





#### I need to eat more than just Avoiding carbs is important protein to build muscle. For most fitness programs.

Protein alone does not build muscle. A strength building program along with enough calories from balanced meals, snacks, nutritional recovery allowances, and rest/sleep, are all

FACT

needed for building muscle! People can generally get the extra protein that's needed from simply choosing protein-rich foods like lean meats, fish, eggs, lower fat milk and sliced chicken and turkey.

#### FICTION

Carbohydrates like whole grain bread, pasta. fruit and starchy vegetables are the primary source of fuel for your muscles!

Consequently low carb diets can zap your energy and be short-lived. Be like an Olympic athlete and balance your food and fitness goals by choosing more or less of a variety of foods from each of the food groups at all 3 meals.



#### FICTION NO WAY !!!

Although most food choices will be nutrient dense - eat all sorts of different foods, even chocolate and chips on occasion!

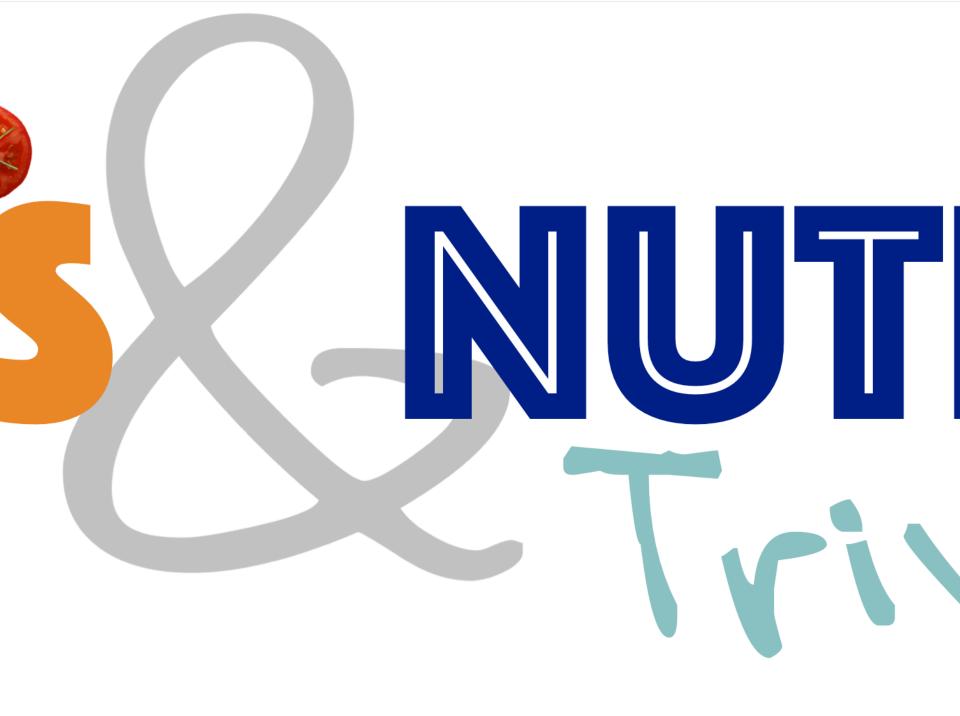
Use the 80-20 rule! 80% of the time make the healthy choice: 20% of the time have a treat!

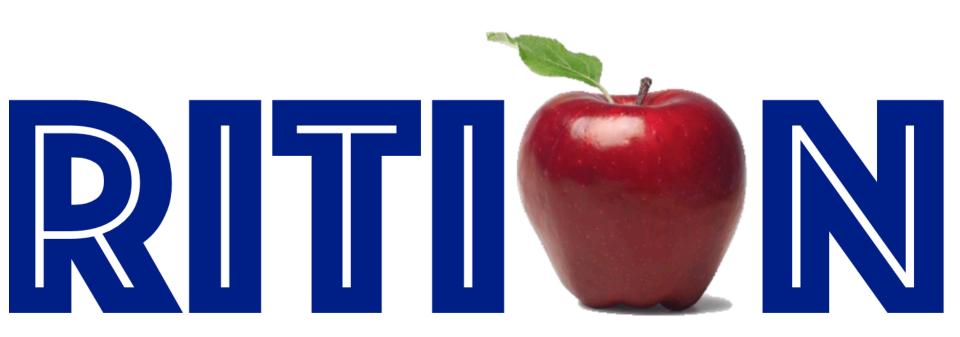
Allow forgiveness for being a human not a rabot!











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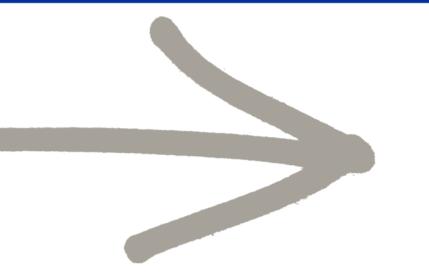














## To achieve my - treats are

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## fitness goals e off limits?





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#### FOR MORE INFORMATION CONTACT US?

#### **STUDENT HEALTH CENTRE** Phone: (506) 453–4837 go.unb.ca/studenthealth