

NUTRITION'S IMPACT ON FITNESS



TODAY'S AGENDA

- INTRODUCTION
- ROLES OF CARBS, PROTEIN, AND FATS
- FUELING FOR EXERCISE
- WHAT ABOUT WEIGHT LOSS?
- RECOMMENDATIONS

WHO AM I?

SPORTS DIETITIAN FUELING ATHLETES TO PERFORM THEIR BEST



Performance Dietitian at IMG Academy+
fueling youth student-athletes across the United States in various sports



Former Performance Dietitian at Built With Science
educating and counseling adults on how to achieve weight loss, weight gain, and freedom with food

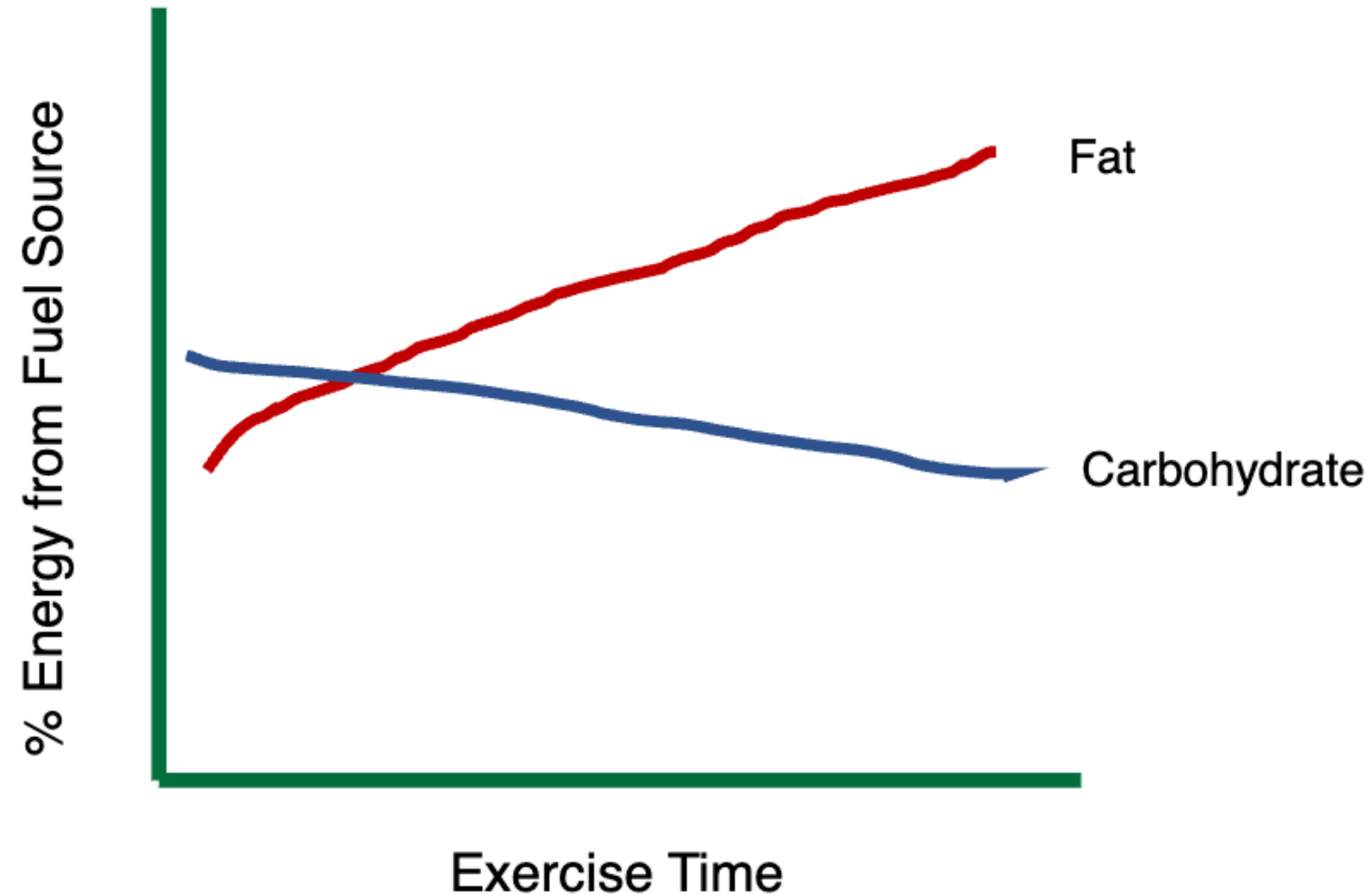


Former Sports Dietitian at Arizona State University
fueling and educating football, soccer, wrestling, tennis, lacrosse and baseball student-athletes

MACRONUTRIENT BREAKDOWN

CARBS	PROTEIN	FATS
Grains, Starches, Sugars	Meat, Dairy, Soy	Olive oil, Avocado, Nut Butter, Nuts
Provides our body energy	Build and repair muscle and tissues	Aid in satiety, vitamin absorption, can provide energy
Complex vs Simple	-	Unsaturated vs Saturated
45-65% of daily calories	10-35% of daily calories	20-35% daily calories

FUELING FOR EXERCISE



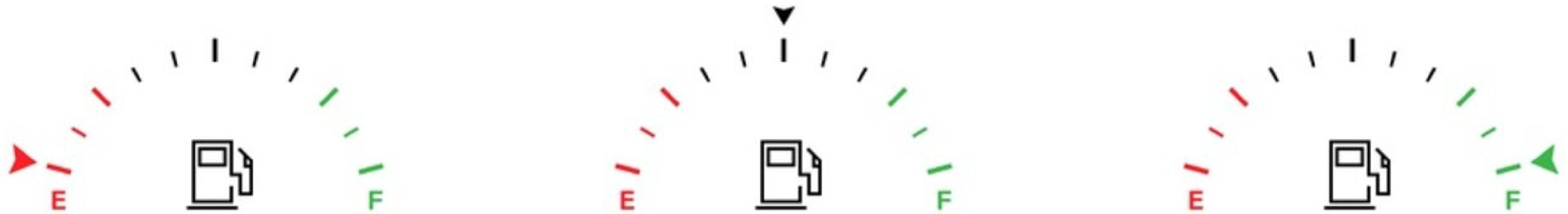
AS DURATION INCREASES =
FAT USED AS FUEL

AS INTENSITY INCREASES =
CARBS USED AS FUEL

FUELING FOR EXERCISE - PRE

GOAL = BE FUELED

need to provide body with some carbs



