sweet Potato, Kale, Lettuce



Vitamin B Complex

Vitamin B1	
Necessary for:	Optimal function of the Cardiovascular, Digestive and Endocrine systems
Deficiency:	Nerve damage, Irritability, Weakness
Best Sources:	Sunflower Seeds, Black beans, Lentils, Green Split Peas

Vitamin B2	
Necessary for:	Anti-oxidation, Energy, Skin Health, Metabolism
Deficiency:	Anemia, Fatigue, Poor Skin, Depression
Best Sources:	Meat, Fish, Eggs and Almonds

Vegetarians and vegans may need to supplement this vitamin

Vitamin B3	
Necessary for:	Cholesterol Control, Cardiovascular Health, Healthy Skin, Joint Pain
Deficiency:	Pellagra, Gastrointestinal Inflammation, Depression
Best Sources:	Meat, Sunflower Seeds, Salmon, Green Split Peas



Vitamin B5	
Necessary for:	Energy, Cholesterol Control, Blood Pressure Control, Cardiovascular Health
Deficiency:	Fatigue, Depression, Insomnia, Muscle Cramps
Best Sources:	Avocado, Sunflower Seeds, Portabella Mushrooms, Salmon, Eggs, Lentils

Vitamin B6	
Necessary for:	Metabolism, Cardiovascular Health, Skin Health, Metabolism
Deficiency:	Depression, Cramps, Fatigue
Best Sources:	Meat, Tuna, Pinto Beans, Avocado, Sunflower Seeds, Chickpeas

Vitamin B12	
Necessary for:	Neuron Health, Mood, Immune Health, Hematologic Health
Deficiency:	Anemia, Fatigue, Pain, Poor Memory, Depression
Best Sources:	Beef, Chicken, Salmon, Tuna, Milk

Vegetarians and vegans need to supplement this vitamin



Vitamin C	
Necessary for:	Anti-oxidation, Healthy Immune System, Vascular Health
Deficiency:	Poor Gum Health, Gingivitis, Poor Wound Healing, Susceptibility to Infections
Best Sources:	Green Peppers, Oranges, Kiwi, Strawberries, Kale, Broccoli, Peas

Vitamin D***	
Necessary for:	Bone Health, Cardiovascular Health, Endocrine Health
Deficiency:	Osteoporosis, High Blood Pressure, Heart Disease, Depression, Fatigue
Best Sources:	Sunlight, Fish, Eggs, Portabella mushrooms

Vitamin E	
Necessary for:	Cholesterol Control, Anti-oxidation, Skin and Hair Health
Deficiency:	Inflammation, Poor Skin, Fragile Hair
Best Sources:	Sunflower seeds, Almonds, Avocado, Spinach



Vitamin K	
Necessary for:	Bone Mineralization, Blood Clotting, Cardiovascular Health
Deficiency:	Poor Blood Clotting, Osteoporosis, Fatigue
Best Sources:	Spinach, Chard, Brussel Sprouts, Kale, Broccoli

Iron***	
Necessary for:	Red Blood Cell Production, Energy, Neuron Health
Deficiency:	Anemia, Fatigue, Weakness
Best Sources:	Lentils, Spinach, Chickpeas, Black beans, Beef, Dark Chocolate

Calcium***	
Necessary for:	Proper pH Balance, Bone Health, Blood Pressure Regulation, Heart Health
Deficiency:	Osteoporosis, Muscle Cramps, Tooth Decay, High Blood Pressure
Best Sources:	Milk, Kale, Broccoli, Almonds



Potassium***	
Necessary for:	Electrolyte Balance, Fluid Balance, Heart Function, Nerve Impulses, Muscle Contraction, Energy
Deficiency:	High Blood Pressure, Heart Disease, Fatigue, Poor Memory, Diabetes, Muscles and Joint Pain
Best Sources:	Lima Beans, Avocado, Broccoli, Sweet Potato, Bananas, Salmon

Magnesium***	
Necessary for:	Anti-oxidation, Blood Pressure Control, Energy, Endocrine Function
Deficiency:	Cramps, Insomnia, High Blood Pressure, Fatigue, Osteoporosis
Best Sources:	Spinach, Chard, Pumpkin Seeds, Almonds, Black Beans, Avocado

Zinc***	
Necessary for:	Endocrine Health, Immune Health, Anti-oxidation, Cardiovascular Health
Deficiency:	Susceptibility to Infection, Hair Loss, Acne, Diarrhea, Fatigue
Best Sources:	Pumpkin Seeds, Chickpeas, Cashews, Spinach, Beef



As you can see, there is a lot of ground to cover. How many of these vitamins and minerals do you consume regularly?

But all hope is not lost.

Start consuming the foods listed on these tables today. Best of all, the same foods appear on multiple lists!

The truth of the matter is, your nutrition plan does not have to be overly restrictive, nor does it have to condemn any particular food group. The key is to regularly consume as many of these real, high quality foods as you can.

We find it helpful to think of your nutrition plan as a **lifestyle**. By changing your perception of food consumption, you are more likely to sustain these habits for the rest of your life.

