Our Agenda

Purpose: Share simple and sound lifestyle and nutrition strategies that work with athletes of all levels.

Process: Identify sources and performance effects of unmanaged stressors.
Introduce foundational “real” foods that optimize energy and performance.
Q & A

Payoff: Inspired to adopt the same food and lifestyle principles that the Pros use to be YOUR personal best in sport and life.
Share the most accurate and unbiased info on the power of eating real food, customized nutrition and lifestyle...from Bagels to Beets!
One Size Does Not Fit All

Nutrition + Lifestyle =
The Foundation of
High-Level Performance
“To have rhythm, to be in sync, is to be healthy. But not just any rhythm will do.”

– Dr. Satchin Panda
(apps: Mycircadianclock and Mylux)

Align Your Lifestyle Behaviors With Your Goals!

- Honor your Clock!
  - Prioritize schedule for sleep, daylight, meals, exercise)
- Sign off/Turn off ALL electronics (phone, laptop, iPad, TV, etc.) AT LEAST 1 hour prior to bed
- Eat within the first hour or so of waking up
- Aim to not eat after the sun goes down (12 hour Time Restricted Eating)
- Spend face-to-face time with friends and family and for FUN
- Develop recharging habits: Breathing exercises, meditation, yoga, and other forms of “me” time where you are fully present
Nutrition has the ability to make a good athlete GREAT, and a great athlete good.

“Athletes FUEL and TRAIN; they don’t diet and exercise.”
Dehydration can lead to:

- Constipation, acne, dry or itchy skin, headache, tiredness, hunger, etc.

For tournaments or long practices, water is not enough. Minerals are lost that need to be replaced:

- Coconut water (COCO5, Harmless Harvest, O.N.E.)
- Selina Naturally Electrolyte
- UCAN Hydrate
- Thorne Catalyte (older kids)
- Unrefined sea salt, especially if you are a salty or heavy sweater (add to food and drinks)

“Eat foods that will rot or spoil, but eat them before they do!”
4 Essential Components of a Foundational Diet
Eat Real Food, as Nature Intended

• Healing Fats
• Smart Carbs
• Clean Proteins
• Super Foods

Fuel Usage By Sport (Yay, Science!)

<table>
<thead>
<tr>
<th>Sport</th>
<th>ATP-PCr &amp; Glycolysis</th>
<th>Glycolysis &amp; Oxidative</th>
<th>Oxidative</th>
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<tbody>
<tr>
<td>Basketball</td>
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</tr>
<tr>
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<tr>
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<tr>
<td>Swimming (distance)</td>
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<tr>
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<tr>
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</tr>
<tr>
<td>Volleyball</td>
<td>50</td>
<td>5</td>
<td>15</td>
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</table>

System | Time | Predominant fuels used
--- | --- | ---
ATP-PCr and Glycolysis (fast) | 3-15 s | ATP/CP/CHO
Glycolysis and Oxidative (Slow) | 10-45s | CHO
Oxidative | Peaks at 90 Secs | CHO, fat, some protein (in long-lasting events)


http://www.sport-fitness-advisor.com/
Smart Real-Food Carbohydrates
Carb intake should match activity level & goals

Low Activity

The Carb Spectrum

High Activity

50-75+ grams

150-300+ grams

Quality vs. Quantity

Top Sources of Calories
Among Americans...

alcohol
pizza
sweetened drinks
chicken
yeast breads
grain-based desserts

average calories per day

82
98
114
121
129
138

SportFuel, Inc. 2019
Align Your Nutrition Behaviors With Your Performance Goals

- Retrain your taste buds by eating real foods
- Eat colorful vegetables at every meal #rainbow
- Drink 8 glasses of pure water per day
- To start, choose one meal to adjust: *Breakfast is a great first choice*

Meal Timing – It Depends on YOU!