1 piece of fruit



1 handful pretzels/goldfish/crackers



1 granola bar



1 cup fruit

FUELING FOR EXERCISE - DURING

GOAL = REPLENISH IF NEEDED

LIGHT ACTIVITY
little to no sweating



MODERATE INTENSITY ACTIVITY
some sweating
45 minutes - 1 hour duration



HIGH INTENSITY ACTIVITY
sweating / heart rate pumping
> 1 hour duration



FUELING FOR EXERCISE - AFTER

GOAL = REFUEL AND REPAIR



CARBS TO REPLENISH



~1 fist of carbohydrates

1 cup of fruit

1 piece of fruit



PROTEIN TO REPAIR



4 oz or a "palm-sized" portion
of meat or fish

3 eggs +
1 egg white

1 cup of greek yogurt or
cottage cheese

1 scoop whey protein
powder

SUPPLEMENTS THAT BENEFIT PERFORMANCE

Research and evidence based supplements that aid in performance:

Omega-3's - DHA & EPA aid in brain health and reducing inflammation

Tart Cherry Juice (polyphenols) - can reduce soreness, aid in sleep

Creatine Monohydrate - 5g daily, helps with explosive movements & building muscle

Collagen - May reduce joint pain, aids in tissue repair

Beetroot Juice (Nitrates) - increases oxygen to muscles aiding in recovery

Whey Protein Powder

Electrolytes - sodium being the most important one as we lose the most of it when we sweat

Caffeine - 100mg/day max for those between 12-18 years old

IF GOAL FOR EXERCISE IS WEIGHT LOSS:

- Start with a small calorie deficit
 - if tracking calories decrease intake by 400-500 calories
 - see if there are any swaps you can make
 - example: full fat dairy to low fat dairy
- Goal here is to eat the MOST amount of calories and lose weight not the other way around!
- **Still need to fuel**
 - this includes timing around exercise!
- Increase protein intake

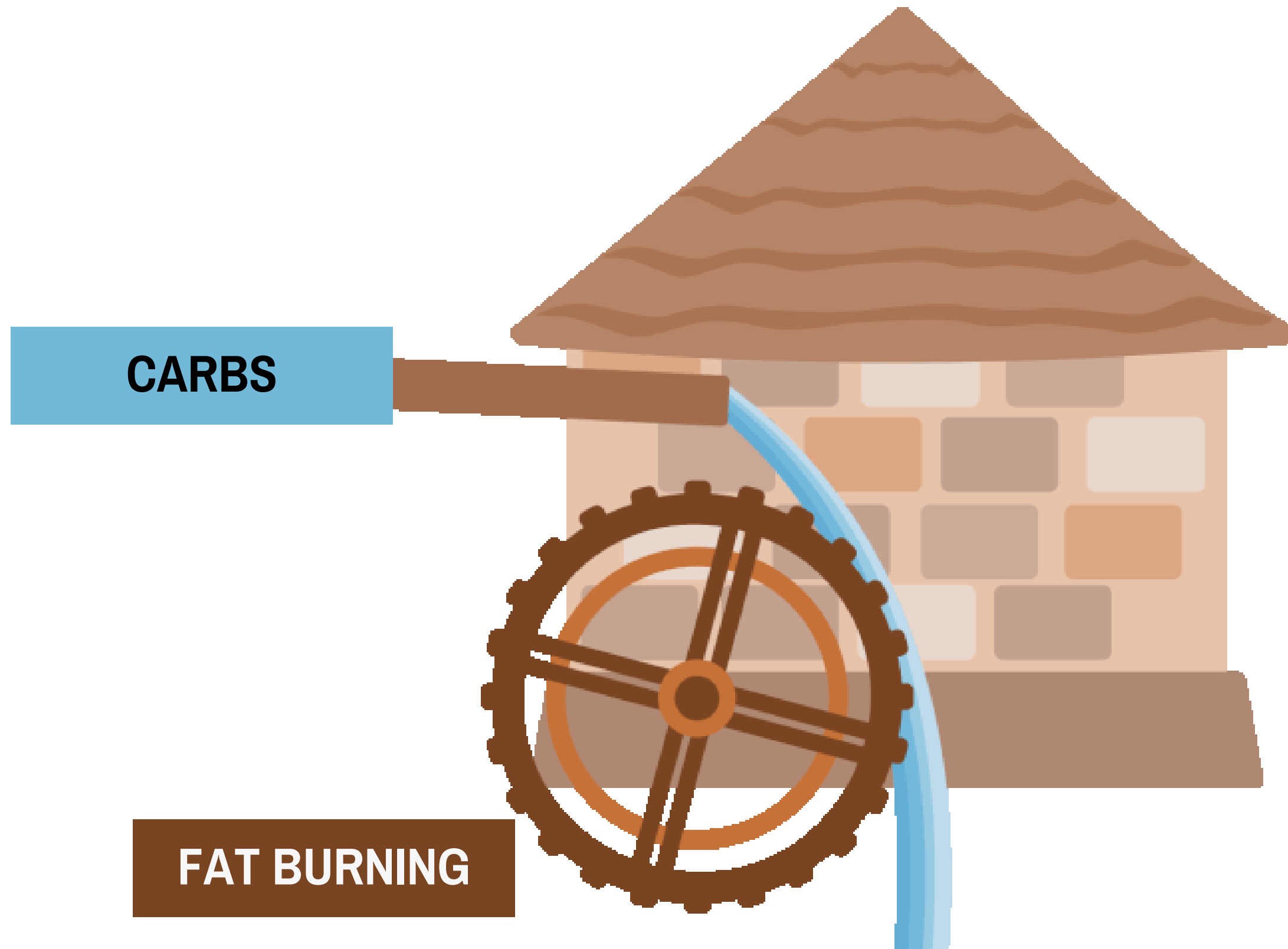
IF GOAL FOR EXERCISE IS WEIGHT LOSS:

TOO LARGE CALORIE DEFICIT
LOW CARB
MISSING MEALS OR SNACKS

=



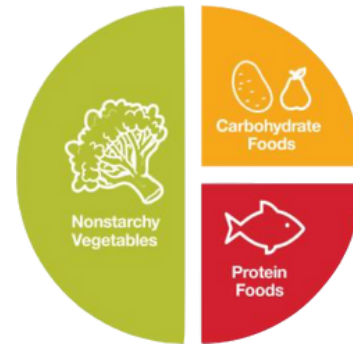
FUELING FOR EXERCISE



RECOMMENDATIONS FOR WEIGHT LOSS:

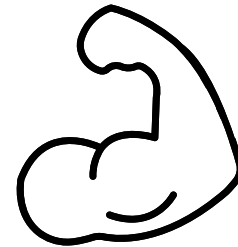
01

Create a balanced plate



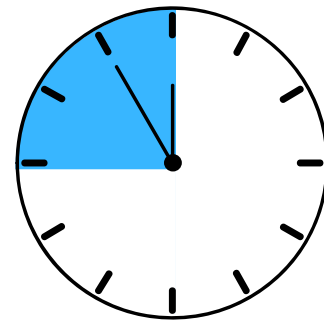
02

Consume adequate protein



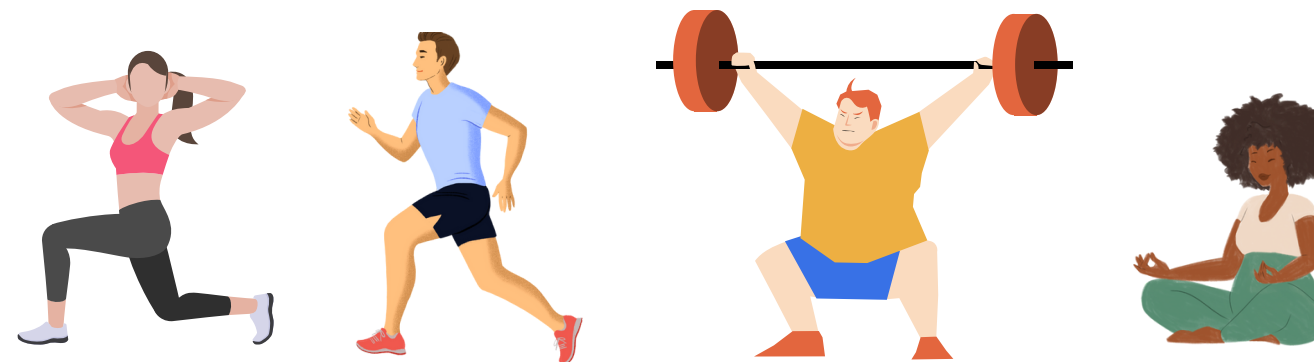
03

Eat every 3-4 hours



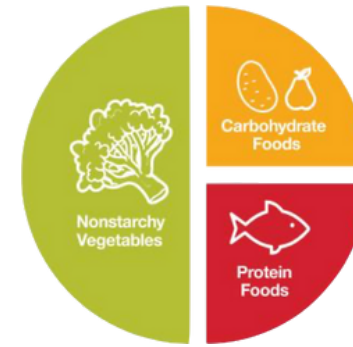
04

Find movement you enjoy



01

Create a balanced plate



Include veggies!

- Raw
- Baked
- Sautéed



Aim for whole grains!

