

Athletic Nutrition Seminar
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Performance Based Nutrition

- different than weight loss, primary goal is how you feel before during and after workouts and performance
- Refueling = Carbohydrates = prevents excess **fatigue** from inadequate energy source
- Repairing = Protein = prevents **soreness** from muscle tearing/usage, prevent muscle wasting
 - **Both of these impact performance both short and long term (next day/next week) you don't just eat for the immediate training session, you eat for the future ones.**

Basic understanding of energy usage

- @ **Rest** - use fat as primary fuel source
- as **intensity increases** begin to use less fat and more carbohydrates
- when adequate amounts of fat and carbohydrates aren't present, the body will break down and use more muscle/protein for energy (muscle wasting, which can impact performance long term and overall growth as an athlete: not good) - under eating is sabotage to the body

Pre/ Post Training

Carbohydrates - Refueling/fueling

- 4 calories per gram, used immediately for energy once its in the blood stream
- digestion time is the only factor that slows down usage, easily digestible carbs are the best for the body pre, and post workout.
- short intense workouts use carbohydrates the most (over 75% intensity)
- best time to eat carbohydrates is around work outs (before and/or after)
- after especially if you have multiple workouts planned back to back in a day or if you have a heavy training day
- Pre work out nutrition between

Suggestions for carbohydrates pre/post work out

- whole foods energy bar - no artificial ingredients or processed sugars things like granola, quinoa, dates, dried fruit oat meal etc.
- higher sugar fruits - bananas, apples, oranges, grapes (not berries, high fiber, not enough sugar to consider as a pre workout)
- whole grain crackers, plantain chips,
- whole fresh juices, minimal added sugar
- Rice or low inflammatory grains, higher inflammatory grains are wheat and highly processed/ bleached sugars and grains

Protein - Repairing

- 4 calories per gram
- Adequate amount of protein should be consumed all throughout the day. At least at each main meal and some snacks. Protein at breakfast is important to stabilize blood sugar throughout the rest of the day, as well as at night to keep it normal and to start and end each day with the tools (amino acids) to repair muscles constantly.
- post work out nutrition should include protein as well to help repair damaged muscles especially after and between heavy workouts
- Suggestions for protein post work out
- Whole foods protein bars minimize processed ingredients
- protein powders/shakes minimize processed ingredients
- chocolate milk

- hard boiled eggs
- yogurt/cottage cheese minimal added sugar
- lean meats

Fats- Constant fuel

- 9 calories per gram
- Coconut oil
- nut butters
- grass fed butter, olive oil
- nuts

POST RUN

- Try to get food in ASAP even if not hungry (especially if not hungry**)
- at least 10 up to 20g of protein
- at least 20 grams of Carbohydrates to 60 depending on distance
- 5 Grams of fat up to 10 Grams -ish (this is not as important, get fat throughout the day)

During Races, (snacks before/after races) simple carbohydrates are the best for quick energy, non high fructose based drinks, juices, maltodextrin, dextrose based energy supplements are ok. Eating things like bananas, apples, pears, oranges, plantain chips, rice crackers are better than wheat products and dairy because they tend to increase inflammation and slow down digestion.

- Protein powders both whey and plant based are good between and after events.
- Having a **banana and a chocolate milk** is a simple way to do that, adding little more protein powder to that chocolate milk is a great idea as well.

SUPPLEMENTS

#1 Fish oil for all athletes and individuals - at least 1 gram a day however 3.6 g is optimal

For muscle contraction

- magnesium, helps you sleep which helps with stress levels as well
- zinc - immune system support
- Vitamin D
- others are great just take a multi especially if you have a bad diet.
- Gue or shot blocks - sugar based
 - higher level of electrolytes
 - sometimes have caffeine, if using caffeine use at middle to end of long race
 - Heed - sugar based with electrolytes
 - gummy bears
- Natural
 - honey sticks
 - dates
 - bananas
 - home made solutions

Slow Carb Digestion

- UCAN
 - slow digesting carbs that prevent sugar spikes and gut rot
- 3FUEL
 - contains protein, fat and a slow digesting carb that will prevent sugar spikes and gut rot
- Salt Stick
 - pure electrolyte sold at REI