So do yourself a favor, and let's diversify your nutrient plan!



How to Determine How Much You Need to Eat

So how much of these foods should you eat? High quality protein, healthy fats, healthy carbs, fruits, and vegetables all need to be staples in your diet to provide optimal results.

Fortunately, there is an easy way determine your portion sizes. In general,

your fist is roughly the size of 1 cup
your cupped hand is roughly 1/2 cup
your palm is about 3-4 oz of food
your thumb is roughly the size of a tablespoon

PROTEIN PORTION GUIDELINES

- The size of your palm determines your protein serving size.
- Women can consume 1 serving per meal while men can consume up to 2 servings per meal.
- If you are consuming a legume for protein, decrease your carbohydrate portion and replace it with vegetables instead.

FAT PORTION GUIDELINES

- When eating fats, your thumb should represent one serving size.
- Women can consume one serving per meal while men can consume up to 2 servings per meal.

CARBOHYDRATE PORTION GUIDELINES

- If eating vegetables, your portion size should be the size of your fist.
- If eating non-vegetable carbs, your portion size should fit in your cupped hand.
- Women can eat 1 cupped hand per meal while men can consume 1-2 cupped hands per meal.



- Spread out your daily intake and aim to eat **4-6 times per day**. Not every sitting has to be a complete meal (a meal that contains a protein, a fat, and a carb), but the more complete meals you have the better. The remaining meals can be snacks.

For a complete meal, consume
3-4 ounces of a PROTEIN (palm sized),
1/2 cup of starchy CARB (cupped hand)
or
1 cup of *VEGETABLES* (fist sized)
and
a tablespoon of FAT (thumb sized)



What if I Want to Lose/Gain Weight?

In order to get to your destination, you must know where you are going. Define your goals with as much detail as possible.

Do you want to lose body weight or do you want to gain body weight? How much do you want to lose or gain? What is your deadline?

Most importantly, **why**? The stronger your reason for wanting your goal, the more likely you are to achieve it. 'Because I want to look better' is not a good enough reason.

Altering your body weight is a difficult process that requires patience. This is why it is important to have a strong reason behind your goal. The more you want it, the more likely you will achieve it.

First things first: do not check the scale every single day. That will only lead to obsession and frustration.

Due to variations in hydration levels alone, your body weight can fluctuate ~1% on any given day. As a result, only weigh yourself ~2 times a week to measure any true progress.

Also, make sure that you are checking your body weight at the same time every day. It is helpful to check first thing in the morning, after going to the bathroom, so that you can keep as many factors consistent as possible.

If your body weight doesn't change significantly over 2 weeks, make small adjustments. Eat a little less (or more) of the carbohydrate and the protein at each sitting.

If your goal is to lose weight, aim to lose **1 lb pound per week** (+/- 0.5 lbs). Nothing more, nothing less. Anything more than this is unsustainable and will cause an unwanted rebound.



The same goes for weight gain. Aim for 1 to 1.5 lbs per week.

Here's a pro tip.

Instead of checking the scale, take progress photos every 2 weeks. Your body weight does not always reflect changes happening in your body. Pictures always speak a thousand words.

Let me remind you, **this is not a quick fix**. You need to be consistent and measure progress over the long haul, not on a daily basis. Use **2 week intervals** to evaluate your progress.

Do not change the amount of times you eat during the day. You should still aim to eat 4-6 times per day, just alter the portion size by a small margin depending on your goals. This is crucial as it will ensure that you are obtaining as much nutrients as possible.

The higher the quality of the food, the more work your body has to do to digest and process it. This is another reason why consuming high quality foods is very important.

Lastly, you should add in some form of exercise which can be extremely beneficial when following this nutrition plan. Regular exercise can increase muscle mass, further increasing your metabolism and calorie burning potential.

You can learn more about exercise and training [here](#).



Final Words

The final component to a healthy nutrition plan is hydration.

Water is by far the BEST hydrating agent we could provide our body with. It is necessary for almost every metabolic reaction to occur in the body.

Unfortunately, more than half of Americans live in a dehydrated state due to the non-water beverages they consume throughout the day. If you are thirsty, it's too late. Your body is already dehydrated.

Dehydration can have serious detrimental effects on your body such as fatigue, light-headedness, poor sleep, muscle cramps, joint pain and even vasoconstriction (narrowing of the blood vessels) which can lead to high blood pressure.

Please do not say that you don't like water. You are water! Your body is composed of 60-70% water. It is necessary for your survival.

Not soda, not juice, not vitamin water- just plain water. These sugar-laden beverages will never replace water and will not adequately provide your body with the hydration it needs.

If you must have a flavored drink, try drinking *natural fruit* infused water such as water with freshly squeezed lemons, or water with freshly sliced cucumbers, etc.

To adequately hydrate your body, you should aim to drink half your bodyweight in ounces every single day (for example, if you weigh 150lbs, you should consume 75 oz of water).



An easy way to determine your hydration levels is to look at the color of your urine. The lighter yellow your urine is, the more hydrated you are. The darker the color of your urine, the less hydrated you are.

So there you have it. You are now armed with a comprehensive nutrition plan. Go forth and conquer!