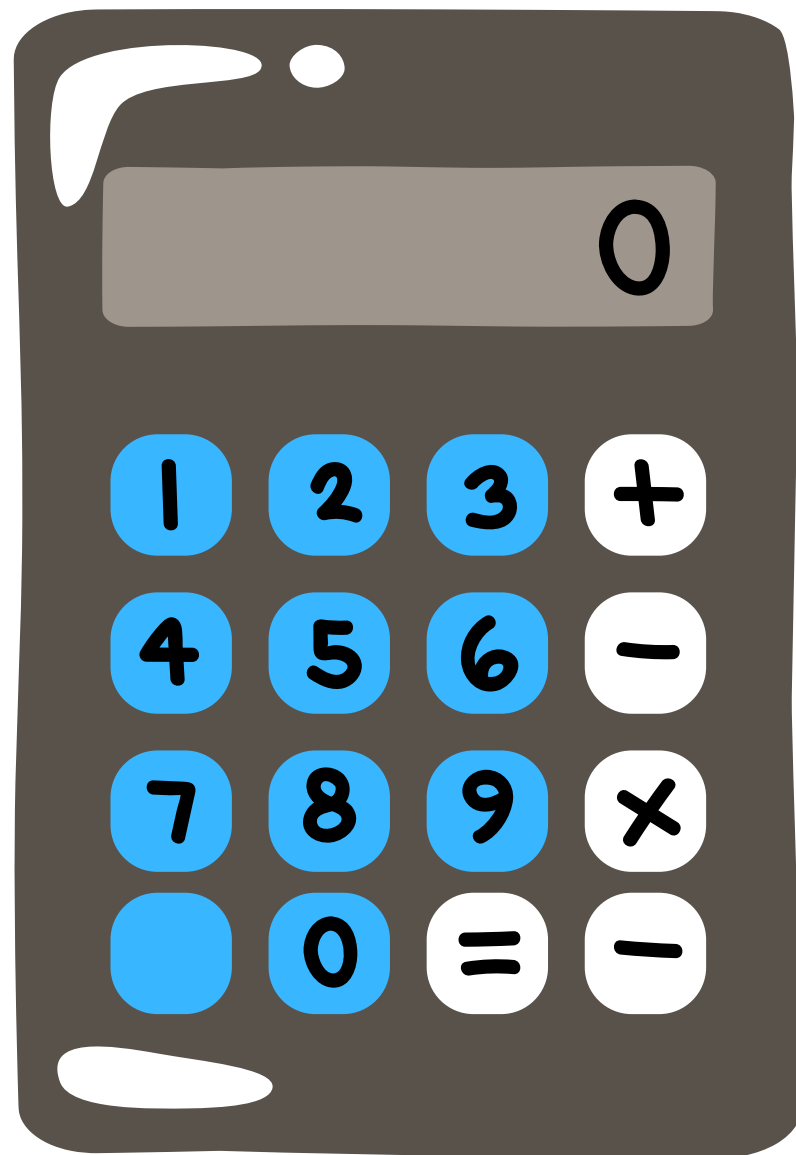
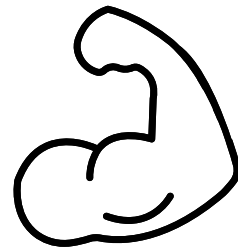
- Whole wheat bread
- Whole what pasta
- Brown rice
- Quinoa
- Cous Cous
- Potatoes with skin on

Opt for lean proteins:

- Chicken Breast
- Turkey
- 90/10 beef
- Fish
- Low fat dairy
- Soy products

02

Consume adequate protein



Minimum needs = 0.8g/kg body weight

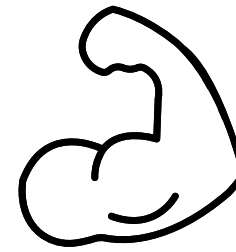
- Can be anywhere from 1.2-2g/kg body weight

Example: 150lbs / 2.2 = 68.2 kg

68.2 x 1.2 = 82g protein

02

Consume adequate protein



25-30g PROTEIN:



4 oz or a "palm-sized" portion of meat or fish



3 eggs + 1 egg white



5 oz can tuna in water



1 scoop whey protein powder

15g PROTEIN:



3 oz turkey jerky



2 cheese sticks

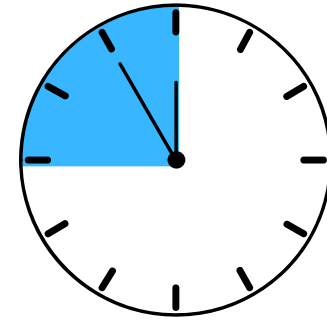


2/3 cup greek yogurt or cottage cheese



protein bar

03 Eat every 3-4 hours



Start your day with breakfast and incorporate snacks!

