

By Del Millers - PhD Nutritionist

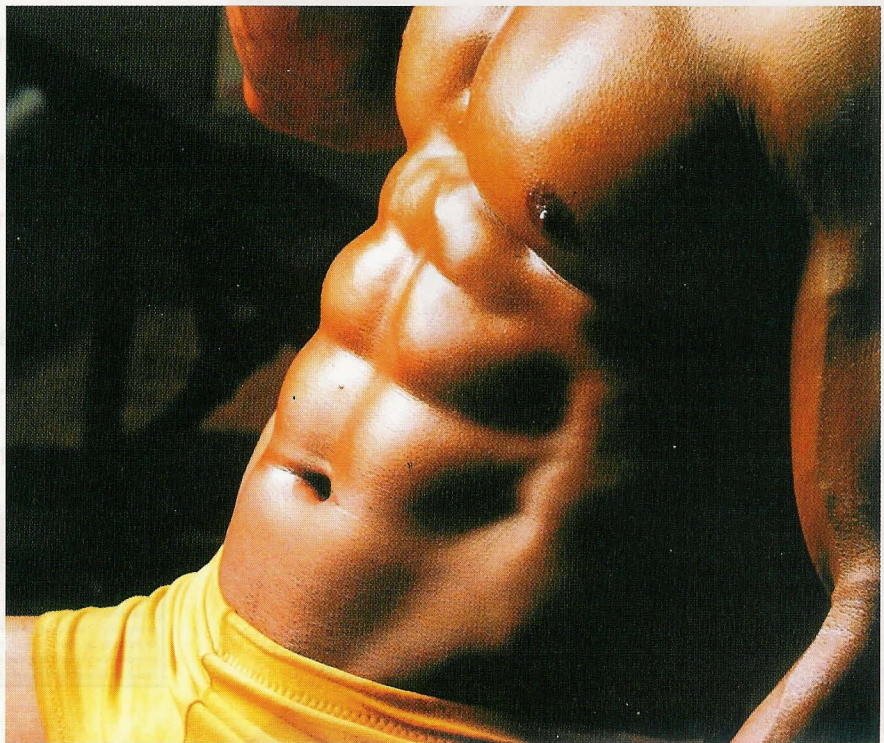
GETTING SHREDDED for Summer

Summer is the time when all the heavenly bodies come out to flaunt their six pack abs and belly button rings. It's also the time when the gym seems to get more crowded with the winter hibernators hoping for a six pack in 60 minutes. For me, it's a great time to plop down in my chair on the beach and do some interesting anatomical research and of course, work on my tan. Whatever your motivation, here's how to nutritionally achieve that elusive six pack by summer; or at least come close to it. Why focus on your mid-section? Simple. When your abs are tight and shredded, the rest of your body will also be lean and sculpted.

Achieving that elusive six pack is 80 per cent related to what you eat! However, you must weight train to build muscle and do your cardiovascular exercise five-to-six days per week to burn excess body fat. Assuming that your training program is in high gear (if not, there's no time like the present to start), here's a nutritional strategy that has been proven to work and can work for you too.

Eat more often

Your primary objective in achieving your six pack is fat loss. Assuming you've been working out diligently over the winter months, the muscles are already there. They may be buried under a layer or two of body fat, but they're there. However, if you're only eating two-to-three meals a day your body is more likely to be conserving most of the calories you eat, especially after many hours of not eating. Therefore, if you hope to lose the excess body fat, you must change your eating habits to five-to-six small meals a day.



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Eat more lean protein

Protein builds muscle. Therefore eat some lean protein (the size and thickness of your palm) with each meal. The best protein sources are egg whites, chicken breast, turkey breasts, tuna, lean beef, tofu and fish. Stay away from any form of processed foods including most protein shakes and bars, dairy products and most deli meats. These are okay during the muscle building phase of your program, but they contain too many simple sugars and sodium that will not help you in your fat burning phase.



Eat more grains and veggies

Oatmeal, brown rice and barley – these are great sources of complex carbohydrates that supply your body with a constant source of energy throughout the day. Here's the truth about complex carbohydrates: They're not bad for you! You need them for energy and to help move things along, if you know what I mean. However, you must learn when to eat them to maximise your fat burning.

To make complex carbohydrates work in your favour and help you burn fat start with eating complex carbohydrates at three-to-four of your daily meals, then gradually cut back to one (your morning meal) over the course of a week. Be sure to increase your intake of green leafy vegetables like broccoli, cabbage, spinach, collard greens, etc., and add a whole food supplement (forget the multivitamin, you will get a more complete set of balanced nutrients from a fruit and vegetable capsule).

After your first week you can then change to three days of eating complex carbohydrates with only your morning meal followed by three days of adding complex carbohydrates to three or four of your meals. On



the days that you cut back on your carbohydrate intake, you should also increase your intake of good fats — such as avocado and peanut or almond butter. Continue playing with this equation to see what gets you the best results.

A word of caution

It is neither healthy nor desirable to go long periods, such as weeks or months, restricting your intake of complex carbohydrates. It is best to gradually decrease your carbohydrate intake over a three or four day period, then gradually add them back. If you're currently training for an endurance event, however, it is



imperative that you eat some complex carbohydrates prior to training or your event. The above plan is meant primarily for physique athletes and exercise enthusiasts, who're looking to get shredded for summer.

Supplementation

Can you develop a six pack without supplementation? It's highly unlikely. Try using Essential Fatty Acid (EFA's) supplements, a whole food fruit and vegetable supplement (I use JuicePlus+) and glutamine. These are all natural substances that have been scientifically proven to minimise muscle breakdown while maximising fat loss. Personally, I use them everyday and recommend taking two fruit capsules in the morning and two vegetable capsules in the evening. I take one or two EFA supplements a day and one-to-two teaspoons of glutamine a day.

And finally, I would be terribly remiss not to mention the most important nutrient of all...water. The best thing you can ever do to burn fat and develop chiseled abs is to drink at least two-to-three litres of water per day.

So there you have it. That's my nutritional program for banishing your belly and developing rock hard abs. Now get to work, and come join me on the beach this summer.

—Del Millers, Ph.D. is a fitness and nutrition consultant and author of three books – his latest, "Simply DELicious," a book of 10 minute recipes and nutrition guide is now available through the Ironman bookshop on page 150. Visit his website at delmillers.com to sign up for his free weekly nutrition email newsletter. **IM**

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