- A few hours before: A meal including carb, pro, fat, veg (as discussed)
- Within an hour before: Top off with balancing carbs, some protein, little to no fat, nothing heavy. UCAN is also a good option here.
- During: Electrolytes, sea salt, aminos, water, possibly UCAN and/or simple sugars depending on type of training, sport, duration, intensity.
- Tournament Days: <depends on schedule>
- Post: If you have a low-moderate workout lasting less than an hour and will be eating a meal right away, may not need a recovery shake unless for calories and feeding timing (remember hydration)
Carbohydrates = Burst & Build Power

Type and Timing are the most important!

Best Timing
- Pre-game meal (a few hours prior)
- Slow-burning carbs right before game time
  - UCAN, sweet potato with butter, whole oats/teff
- Some quick carbs during games
  - COCO5, Greater Than, Ribose, others
- After hard workout or tournament for recovery (breakdown → buildup)

Going for the Green $$$

Do you have at 6-8 handfuls of vegetables per day?

If not, try boosting your veg by…
- Blended green smoothies
- Fresh pressed green juices
- Dehydrated greens
- Dr. Cowan’s powders
- Powdered greens supplement

SportFuel chocolate or kiwi-strawberry greens, NuMedica
Balancing Hormones with Food Choices

• Estrogen and testosterone imbalances
• Higher healthy fat & moderate protein with fewer processed foods helps to support hormone health
• Foods that reduce aromatase activity or enhance aromatase inhibitors:
  • Black & green tea
  • Blueberries
  • Cruciferous vegetables
  • Celery
  • Cherries and cranberries
  • Leafy greens
  • Red grapes
  • Tomatoes
  • Watercress, others

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The Foundational Breakfast

The Breakfast of CHAMPIONS is not found in a box

Have around 20g protein, healthy fats, greens and *some carbohydrates

• Omelet loaded with veggies, topped with guacamole, side of hash and/or berries
• Smoothie/green drink with quality protein powder, raw greens, flax seeds berries, and avocado
• Warm teff or millet cereal with grass-fed butter, collagen, sprouted pumpkin seeds, berries, raw cocoa nibs, cinnamon & your favorite superfoods!

Is Cereal Breaking Breakfast?

The Foundational Lunch

• Sandwich on KNOW Better/Cook's bread
• GF Quinoa or salad + dinner leftovers
• Tuna, salmon, turkey, or chicken salad With Siete tortillas or a lettuce wrap
• BEAR Salad*
  Bacon, Egg, Avocado, Raw Sauerkraut
• On-The-Go Bowl: VitalChoice.com canned salmon, primal mayo, arugula, Bubbie’s kraut or pickle*
• Chicken on a large salad with olive or avocado-oil based dressing*

*Have these with a side of fruit, homemade sweet potato fries, roasted potatoes/squash, pressed veg juice or other starchy veg.
The Foundational Dinner

Protein, Veg, Fat, Starch (+ ferments if not eaten earlier)

- Slow-cooker chicken mole with mashed potato and a salad
- Turkey taco salad on Siete tortillas with extra greens
- Asian marinated short ribs (paleomg.com), endive salad, baked butternut squash
- Baked chicken thighs, roasted Brussels sprouts, roasted golden and red beets
- Grass-fed steak and sweet potato fries, side of green beans with sautéed onion and mushroom
- Grilled sausage, asparagus and white rice soup made with bone broth and fresh or dried herbs

Snacking

- Turkey/pastured beef jerky (Nicks Sticks, Primal Packs, Epic Products)
- SeaSnax seaweed if you just need a tasty crunch!
- Lightly roasted or raw sprouted pumpkin seeds (Go Raw brand) and cherries
- Grab a bar: Bulletproof, Marks Primal, Kize, Mad Macro, RxBars, Exos
- Hard boiled egg with sea salt and fresh berries
- Seasonal veggies and hummus (no canola or soybean oil)
- Carrots and celery dipped in guacamole or sprouted almond butter
- Fresh tomatoes, basil & mozzarella with olive oil and balsamic
- Almonds or macadamia nuts and goji berries
- Marinated olives or stuffed olives
- Pickled or fermented veggies
- Full-fat cottage cheese w. blueberries & pecans
- Jackson’s Honest sweet potato chips dipped in full-fat cottage cheese
- Pear slices with hard cheese, and a bit of cinnamon on top
Maybe one of the reasons athletes have chosen me to work with them is because there was so much I needed to learn!

