



## BEST DIET

I get asked this question all the time and I mean all...the...time. This is probably the most commonly asked question I get. Keto? Paleo? South Beach? High protein or high carb? There is no easy answer here, but the one thing I can say is that no one nutrition plan fits all. Notice I said “nutrition plan” and not “diet”. It should be a plan of eating and a life of enjoying/using food for your lifestyle.

People are different and so nutrition plans and options are going to be different. Here are some things to take into consideration when thinking about your nutrition plan and what to think about when asking about food;

- ❖ Body type.
- ❖ Fitness level and body composition.
- ❖ Dietary preferences and exclusions.
- ❖ Budget.
- ❖ Organic or conventional diet.
- ❖ Nutritional knowledge and diet history.
- ❖ Time.
- ❖ Ethnic background and heritage.
- ❖ Age.
- ❖ Goals for your nutrition plan.



“The Essentials of Sport and Exercise Nutrition. Third Edition”

As you can see, there are quite of number of factors to take into consideration when putting together an eating program and nutritional plan and as with so many things in life, things can go right, and things can go wrong. Want to learn more? We are here to help. Contact us a elitelevelpt.com.