Nuuns - REI

SCRATCH - REI

Electrolytes

- Sodium, potassium, calcium, phosphate and magnesium are the main electrolytes used in your body and aid in muscle function and contraction.
- make sure you are eating fruits, vegetables, nuts, and protein to get all the electrolytes needed for muscle contraction.
- The balance of electrolytes and water is vital to performance. We want to be hydrated and have proper electrolytes. They function together for proper muscle contractions.
- Eating enough salt (sodium is a good idea)
drinking electrolyte beverages during performance helps especially during longer events.
- As well as eating foods that contain healthy but not excessive amounts of salt around workouts and competitions.
- Salt intake can impact body weight, isn't a bad thing

Hammer Nutrition: HEED

Nuuns, no calories so make sure to get calories in other places

sports drinks without high fructose corn syrup

Protein supplements: orgain, vega, gold standard whey naturally flavored.

Stronger Faster Healthier - great Protein Powder SOLD at CROSSFIT LACEY

** no artificial sweeteners such as sucralose, splenda or aspartame

SNACKS!!!

- Beef jerky, nuts, granola bar
- banana, peanut butter
- Oat meal yogurt apple
- Apple peanut butter protein bar
- Chocolate Milk
- whole wheat tortilla turkey cheese
- Bran muffin, hard boiled egg

HYDRATION

Drink at least 100 oz a day, up to 1.5 gallons, may increase on training days and recovery days.

LADIES

EAT AT LEAST 1600- 2200 CALORIES A DAY (could eat more if more active up to 3000 and possible to eat that much on a long training day and the day after)

20-30% PROTEIN

40-60% CARBS

20-30% FAT

Meal planning Structure for Female ATHLETES

*one serving of each unless specified

Breakfast: 1 Protein 2 Carb 1 fat (veggies optional)

Snack: 1 fruit 1 protein or 1 fat

Lunch: 1 protein 1 veggie 2 Carbs 2 Fats

Snack: 1 fat 1 fruit or 1 carb 1 protein

Dinner: 1 protein 1.5 veggies 1 fat 1-2 carbs

Optional* Snack: 2 of any macronutrient (1 pro & 1 fat; 1 fat & 1 carb; 1 carb & 1 protein; 1 fruit & 1 protein)

Example Meal Plan

Breakfast: 1 egg 2 slice toast, 2 slices tomato, spinach, red onion, salt pepper

Or 1/2 cup granola, 6 oz greek yogurt 1 tbsp peanut butter 1 banana

or smoothie 1 scoop protein powder, 2 tbsp Peanut butter (or coconut oil) 1 banana 1 cup milk

Snack: 6 oz. Greek yogurt (full fat to 2%) & ½ cup berries 1 tbsp. agave nectar

Lunch: 4 oz. chicken breast 2 cups green salad, 1 cup mixed veggies 1 cup brown rice

Snack: 1 apple & 1 tbsp. Peanut butter

or 2 hard boiled eggs

or celery 2 tbsp peanut butter and 1 hard boiled egg

Dinner: 4 oz. pork tenderloin/chicken/ground beef 1 to 1.5 cups bake Brussels sprouts

1 cup quinoa

or 1.5 cups cooked whole grain pasta, 4 oz ground beef 3/4 cup tomato sauce 1 cup broccoli 1 tbsp olive oil 1 tbsp parmesan

Snack: 1 piece of fruit and 1/2 cup cottage cheese

or protein shake: protein fruit and milk

or 1 slice whole wheat bread 1 tbsp peanut butter

GUYS

EAT 2500-3000+ A DAY

2500

20-30% PROTEIN

40-60% CARBS

20-30% FAT

Meal planning Structure for Male ATHLETES

*one serving of each unless specified

Breakfast: 1 Protein 2 Carb 1 fat (veggies optional)

Snack: 1 fruit 1 protein or 1 fat

Lunch: 1 protein 1 veggie 2 Carbs 2 Fats

Snack: 1 fat 1 fruit or 1 carb 1 protein

Dinner: 1 protein 1.5 veggies 1 fat 1-2 carbs

Optional* Snack: 2 of any macronutrient (1 pro & 1 fat; 1 fat & 1 carb; 1 carb & 1 protein; 1 fruit & 1 protein)

