

Which nutrients your body will get and how much depends on your diet. Nutrients are chemical substances that help your body maintain tissues, make energy, regulate different processes, etc. Nutrition is the process of taking nutrients from various foods. There are six classes of nutrients: lipids, carbohydrates, proteins, water, minerals, and vitamins. The third three classes are known as macronutrients because our bodies need them in large quantities. Lipids, carbohydrates, and proteins are unique because they are the only elements that provide the body with energy. Energy is measured in calories. Water is also a nutrient that some scientists categorize as a macronutrient because our bodies need it in large quantities. Water is quickly lost through sweat and evaporation, so you need to fill up by drinking liquids and eating fruits, vegetables and other foods that contain water. Consuming a healthy diet with vegetables, fruits, protein, and dairy ensures the body has enough nutrients to use. Here are 3 little nutrition tips I posted vesterday... 1) Most people don't know that the peanut butter they feed their kids (& themselves!) is filled with two of the nastiest ingredients in the world... -> Trans fats (the "bad" kind of fat)-> Sugar So you should choose Peanut Butter that contains JUST peanuts as the one and only ingredient. 2) My favorite canned food is Amy's Organic Chili. I usually stick with Medium, but sometimes I go spicy. 3) I add a little of Mrs. Renfro's Organic Salsa to almost every meal I eat. A little bit with my morning omelet, a little with my chili at lunch, and a little with my BBO chicken at night. I posted these at: www.Twitter.com/craigballantvne, where I'm going to be posting all of my meals, snacks, and nutrition tips over the course of the day. So you'll see exactly what I eat each day to stay lean. I know, the website name sure sounds funny, but I'm using it to help YOU out. You see, I'm committing to you that I'm going to post all of my meals each day, showing you how to eat fast, nutritious foods even when you are traveling or really busy. For many people, being ACCOUNTABLE to others is their #1 way to stay motivated and on-track with their diet and exercise program. I'm holding myself accountable to you. By doing this, I'm going to be more focused on eating healthier than ever, because I don't want to have to report to YOU that I'm cheating on my diet. By the way, you should follow my lead and start posting your daily diet and exercise somewhere for someone who is holding you accountable. You could use this free Twitter thingy, start a free blog at Blogger.com, or even just write it down in a food journal. Accountability is one of the major MOTIVATION SECRETS to success. Craig Ballantyne, CSCS, is a Men's Health Fitness Advisor and is also the creator of the Bodyweight 500 Workout and the author of Turbulence Training This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io I'm taking the day off training fater filming late last night. I posted the workout I filmed on the Turbulence Training Fanpage. We'll have those DVD's out in February. Today's blender drink was: -1 banana, blueberries, raspberries, spinach, walnuts, flax meal, sun warrior protein, cacao nibs I had that along with a cashew butter sandwich on toasted flax bread (Vege hut brand) So no workout blog, but I had a guest post on my other blog today... "7 nutrition tips plus 3 exercise tips from Isabel De Los Rios:" => Click here for Isabel's fat loss tips Most people don't know this, but Isabel once struggled big-time with her weight, making the same nutrition mistakes that every busy man and woman makes today. Please check out her tips to help you lose fat. I particularly love tip #7. And there's a picture of Bally the Dog up there too, in case you don't like nutrition tips but just like dogs. And tip #3 explains why I put ground flaxseed and walnuts in my morning blender drinks. More transformation tips coming tomorrow, Craig Ballantyne, CSCS, MS Author, Turbulence Training PS - I'm also working on... - a Detox article (!) - the TT Transformation program for TT members - and a few killer fitness expert interviews. Stay tuned! This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Home Productivity Software Do you want more options from the Windows Start menu? Despite its name. Start Menu 7 works with Windows 2000, 2003, XP, and Vista, not just Windows 7--and for power users, it's a useful upgrade to any of them. It replaces your start menu with a new one that gives you faster access to files, programs, and folders. When you are running Start Menu 7, click the Start button and you'll see the program. It displays a large, semi-transparent flyaway menu sorted by category, and then within each category by subcategories. In this way, you can get to the program, document, or resource you want quickly. There's more as well, including fast access to power management, and the ability to resize the menu. Start Menu 7 won't be to everyone's taste. It's far more cluttered than the normal Start menu, and so those who prefer simple interfaces will not be pleased. But if you're looking for an alternative to the Start menu, it's worth a try.