Frequently Asked Questions (FAQs)

Should I Avoid Dairy?

Dairy has always been under a lot of scrutiny. On one extreme, people argue that we need to avoid dairy at all cost, while the US government recommends that we should consume 2-3 servings of dairy each day.

Some people develop severe gastrointestinal symptoms from milk, yet we serve it to our children in school because it helps build strong bones.

So who is right?

First let's discuss what dairy actually is.

Dairy refers to any food that is derived from cow milk. If you look strictly at the numbers, milk is chock full of nutrition. It contains a significant amount of all three macronutrients and it contains a lot of calcium.

As you just learned, all of these nutrients are extremely beneficial to us, so what's the problem?

Well, the problem is the milk source. The vast majority of the milk that is coming from conventional farms isn't necessarily coming from the healthiest cows.

These cattle are bred prematurely, fed corn instead of grass, forced to live in crowded concentrated areas, and are given exogenous hormones to grow rapidly in size.



They also produce a significant amount of waste given their sheer number, producing unsanitary living conditions and disease propagation. This is why cattle are given a lot of antibiotics. As you could imagine, these cows are beyond sick.

This is the milk you are consuming in regular dairy products.

Does this change your outlook on dairy? You make the decision.

If you are lactose intolerant, then avoiding dairy is a no brainer.

If you must consume dairy, then do your best to get milk from cows who are grass-fed and are grown in better environments. Unfortunately, these products will come at a premium.

Otherwise, there are plenty of other milk alternatives which you can use including almond milk, rice milk, coconut milk and hemp milk just to name a few.

Should I Avoid Gluten?

Gluten is a protein found in grains such as wheat, barley and rye. As such, you will find it in many grain based products such as cereals, bread, flour and dough.

Gluten is what makes these foods stick together and make them elastic and chewy.

If you have Celiac disease or Gluten insensitivity, then you **MUST** avoid gluten.



People with Celiac disease develop an allergic reaction to the protein which can damage the small intestines. This results in malabsorption and an inability to derive any nutrition from the food they consume.

People who are gluten insensitive will experience a milder form of gastrointestinal symptoms, such as cramping, bloating and diarrhea after ingestion of gluten.

Unless you have one of these two conditions, gluten has not been shown to be detrimental to your health. The foods that are high in gluten are usually also fortified with other key nutrients such as protein, vitamin B complex, calcium and fiber.

With that said, there may be an association between gluten and increased inflammation in the body - which may lead to other aches and pains, along with gastrointestinal symptoms.

If you suffer from any of these symptoms, go ahead and try a gluten free diet for a month and see how you feel. When it comes to nutritional planning, nothing is off the table and altering your intake of certain elements may be beneficial to your unique situation.

As such, just because something is gluten free, it doesn't mean it is good for you. Gluten free pizza is still pizza.

Should I Eat Organic?

The word organic has become popular in the health and fitness world. When referring to produce, organic simply means that synthetic pesticides, herbicides and fungicides were not used in the farming process. Some foods could contain natural pesticides and still be considered organic.



Unfortunately, research hasn't been conclusive on whether or not organic food is any more nutritious than conventionally raised food, or if consuming these chemicals have any deleterious effects on one's health.

With that said, you need to make an informed choice as to whether or not you should consume organic food. Purchase as much organic produce as your wallet can afford, but understand that consuming conventionally raised produce is probably healthier than not consuming any of it.

Regardless, be sure to always wash your produce thoroughly.

It should also go without saying that just because something is organic, it doesn't mean it is good for you. Organic cookies are still cookies.

Should I Avoid Soy?

Soy products come from a legume known as soybeans which were originally discovered in China. They have become popular due to their very high nutrient profile including protein, calcium, potassium and fiber.

It is often used as an alternative for food products in individuals who are trying to avoid animal proteins. Vegetarians and vegans often consume soy based meat alternatives such as seitan, and soy based dairy alternatives such as soy cheese and soy milk.

Soy is controversial because studies have demonstrated that it contains isoflavones, a compound that has the potential to act on estrogen receptors in the body. Theoretically, consuming soy products can raise the estrogen levels in your body.

As such, concern has been raised regarding a possible link between soy consumption and estrogen based cancers such as endometrial and breast cancer. as well as fibroids tumors. There have also been claims that soy



consumption could lead to fibroid tumors in women and decreased testosterone levels in men.

Unfortunately, studies have not shown any conclusive evidence to any of these claims.

Minimal consumption of soy is probably fine, but the choice is yours.



Thank You

Thank you for taking the time to read through the WCT Nutrition Guide. I hope you found the information presented here useful. To keep learning more, be sure to visit <https://www.WhiteCoatTrainer.com>.

A lot of time and effort was spent producing this book, and we would appreciate it if you do not share or distribute this book to anyone without our permission.



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Alex is a resident physician in Obstetrics and Gynecology in the NYC area. He started the White Coat Trainer along with his wife during residency to help others improve their health and fitness despite their busy schedules. In his limited free time, Alex likes to read philosophical novels, listen to podcasts, take aimless walks, and watch critically acclaimed TV shows.

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