

7 Daily Nutrition Habits for a Better, Healthier Body







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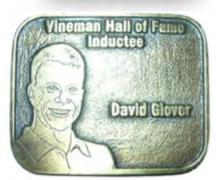


Krista



David











Confused by nutrition?!?!



It's not surprising...





What about the "typical" American diet?

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- Dr. John Benards, PhD

Rather, focus on how to develop better habits

"All our life_is but a mass of habits."

- William James, 1892

So what is the definition of "diet"?

1. the kinds of food that a person, animal, or community habitually eats.

"a vegetarian diet"

2. a special course of food to which one restricts oneself, either to lose weight or for medical reasons.

"I'm going on a diet"

Source: google.com

What about the "typical" American diet?

"The standard American diet is composed of over 60% processed garbage. Nearly 90% of the carb-dense foods we consume are highly processed, and mostly in the form of refined flour and sugar."

– Dr. John Berardi, PhD

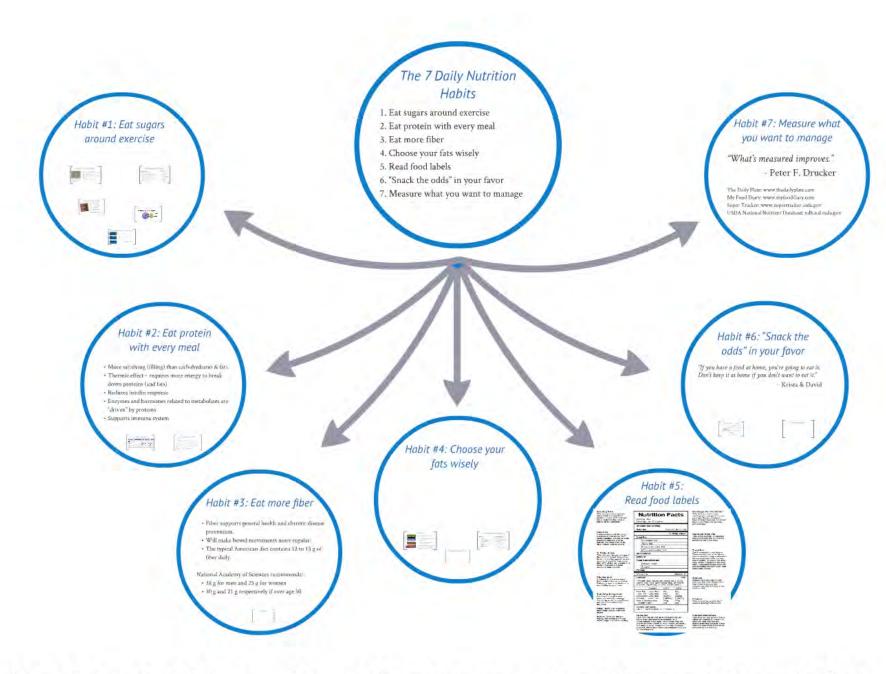
So what diet is the "best" diet?



Rather, focus on how to develop better habits

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- William James, 1892



Daily Nutrition Habits for a Better, Healthier Bod

The 7 Daily Nutrition Habits

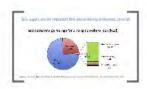
- 1. Eat sugars around exercise
- 2. Eat protein with every meal
- 3. Eat more fiber
- 4. Choose your fats wisely
- 5. Read food labels
- 6. "Snack the odds" in your favor
- 7. Measure what you want to manage

Habit #1: Eat sugars around exercise











A little background on sugars



Source: "Raw sugar closeup" by Editor at Large - Own work. Licensed under CC BY-SA 2.5 via Wikimedia Commons - http://commons.wikimedia.org/wiki/File:Raw_sugar_closeup.jpg#/media/File:Raw_sugar_closeup.jpg

- Short-chain, sweet, solube carbohydrates
- Include glucose, fructose, sucrose, maltodextrin
- Quickly digested and utilized by the body
- Stimulate insulin response and suppress break down of fat
- Glucose is a fuel source for the muscles
- If not used, can be stored as fat

Be especially wary of fructose

Why it's bad:

- Metabolized (processed) by the liver
- Converts to fat at TWICE the rate of glucose
- Does not provide "fullness" signals to the brain
- High fructose diet over the long term alters brain's ability to learn & remember information
- Fructose consumption increases visceral fat (abdominal fat)

Found in:

- Fruits (good form!)
- Sodas
- Fruit drinks
- Sauces (BBQ, salsa)
- Ketchup & condiments
- Soups
- Canned foods
- Baked goods

What we eat influences behavior



Rich, sweet or fatty foods stimulate dopamine release (like cocaine).