--Preston Gralla Note: When you purchase something after clicking links in our articles, we may earn a small commission. Read our affiliate link policy for more details. When you think of traditional Cajun food, you're probably familiar with crawfish, gumbo and jambalaya—or at least heard of them. But Cajun country) is a cooked sausage made from pork meat and rice, plus various vegetables and seasonings, all stuffed in a natural pork casing. Traditional boudin features pork liver and/or pork heart along with scraps of pork meat is first simmered, and then drained and ground up. The ground meat is heavily seasoned and combined with vegetables such as onions, celery and bell peppers, plus cooked rice, to produce the filling, which just happens to be, essentially, a dish known as pork dirty rice. The next step is to take the cooked dirty rice and stuff it into a natural pork sausage casing (made from pig's intestine), then twist it into links and cook it, either by steaming, simmering, smoking or grilling. Note that unlike many sausages, where uncooked meat is stuffed into a casing, boudin is made from cooked meat. That means curing isn't necessary—although some recipes for homemade boudin do call for curing salt. (As always, follow the recipe you're using.) If you buy premade boudin, it's already cooked, and all you need to do is heat it up. This can be done by simmering it, grilling it, baking it in the oven, or some combination thereof (such as simmering it for a few minutes and then finishing it on the grill). For the most part, what you're trying to do is heat the sausage all the way through without scorching the outside. That's why a combination of simmering, which heats the sausage through, followed by grilling or oven-baking, which browns the sausage and crisps the skin, is an effective cooking method for boudin. Grilling alone would tend to burn the skin before the insides were heated through. On the other hand, if you make your own boudin, that's a whole other process, and depending on how you make it, you can simmer it, steam it, smoke it or cook it on the grill. The first guestion when it comes to eating boudin is, do you eat the casing, but it can be chewy. One common way to eat boudin is to bite into one end and squeeze the filling into your mouth, rather like a push pop made of meat and rice. You might end up eating some of the casing this way, which is perfectly all right. You'll also find that boudin is loosely stuffed, so it won't snap when you bite it the way some other sausages do. But this looseness aids in getting the filling out of the casing. A common way to eat boudin is to squeeze it out of the casing and eat it on crackers, sometimes along with a squirt of mustard. The point, though, is that unlike French boudin is casual fare, even finger food, which is as likely to be eaten in a parking lot as at the table. And it can be eaten for lunch, dinner or breakfast. These boudin recipes are a great place to start if you're looking to try this flavorful sausage. As if this weren't enough, there are any number of boudin variations. Boudin can be made with shrimp, crawfish, duck, rabbit, and even alligator. As for the filling, Cajun boudin almost always features rice, but there is a version that substitutes combread for the rice. Boudin rouge is made the usual way with the addition of pig's blood, which gives the sausage a reddish hue. Five Guys has been flipping burgers and frying potatoes since 1986. What started out as a family-owned restaurant has grown into a franchise with nearly 1,500 locations worldwide and more in development. The carry-out burger joint is known for its hand-crafted burgers and fresh-cut fries. Though they don't claim to offer healthy options, they tout the fresh ground beef and the fries are cooked in pure peanut oil. Menu items may be stored in coolers, but the ingredients are never made from frozen. Like many burger-and-fry establishments, Five Guys' menu items or the special occasion or indulgence in moderation, Five Guys is perfectly suitable for the special occasion or indulgence in moderation. every now and then. "Specializing in hot dogs, burgers, French fries, and shakes, Five Guys' menu is rich in calories, saturated fat, and sodium. If you are trying to find a healthier option on this menu, you can order the simpler, smaller menu items. For example, instead of the bacon cheeseburger, try the 'little hamburger' and save 518 calories, 36g fat, and 930mg of sodium."