
Nutrition Question

Posted by aaviles9 - 2008/05/11 05:11

Howdy folks! I am new to this sight, I have not purchased P90X yet, but plan to as soon as I save up the money for it. At any rate, I have a question about the nutritional portion of the program. I am a type 1 diabetic (this means I take insulin). Does anyone know what type of limitations are on the fitness program in regards to nutrition? Is it pretty much just a healthy portion breakdown of proteins, carbs, etc? I am very curious about this before I make the purchase? ARE there any other diabetics using the program and do you find that the nutritional breakdown is a healthy one? thanks for any input you have for me!

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Re:Nutrition Question

Posted by Les - 2008/05/11 11:01

I complete the program without following the plan

I just started a second round of P90x and this time I'll try and follow the nutrition plan, which basically means being more strict on what I was doing before with minor alterations. so far I find it beneficial.

the nutrition plan is indeed a breakdown of the caloric intake which is based on your level which in turn is determined by your weight.

the nutrition plan will show you how many serving of each of these categories you will need to attain your caloric intake they are:

Proteins, Dairy, Fruit, Vegetable, Fats, Carbs, Snacks, Condiments

the plan is divided in 3 phases

Phase 1: Fat shredder

is heavy on protein intake and low carb

Phase 2: Energy Booster

also heavy on Protein serving but you increase your carbs servings

Phase 3: Endurance Maximizer

the Protein serving goes down and the carbs go up

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