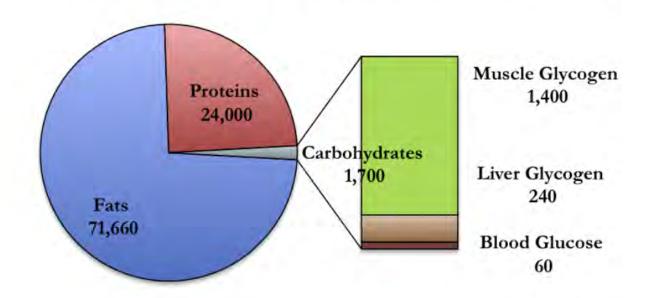
Dopamine is a neurotransmitter linked to the brain's pleasure center.

Certain foods are hyper-palatable & stimulate overeating.

May cause addictive eating patterns.

Still, sugars are an important fuel source during endurance exercise

Estimated energy storage for a 70 kg non-obese man (kcal)



Source: Berardi, John and Ryan Andrews, The Science and Practice of Sport Nutrition, Precision Nutrition, 2012.

Sugars best consumed around exercise

Pre-exercise

Top off carbohydrate stores

During exercise

Maintain energy stores

Post-exercise

Replace lost energy stores and facilitate recovery

Habit #2: Eat protein with every meal

- More satisfying (filling) than carbohydrates & fats
- Thermic effect requires more energy to break down proteins (and fats)
- Reduces insulin response
- Enzymes and hormones related to metabolism are "driven" by proteins
- Supports immune system





Example Protein Sources

| Foods Rich in Protein | Foods Rich in Protein for Vegetarian | |
|-------------------------------------|---|--|
| Turkey | *Beans | |
| Fish | Eggs | |
| Pork | Cheese(e.g. mozzarella, cottage cheese) | |
| Beef | Greek Yogurt (e.g. Fage, Chobani) | |
| Chicken | *Nuts & Seeds (e.g. almonds, peanuts) | |
| Protein Powder (e.g. Whey & Casein) | *Protein Powder (e.g. Pea Protein) | |

^{*} Vegan options

How much protein do you need?

ACSM:

- Endurance: 1.2 to 1.4 g/kg per day
- Strength athletes: 1.2 to 1.7 g/kg per day

NSCA: 1.5 – 2.0 g/kg of body weight (depending on intensity of training)

Protein intakes up to 2.0 g/kg per day are generally safe in healthy adults and may be beneficial

A individual protein intake goal is difficult to establish

Habit #3: Eat more fiber

- Fiber supports general health and chronic disease prevention.
- · Will make bowel movements more regular.
- The typical American diet contains 12 to 15 g of fiber daily.

National Academy of Sciences recommends:

- 38 g for men and 25 g for women
- 30 g and 21 g respectively if over age 50

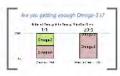


Example fiber sources

| Foods Rich in Water-Soluble Fiber | Foods Rich in Water-Insoluble Fiber | |
|---|-------------------------------------|--|
| Oats and oat bran | Green beans | |
| Dried beans and peas | Beets | |
| Vegetables like artichokes, tomatoes, carrots | Dark green leafy vegetables | |
| Fruit like oranges, bananas, apples | Fruit skins | |
| Nuts | Whole-grain products | |
| Barley | Seeds | |
| Flax | Nuts | |

Habit #4: Choose your fats wisely





Benefits to boosting omego-3's enefite: - I refinancies - I r

Types of fat

Monounsaturated

Olive oil, avocado, peanuts, pecans, almonds

Polyunsaturated

Flax, hemp, fish, canola, safflower, walnuts, Omega-3, Omega-6

Saturated

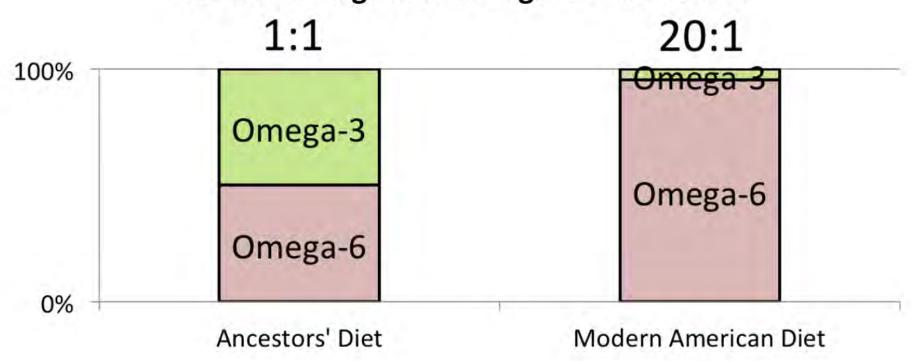
Animal fats, tropical oils, coconut oil

Trans fats

Hydrogenated fats (microwave popcorn, frozen pizza, coffee creamer, cookies/cakes/crackers, margarine, fried foods) – FDA intends to ban.