—Barbie Cervoni, MS, RD, CD/N, CDE Five Guys has a famously small menu with just six categories: Dogs, Burgers, Sandwiches, Fries, Milkshakes, and Drinks. Since the menu is limited, the healthiest option per category tends to have the smallest portion size as well as the fewest calories. Most Nutritious Options Kosher Style Hot Dog (Dogs) Little Hamburger (Burgers) Veggie Sandwiches) Little Fries (Fries) Oreo (Drinks) Least Nutritious Options Bacon Cheese Dog (Dogs) Bacon Cheese Dog (Dogs) Bacon Cheese Dog (Dogs) Little Fries (Fries) Oreo Creme Milkshake (Milkshakes) Large Soft Drink (Drinks) If you're looking for the healthiest meal at Five Guys, the Veggie Sandwich's nutrition profile makes it the best choice. Five Guys, the Veggie Sandwich's nutrition profile makes it the best choice. and bun-though the toppings vary. Most Nutritious Option The Kosher Style Hot Dog has the best nutrition profile among the four options. Each serving provides 520 calories, 35g total fat, 15.5g saturated fat, 40g carbohydrates, 18g protein, and 1,130mg sodium. Though this menu item is high in calories, fat, and sodium, it's the lowest in its category. Least Nutritious Option The Bacon Cheese Dog is exactly what it sounds like—a hot dog with bacon and cheese piled on top. Therefore, it has much higher calories, fat, and sodium than the plain hot dog. Each serving contains 670 calories, 48g total fat, 22g saturated fat, about 40g carbohydrates, 26g protein, and 1,700mg sodium. Since Five Guys is known for its hand-crafted burgers, they make up the largest part of the menu with eight options. Each regular-sized burgers are made with one. Customers can add any toppings they would like to their burger. Since the Little Burgers are smaller in portion size, they naturally contain fewer calories and less saturated fat. Most Nutritious Option. Just the hamburger patty and the bun contains 542 calories, 26g total fat, 11.5g saturated fat, 39g carbohydrates, 23g protein, and 380mg sodium. Least Nutritious Option The Bacon Cheese burger contains two hamburger patties, two pieces of bacon, and two pieces of cheese. Without additional toppings, the burger contains 1,060 calories, 62g total fat, 29.5g saturated fat, about 40g carbohydrates, 51g protein, and 1,310mg sodium. The four sandwiches that Five Guys offers include Veggie Sandwich, Cheese Veggie Sandwich, Grilled Cheese Sandwich, and BLT. This category is predominantly meatless, so it's suitable for vegetarians and vegans. Since it's lowest in calories, the Veggie Sandwich is not only the healthiest option in this category but on the whole menu. Most Nutritious Option For many people, the Veggie Sandwich will be the healthiest option. It contains grilled onions, mushrooms, green peppers, lettuce, and tomatoes on a bun. Customers can add more veggies and condiments if desired. Each sandwich (before adding condiments) contains 284 calories, 9 total fat, 3.5g saturated fat, 46g carbohydrates, about 7–8g protein, and 393mg sodium. Least Nutritious Option Out of Five Guys' four sandwiches, the BLT is likely the least nutritious for many. Each sandwich is made with tomatoes, mayonnaise, and lettuce on a bun. It contains about 600 calories, 41g total fat, 14g saturated fat, 42g carbohydrates, about 19–20g protein, and 1,186mg sodium. The fries at Five Guys are nearly as popular as the burgers. The fries come in two distinct flavors: Five Guys Style and Cajun Style. Both are made with various spices to add more flavor to the fries, while Five Guys Style Fries, your best option is to order the smallest size, the Little Fries, This serving size contains 526 calories, 23g total fat, 4g saturated fat, 72g carbohydrates, 8g protein, and 531mg sodium. Least Nutritious Option More fries equates to more calories, fat, and sodium. A large side of fries at Five Guys packs 1,314 calories, 57g total fat, 10g saturated fat, 181g carbohydrates, 20g protein, and 1,327mg sodium. This serving size is best for sharing. While not exactly a health food, milkshakes are an enjoyable treat for occasional consumption. Each milkshake is made with the same dairy base, and customers can add toppings and flavors as desired. Some flavors as desired. Some flavors include chocolate, vanilla, and malted milk, and toppings range from sweet mix-ins like bananas to salty mix-ins like bacon pieces. To keep calories and sugar as low as possible, opt for a single flavor like vanilla with banana mix-ins. Most Nutritious Option Each milkshake has a base of 670 calories, 32g total fat, 21g saturated fat, 84g carbohydrates, 13g protein, and 360mg sodium. Adding flavors and toppings adds to these nutrition facts. To keep calories as low as possible, go for the coffee flavor with banana mixins. Since each shake also contains 82g sugar without added flavors or mix-ins, consider splitting the serving size with someone as a way to indulge while also practicing moderation. Least Nutritious Option The final nutrition profile of each shake depends on how many mix-ins you choose. The milkshake flavors and mix-ins that add the most calories are Chocolate, Malted Milk, Peanut Butter, Oreo Cookie pieces, and Oreo Crème. For drinks, Five Guys customers can choose between bottled water, a small fountain drink, or a large fountain drink. The franchise serves Coca Cola products at participating restaurants that have the Coca Cola Freestyle machine. Though