Example Meal Plan

Breakfast: 3 egg 2 slice toast, 2 slices tomato, spinach, red onion, salt pepper

Or 1 cup granola, 8 oz greek yogurt 2 tbsp peanut butter 1 banana

or smoothie 1.5 scoop protein powder, 2 tbsp Peanut butter (or coconut oil) 1 banana 1.5 cup milk

Snack: 8 oz. Greek yogurt (full fat to 2%) & ½ cup berries 1 tbsp. agave nectar

Lunch: 6 oz. chicken breast 2 cups green salad, 1 cup mixed veggies 1 cup brown rice

Snack: 1 apple & 2 tbsp. Peanut butter

or 3 hard boiled eggs

or celery 3 tbsp peanut butter and 1 hard boiled egg

Dinner: 6 oz. pork tenderloin/chicken/ground beef 1 to 1.5 cups bake Brussels sprouts

2 cup quinoa

or 2 cups cooked whole grain pasta, 6 oz ground beef 1 cup tomato sauce 1 cup broccoli 1 tbsp olive oil 1 tbsp parmesan

Snack: 1 piece of fruit and 1 cup cottage cheese
or protein shake: protein fruit and milk
or 2 slice whole wheat bread 2 tbsp peanut butter

Macronutrient list

Protein - for men 6 oz. of meat or tofu = 1 serving; 3 eggs = 1 serving etc.

(THESE PORTIONS WILL PROVIDE BETWEEN 16 - 23 GRAMS OF PROTEIN PER SERVING MEN, ABOUT 20- 30 GRAMS)

Leanest sources (MEN EAT 1/3 MORE FOR THIER PORTION)

- 4 oz. chicken breast (6 oz)
- 4 oz. canned tuna fish, or pink wild caught salmon (6 oz)
- 6 oz. nonfat plain yogurt, Greek is ok. (8 oz)
- 4 oz. pork tenderloin (6 oz)
- 3/4 cup low fat cottage cheese (1 cup)
- 2 egg, yolk includes 1 serving of fat (3 eggs)
- 4 egg whites (6 whites)
- Edemame 1/2 cup (3/4 cup)
- 4 oz. tofu (sprouted non GMO preferred) (6 oz)
- 1/2 cup cooked black beans rinsed (1 cup)

Carbohydrates

- 1 slice whole wheat bread (whole wheat flour is the first ingredient on the list)
- 1 flat our wrap, or 1 whole wheat tortilla (trader Joe's)
- 1 whole wheat pita bread
- 2 medium sized corn tortillas
- 1 cup brown rice cooked
- 1 cup cooked quinoa (or other whole grains)
- 1.5 cup whole wheat pasta dry
- 1 cup a sweet potato, (butternut squash, acorn squash, pumpkin)(no potatoes)
- 1/2 cup dry oatmeal
- 1/2 cup granola

- ¾ cup fiber cereal, whole grain cereal (kashi, tj's brand, wheat bran (not raisin bran!!!))
- Corn
- peas

Protein & Carbohydrates - these foods can be eaten as either a protein or carbohydrate they are not totally protein or carbs (usually mostly carbs) and contain many great vitamins, minerals and fiber

- Beans; black, red, pinto, navy, kidney, fava, chickpeas/garbanzo beans
- Lentils; red, black, green

Fats

- 1/3 avocado
- 1 tbsp. oil (coconut oil, olive oil, peanut, grape seed, sesame, butter)
- 1 tbsp. peanut butter, cashew butter, almond butter (higher in protein but not enough to be considered in that category)
- 1 egg yoke
- 1 oz. cheese (1 string cheese, feta, goat, blue, etc.)
- 1 oz. nuts (15 almonds, different nuts have different amounts per oz. so measure!)
- 1 tbsp. ½ & ½ cream

Fruits

- 1 cup cut up fruit (melon, berries, mango pineapple etc.)
- 1 medium/larger apple, 1 small apple.
- 1 banana
- 1 large orange, or 2 clementines

Veggies (all 1 cup)

- Zucchini
- Onion
- Broccoli
- Cauliflower
- Green beans
- Celery

- Carrots
- Spaghetti squash
- Cabbage (savoy, red, green)
- Green lettuce, romaine, arugula, red/green leaf
- Spinach
- Beats
- Kale
- Chard
- Collard greens
- Colored peppers
- Cucumbers
- Brussels sprouts
- Asparagus 10 medium spears