Thank you!
Questions?

SportFuel, Inc. 2019
Foundational Performance Diet

Perform your best by fueling your body with the right foods

Premium Fuel, as Nature Intended

**Premium Fuel**: Focus on getting your nutrients from real, whole foods in the form of properly raised/sourced animal proteins, healing fats, colorful raw and cooked starchy and non-starchy vegetables, fermented foods and bone broth/stock. Include a rainbow of colors from vegetables such as broccoli, cauliflower, asparagus, cabbage, onions, mushrooms, garlic, peppers, leafy greens, sprouts & microgreens, herbs and spices. These foods will improve your digestion, energy, focus, immunity, mood, blood sugar balance, lipid levels, recovery from workouts, and ultimately, your overall health.

**Healing Fats**: Organic cold-pressed, unrefined extra virgin olive oil, coconut oil, avocado oil, macadamia nut oil, grass-fed butter, ghee, and tallow, pastured lard, olives, avocado, sprouted nuts and seeds, freshly ground flaxseed and chia seeds are some of the fueling fat options to eat on a daily basis. Fats are essential in supporting energy and mood balance, cellular and tissue health, and especially brain health.

**Clean Proteins**: Wild-caught fish (especially Alaskan salmon) and organic, grass-fed/pasture-raised meats, eggs, and poultry will help keep you strong, support a good mood, a balanced appetite, good detoxification, and promote efficient recovery from workouts.

**Whole-Food Carbohydrates**: What foods you choose to provide necessary carbohydrates will make a big impact on your overall wellness. Focus on getting the majority of your carbs from starchy vegetables such as white and sweet potatoes, winter squash (butternut, acorn, pumpkin), beets, parsnips, rutabaga, and cassava, as well as organic fresh or frozen fruits (favor berries!).

**Reduce Inflammation and Improve Recovery**: Limit packaged processed foods that are high in refined sugars such as cookies, candy, soda and processed grains. Processed grains are found in many commercial breads, pastas, cereals, bagels and waffles that are made with poor quality ingredients. Those who choose mostly whole-food carbohydrates (listed above) often feel, perform, and sleep much better than those who fuel with nutrient-poor processed foods.

General Guidelines for Grocery Shopping

- Shop the perimeter of the store to get most of your groceries, as this is where you will find the most nourishing foods (fresh produce, eggs, meat, and fish). See the grocery guide for more tips on grocery shopping, and ask us about ordering pastured meats and organic produce that can be delivered to your door.

- Choose fresh, whole foods over packaged foods, whenever possible. When buying packaged foods, choose items with a short ingredients list (5 or less, with sugar in any form not in the first 3). You want to focus on eating foods that will rot and spoil, but to of course eat them before they do!

- If you’re worried about your fresh produce spoiling before you eat it, select organic frozen fruits and vegetables. They have the same, if not higher, nutritional value than fresh produce because they were picked and quickly frozen when ripe.

- Avoid most frozen entrees such as burritos, pizza, and chicken nuggets because of their poor-quality additives.

Restaurant Tips

- When eating at restaurants, keep it simple! Build your plate by choosing:
  1. Meat, fish, or poultry. Choose wild and pasture-raised if it’s an option.
  2. A starchy vegetable (baked potato, sweet potato, squash) or whole-food grain such as white rice (brown rice is harder on digestion)
  3. Two or more servings (handfuls) of a non-starchy vegetable (leafy green salad, roasted broccoli, Brussels sprouts, sautéed spinach, asparagus, etc.)
  4. Additional fats such as avocado, guacamole, splash of olive oil, etc. You may even consider asking for your food to be cooked in olive oil or butter (instead of vegetable oil).

info@sportfuel.com