visitors can choose from more than 100 drink choices, the healthiest option will always be plain water. Most Nutritious Option Customers can order bottled water is zero-calorie, it's a great way to offset other higher-calorie items from the menu. If you want something more flavorful, the FUZE Unsweetened Iced Tea is also a zero-calorie option. Least Nutritious Option Five Guys carries more than 100 drinks in participating restaurants. Some of those include fruit juices and soft drinks. Since the stores carry Coca-Cola products, many customers will select a soft drink from the fountain. A 12-ounce serving of Coca-Cola has 240 calories, 65g sugar, and 75mg sodium. Five Guys offers choices for gluten-free, vegetarian, and low-carb diets, but could improve its selection for vegan, low-fat, low-FODMAP, and diabetes-friendly menu items. Hamburger Patty (Reguest lettuce wrap in place of bun)Cheeseburger (Request lettuce wrap in place of bun) Five Guys Style FriesCajun Style FriesCajun Style FriesCajun Style Hot Dog (Omit the buns to make them gluten-free. People who follow a gluten-free diet can also add various toppings like cheese, bacon, or grilled veggies and condiments like BBQ sauce or ketchup. People with gluten allergies should proceed with caution since cross-contamination may inevitably occur in the Five Guys' kitchen, as items are processed in facilities that contain gluten. Hamburger Patty (Request lettuce wrap in place of bun)Kosher Style Hot Dog (Omit the bun)Toppings: Cheese, Bacon, Mayonnaise, Mustard, Lettuce, Pickles, Hot Sauce, Jalapeños, Grilled Mushrooms, low-carb toppings. Avoid certain condiments like BBQ sauce, which is higher in sugar and carbohydrates. Hamburger patty (Request lettuce wrap in place of bun and omit cheese) Toppings: Lettuce, Green Peppers, Pickles, Mustard, Tomatoes, Relish, Jalapeño Peppers, Pickles, Mustard, Tomatoes, Relish, Pickles, Mustard, P include garlic, onion, mushrooms, wheat, and dairy. Because of these restrictions, it can be difficult to eat out at restaurants like Five Guys. Followers of a low-FODMAP may choose from compliant toppings to build a "burger bowl" or lettuce-wrapped burger. Veggie SandwichLittle HamburgerToppings: Lettuce, Tomatoes, Grilled Onions, Grilled Mushrooms, Mustard, Relish, Onions, Jalapeño Peppers, Green Peppers, Green Peppers Dietary guidelines for people with diabetes varies. Some diabetes varies. Some diabetes varies and milk, which are staple ingredients at Five Guys. Depending on specific dietary guidelines for diabetes, people may be able to modify the Veggie Sandwich or Little Hamburger. Veggie SandwichAll toppings (Omit mayonnaise) Little Fries Five Guys is popular among low-carb and keto-style dieters because the animal products are naturally high in fat. This makes it challenging for followers of a low-fat diet to find compliant menu items. However. the Veggie Sandwich is a healthy menu item that accommodates many diet types. Veggie SandwichLittle HamburgerToppings: Lettuce, Tomatoes, Grilled Onions, Grilled Mushrooms, Mustard, Relish, Onions, Jalapeño Peppers, Mayonnaise Like many fast-food restaurants, Five Guys has a naturally high-sodium menu. Burgers, hot dogs, and fries are all seasoned with salt and high-sodium ingredients. Followers of a low-sodium diet will find it challenging to navigate the menu, though they can consume smaller portions to keep sodium levels lower. Veggie SandwichCheese Veggie SandwichC vegetarians. Since vegetarians consume dairy products, they have more meatless options than vegans. The Veggie Sandwich will likely be the healthiest choice for vegetarians since it's packed with vegetables. Toppings: Lettuce, Pickles, Tomatoes, Grilled Mushrooms, Ketchup, Mustard, Relish, Onions, Jalapeño Peppers, Green Peppers, BBQ Sauce, Hot Sauce, Hot Sauce, A1 SauceFive Guys Style & Cajun Style FriesDrinks The purely plant-based options at Five Guys is very transparent with their Nutrition & Allergen Information. They publicly disclose which menu items contain the following allergens: peanuts, gluten, dairy, soy, milk, eggs, fish/shellfish, MSG, corn, high fructose corn syrup, and sesame. In general, Five Guys is safe for people with allergies to fish, MSG, and corn. People with allergies to peanuts, gluten, dairy, soy, and eggs should be cautious of potential cross-contamination in the Five Guys kitchen. In a perfect world, every meal would be perfectly balanced and full of health-promoting foods. However, perfection is an unrealistic goal, and depriving yourself of indulgent foods may have other consequences in the long run. To work toward your health goals while staying sane, allow yourself to indulge in moderation. This means ordering a burger and fries every now and then at Five Guys. For special occasions or times where you want to treat yourself, you can deviate from the healthiest menu item at Five Guys. in calories, fat, and sodium. Sometimes, you just need a burger, and veggies simply won't cut it.

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