Are you getting enough Omega-3's?





Benefits to boosting omega-3's

Benefits:

- ↓ inflammation
- ↓ LDLs (bad cholesterol)
- ↑ blood vessel dilation
- ↑ free fatty acids "burning"
- May enhance mood
- May protect brain against fructose's effects

Example Foods:

- Salmon, sardines
- Flax seeds, Chia seeds, walnuts
- Grass-fed beef
- Brussel-sprouts, cauliflower
- Soy beans, tofu
- Raspberries, strawberries
- Sea plants
- Eggs, cheese, milk (grass-fed)

Habit #5: Read food labels

Serving Size

This tells you what amount equals one serving of the product. Every other nutrient value listed on the label is based on this amount.

Calories

Calories are a unit of energy. Calories in food come from carbohydrates, protein, and fat. Because calories give us energy, we need them to be able to think and be active.

% Daily Value

This tells you the percentage of the recommended daily value for a nutrient that you get in one serving. A food that has more than 20% of the Daily Value of a certain nutrient is a good source of that nutrient.

Cholesterol

Cholesterol is a substance found only in animal products. Eating too much cholesterol is not healthy for your heart.

Total Carbohydrate

Carbohydrates give your muscles and brain energy. Certain types of carbohydrates are sometimes listed on the label.

Fiber: Helps with digestion and keeps you full between meals.

Sugars: Give you instant energy, but eating too much added sugar can be unhealthy.

Nutrition Facts

Serving Size Servings per Container

Amount per serving

Calories

Calories from Fat

% Daily value*

Total Fat

Saturated Fat
Trans Fat
Polyunsaturated Fat

Monounsaturated Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber Sugars

Protein

Vitamin A Vitamin C
Calcium Iron

"Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:

| Calories | 2,000 | 2,500 |
|---------------------------------------|---------------|------------------|
| Total Fat Less th Sat. Fat Less th | ian 20g | 80g 25g |
| Cholesterol Less th Sodium Less th | an 2,400mg | 300mg 2,400mg |
| Total Carbohydrate Dietary Fiber | s 300g 25g | 375g 30g |

Calories per gram:

Fat 9 . Carbohydrate 4 . Protein 4

Footnote

This reminds us that all of the Daily Values come from the recommendations for a 2,000-calorie meal plan. Your needs may be higher or lower based on your height, genetics, and activity level. Keep in mind this is just an average, these daily value percentages (%) are not for everyone.

Servings Per Container

This tells you how many servings you can get from one package. Some containers have a single serving, but most have more than one serving per package.

Calories from Fat

This is the number of calories that come from fat. It is not the percent of fat in the food.

Total Fat

Fat is essential in our bodies. There are 4 kinds of fat. Monounsaturated and polyunsaturated fat are the kinds of fat that are heart healthy. These kinds of fat may not be included on the food label. Saturated fat and trans fat are unhealthy for your heart, and should be limited.

Sodium

Sodium tells you how much salt is in the food. People with high blood pressure are sometimes told to follow a low sodium diet.

Protein

This nutrient is used to build muscle and fight infections.

Vitamins/Minerals

This tells you the percent Daily Value for vitamin A, vitamin C, calcium, and iron you are getting from this product. Other vitamins and minerals may be included in this section.

Habit #6: "Snack the odds" in your favor

"If you have a food at home, you're going to eat it."

Don't keep it at home if you don't want to eat it."

- Krista & David





"Snack the odds" in your favor



Plan ahead: keep healthy snacks nearby.



Keep snacks simple (stay away from processed foods).



Shop on the outer edges of the store.



Avoid baked goods.

If you might be tempted, don't buy it.

Choose better snacks

Instead of this... Do this...

- Cheez-Its Rice crackers with hummus
- Apple sauce
 Apple*
- Twix candy bar
 Dark chocolate
- Balance Bar, Zone Bar
 Make a healthy shake

*Note: Choose raw fruits for the nutrients, antioxidants and fiber

Habit #7: Measure what you want to manage

"What's measured improves."

- Peter F. Drucker

The Daily Plate: www.thedailyplate.com

My Food Diary: www.myfooddiary.com

Super Tracker: www.supertracker.usda.gov

USDA National Nutrient Database: ndb.nal.usda.gov



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Final thoughts...



Educate yourself.

Find social support.

Get expert help as needed.

Do your best.

Thank you for attending!

We'll post the recording with past webinars at: enduranceworks.net/resources

Please contact us with any questions:

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Need a training plan? Visit us at www.enduranceworks.net