



SUPERHERO NUTRITION

by Steve Zim



Overview

Steve Zim trained Chris Evans (i.e. Captain America) and now presents his *Superhero Nutrition* diet as a long-term diet suited even for with people with allergies, a paleo/keto diet, or with religious restrictions. It's about using the glycemic load (not glycemic index) and proper timing between meals to carefully manage your insulin levels. There are simple rules to follow (e.g. using your fist for portion sizes), but within them you are free to eat what you want. He shares healthy alternatives and the proper way to time your workouts around your meals.

"When you dread your next meal, your program is doomed."

Chapter 1. Eating For Life: A Nutrition Plan That Works. Forever.

There are many reasons why diets may work in the short run but fail in the long run:

- **Compliance:** Long-term dieting is crucial, as early losses are usually muscle and water weight, not fat.
- **Too many meals:** A diet with many small meals is taxing on digestion. It may boost metabolism and reduce hunger, but it will not satiate you.
- **Limited food choices:** Limited options will make you unhappy with your diet and want to quit.

How "Superhero Nutrition" Works

Superhero Nutrition is a one-size-fits-all system, appropriate even for people with food restrictions (e.g. lactose intolerance) or people already on other diets. It has two parts. The first is regular exercise, a healthy sleep schedule, and *when* to eat. The second is choosing *what* to eat. Contrary to popular belief, you can still eat the food you like as long as you follow The Plan:

1. Eat 2-3 meals daily.
2. Take 5-6 hours between meals without snacking.
3. You can eat as much *quality* food (e.g. salad/veggies) as you want, as they are considered "free" foods.
4. Continue any diet that doesn't contradict The Plan.
5. Use the hand ratio for glycemic load (Ch.3, Rule 5)

Why Other Plans Fail Over Time

"Can I maintain this program for rest of my life?"

Diets should not make you suffer. Many diets lead to weight loss, but then people balloon up and gain *more* weight after they end the diet. This is because eating less alters your metabolism and burns more muscle than fat, which makes your body expect fewer calories. Your body then packs on the fat when you revert to normal dieting. You must learn to eat in a way that gives you enough daily energy, yet still keeps calories from becoming fat.

Why Superhero Nutrition Works

The key is in timing your insulin release. Food increases insulin, and the body doesn't burn fat when insulin is high. Exercising 90 minutes after eating gives your body enough time to decrease its insulin levels and burn fat.

Chapter 2. The Sweet Science: Insulin And Its Impact

"If you learn how to monitor, regulate and control insulin, it can actually break down fat and build muscle for you."

Whenever food is consumed, the pancreas creates insulin, a hormone that carries the food's nutrients around the body. It also keeps blood-sugar levels down by moving excess amounts to the muscles and liver to be absorbed as energy. What the muscle and liver can't use is then stored as fat. It's not just sugary or carb-heavy foods which can raise blood sugar – *all* foods except water and fiber can. While blood sugar levels are high, bodyfat cannot be burned for energy, only glucose (i.e. sugar) can be used.

Type 1 diabetes means one's pancreas cannot produce insulin naturally, which requires injections. Type 2 diabetes is developed from a lack of exercise and proper diet, in which insulin becomes ineffective at controlling one's blood sugar levels. A third of all Americans have Type 2 diabetes due to their poor lifestyle habits.

The key is to increase your *insulin sensitivity* by choosing both what and when to eat. The right foods with properly spaced out meals release insulin that can build muscle



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