Why? Helps to maintain energy!

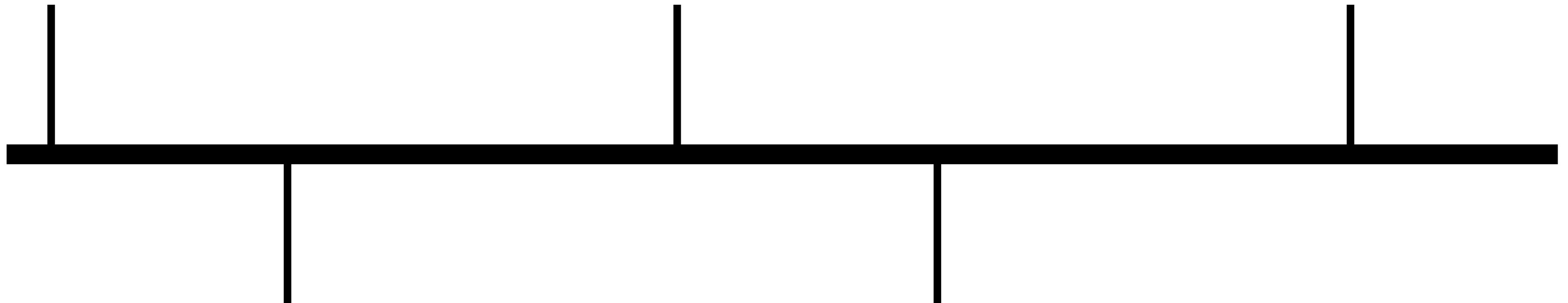
BREAKFAST
6:00AM

LUNCH
12:30PM

SNACK
8:00PM

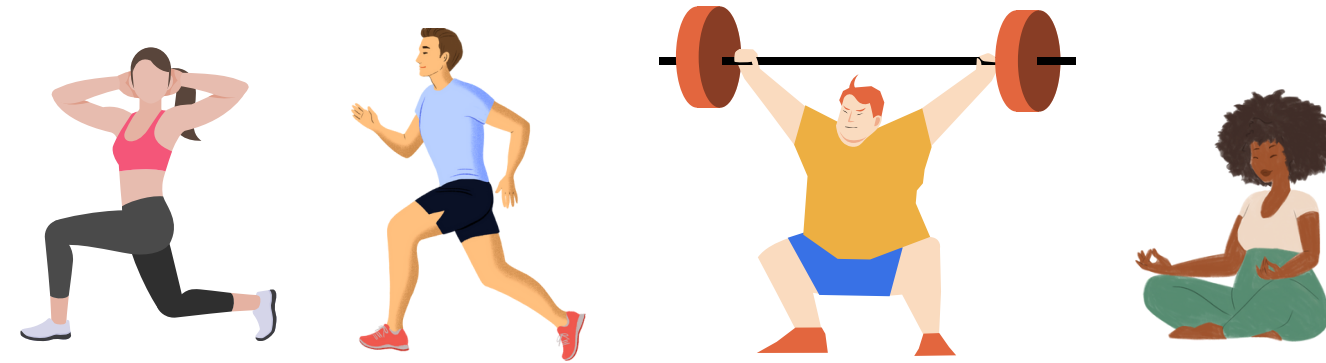
SNACK
9:00AM

DINNER
5:00PM



04

Find movement you enjoy



Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.

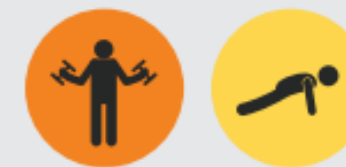
at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



* If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.

If that's more than you can do right now, **do what you can**.
Even 5 minutes of physical activity has real health benefits.

THANK YOU!

QUESTIONS? FEEL FREE TO EMAIL ME AT
SAMANTHA.C.LIOTTA@GMAIL.COM