

# Triib Real Food Nutrition Challenge

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TRIIB

# Goal

For participants to develop an awareness of the quantity and quality of foods consumed, and to help shape new and realistic dietary habits.

# Approach

## Method:

Participants will aim to eat balanced meals each day according to a plate diagram (Figure A). The foods consumed must be chosen from a list of favorable foods. Participants are not penalized for eating foods that are not on the favorable list, rather they are encouraged to choose favorable foods and will earn points for doing so. There are no penalties in this challenge as it is positive reinforcement based training.

## Scoring:

Participants will be responsible for updating their daily score in the Triib Mobile App. Total possible points in a day are 5 (3 points for eating according to guidelines +2 optional bonus points):

- +1 point for consuming a balanced plate at all meals. (Refer to figure A)
- +1 point for all foods consumed from the favorable food list. (Refer to Figure B)
- +1 point for completing a workout that day. (Total 6/week, 1 rest day required)
- Bonus point: +1 for correct number of meals/plates with no snacking (3 meals/plates if a participant weighs <160#, 4 plates if they weigh >160#)
- Optional bonus point: A bonus point can be made available for participants completing 3-4 full meals per day (depending on body weight) without snacking between.

## Length:

30-31 Days or a full month.

# Parameters

## Beckmarks:

- Measurements: Weight and body fat % measurements will be taken before and after. Participants must see a coach prior to the challenge start and at the completion of the challenge to get their measurements recorded.
- Workout: One mile run for time

## Prizes:

- 1st 2nd and 3rd place for both Male and Female
- Cash pot determined by how many people sign up for the challenge

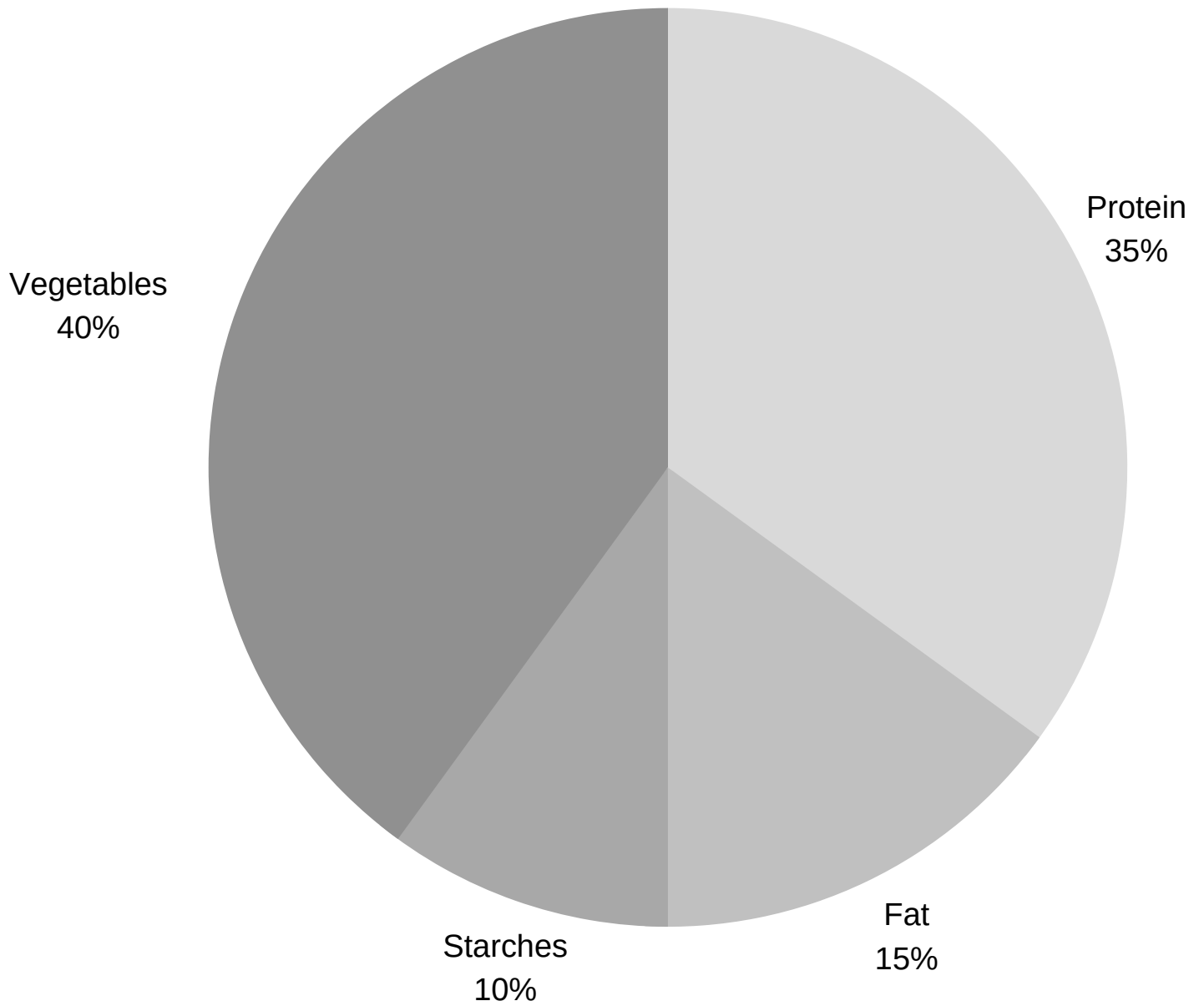
## Winners:

