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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Nut Nutrition Information For Fitness Energy.

By Kevin Doberstein CFT

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As a young aspiring bodybuilder who was just starting out learning a lot of different methods of building muscle, I was taught "by experts" that fat in the diet was taboo. Any kind of fat. It didn't matter the source. It was just bad. They were wrong. If you still believe in this myth, I hope I can change your mind after reading this article.

The fats I am talking about are from nuts. Peanuts, walnuts, almonds and all other nuts. Being mainly composed of unsaturated fat provide an excellent source of energy. They are also rich in nutrients that are lacking from most people's diets. Nuts also have phytochemicals, which help prevent cancer, diabetes and hypertension. High in natural fiber. As a whole, nuts are a very healthy nutrition treat that tastes good.

As a bodybuilder that is trying to gain muscular weight, nuts can provide the extra calories that are needed. You can snack on them between meals. They are easy to take along with you anywhere.

For the bodybuilder that is trying to lose fat, nuts fit into your low carbohydrate day. And you don't have to feel guilty eating them. The key is to replace carbohydrate calories with the calories you would be getting from the nuts.

Women and Nuts

In a controlled study, postmenopausal women who ate a bag of low-salt soy nuts a day had a rather great reduction in blood pressure. Each bag had 25 grams of soy protein. You can find soy nuts at most grocery stores.

Nutrition Breakdown of a bag of almonds. ¼ cup

Calories 200, from fat 150

Total Fat 18g 2g saturated

Carbohydrates 7g

Protein 7g

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The US Department of Agriculture did a study with nut eaters and non–nut eaters and found even though the nut eaters consumed more energy calories they actually had a lower BMI (body mass index) than the non–nut eaters.

In summary, the Almighty would have never created nuts if they didn't have a useful propose in life. When was the last time you seen a squirrel scampering across the ground and suddenly falling down and having a heart attack.

Kevin Doberstein is a Certified Fitness Trainer and has been a natural bodybuilder for the past 25 years. 15 years as a gym owner. For more articles about bodybuilding, bodyshaping and nutrition you can visit his site at www.nature-boy-bodybuilding.com. You can join the Nature Boy bodybuilding Newsletter for the latest information about bodybuilding fitness at this site. You can contact him at natureboy_bodybuilding@hotmail.com

Men's Fitness Magazine Subscriptions

By Linda Polansky

An astounding percentage of adult men and women around the world are found to obese at this point in time. Indeed, in a growing number of countries around the globe, obesity is becoming a far more serious health concern than is malnutrition. As a result, a growing amount of focus is being paid to nutrition education and fitness programming. Perhaps you are a man who is interested in bettering his health. (Or, perhaps you do have a family member who you feel should become more interested in his personal health and fitness.) In either case, a solid resource when it comes to health and fitness issues is a men's fitness magazine subscription. When it comes to obtaining a men's fitness magazine subscription, there are some factors and pointers that you should bear in mind.

First of all, when it comes to looking for men's fitness magazine subscription, you should look at a magazine that is more comprehensive. By this it is meant that when it comes to a men's fitness magazine subscription, a subscriber is best served by ordering up a magazine that provides information and articles both and nutrition and diet as well as on exercise and fitness. In the end, if you (or a loved one) truly is interested in a healthy lifestyle, you need to appreciate and understand the relationship between food and exercise. Thus, a magazine that appropriately addresses both elements will be your best bet.

A good way to do some comparison shopping in regard to one men's fitness magazine subscription versus another, you will want to spend some time on the Internet and the World Wide Web. There are some helpful websites on the Net that provide to you side by side comparisons of different magazines. By making these side by side comparisons, you will be able to determine which of these magazines will best serve your overall health and fitness needs and requirements — both today as well as into the future.

Keep in mind that there are times when you make the purchase of a particular product or service related to health and fitness, you oftentimes can obtain men's fitness magazine subscription

opportunities at a reduced cost. Certain manufacturers offer a subscription as a complimentary gift when you make the purchase of a fitness product. This can be a wonderful way to introduce you to a particular men's fitness magazine subscription.

Linda Polansky writes about



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