Determined by the total combination of points based off of 3 metrics:

- Total # of daily points earned throughout the challenge period.
- Total body fat % loss (Converted into points using a ranking system based of # of participants)
- Total benchmark workout time decrease (Converted into points using a ranking system based of # of participants)

**Example:** If you have 50 participants the person with the largest percentage of body fat loss would receive 50 points, the second would receive 49, and so on.

# Figure A: Macronutrient Plate





## Figure B: Favorable Foods

Think real, whole foods-- things that are alive or were once were living. Shop the perimeter of the grocery store. Anything that comes in a package is questionable (i.e., bagged spinach ok, granola not ok.)

**Vegetables:** Unlimited amount allowed, eat as much as you want, but mindful of added fat if used while cooking or flavoring. Raw or steamed veggies are best for minimizing added fat.)

**Protein:** Lean meats (Chicken, Turkey, Seafood best, lean beef etc. Count as protein. \*Eggs count as protein but yolk also counts toward fat.)

**Starches:** All fruit, all potatoes, corn, yucca, plantains, legumes (lentils, beans, peas, peanuts, etc.), \*Gluten-free grains such as oats, quinoa, brown rice, etc. are allowed with caution, pay attention to serving size on the nutrition label and stick to 1. Unless you are super active (and work out multiple times in a day) aim to have at least one meal during the day without processed starches)

**Fats:** Oils, nuts, nut butters, seeds, dressings, olives, avocado (no added sugars)

**Beverages:** Water, seltzer water, almond milk/nut, soy milk, coconut milk (make sure they are unsweetened) dairy milk and freshly squeezed fruit juices are allowed as ingredients in recipes/for flavoring but shouldn't be a full beverage.

**Optional:** One serving of alcohol per day is allowed but will count toward a starch.

# Figure C: Unfavorable Foods + FAQs

- Fatty and processed meats (Bacon, sausage, deli meat, jerky)
- Highly processed food (white rice, pasta, bread, chips, crackers, etc.)
- Fried food
- Fast food
- Added sugar, natural or artificial sweeteners
- Soda and diet soda, juices

## FAQs:

- Protein powder? Allowed as long as there are no added sugars or artificial ingredients
- Condiments and dressings? Check ingredient label and stay clear of added sugar, try to stick to serving size on the nutrition label.
- Dried fruit? Ok in moderation, but stick to serving size.
- Protein bars? Must contain only real food/approved ingredients.
- Dairy? Allowed if there is absence of sensitivity. Avoid yogurt with added sugar. Most cheese will be high in fat, but cottage cheese would count toward protein. Read nutrition labels!
- Coffee/Tea? Allowed, but needs to be unsweetened.
- Eating out? Do your best! Ask for double veggies instead of pasta or rice. Ask that fats not be added when cooking, dressings on the side. Take a portion of the meal to go and save for later.
- Hunger tips? Encourage members to let you know how they are feeling. Remind them that when we are eating at a calorie deficit it is normal to feel hungry but they should never feel “starving.” They should work on timing out meals strategically throughout the day.