



Fueling Right: A Refresher

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What Happens When We Fuel Well?

- ↑ More energy
- ↑ Better recovery
- ↑ Improved mood
- ↑ Healthier body & bones
- ↑ Healthier relationship with food
- ↑ Stronger performance in the gym



What Does Healthy Fueling Look Like?

- ▶ Planning balanced meals and snack every 3-4 hours throughout the day
- ▶ **Combining protein & healthy carbohydrate at each meal and snack**
 - ▶ Protein = muscle, fullness
 - ▶ Carbohydrate = energy (brain & muscles)
- ▶ **Bringing & eating a snack (carbs and possibly protein) during training sessions > 4 hrs**
- ▶ Having a recovery snack post-gym if needed
 - ▶ If dinner is more than an hour away
 - ▶ Include protein & carbohydrate in recovery



Planning Balanced Meals & Snacks?

- ▶ **Start with protein:**
 - ▶ Aim for 12-20 g protein/meal (3 times/day)
 - ▶ And, if needed, post-training
- ▶ **Add good quality carbs:**
 - ▶ About $\frac{1}{4}$ to $\frac{1}{3}$ of your plate (= 1-2 servings of starchy carb)
 - ▶ 1 serving =
 - ▶ 1 slice whole grain bread
 - ▶ $\frac{1}{2}$ cup cooked rice, quinoa, pasta, sweet potato, potato, etc.
 - ▶ $\frac{1}{2}$ large tortilla, pita, or wrap
- ▶ **Make $\frac{1}{3}$ to $\frac{1}{2}$ of your lunch & dinner plate veggies**



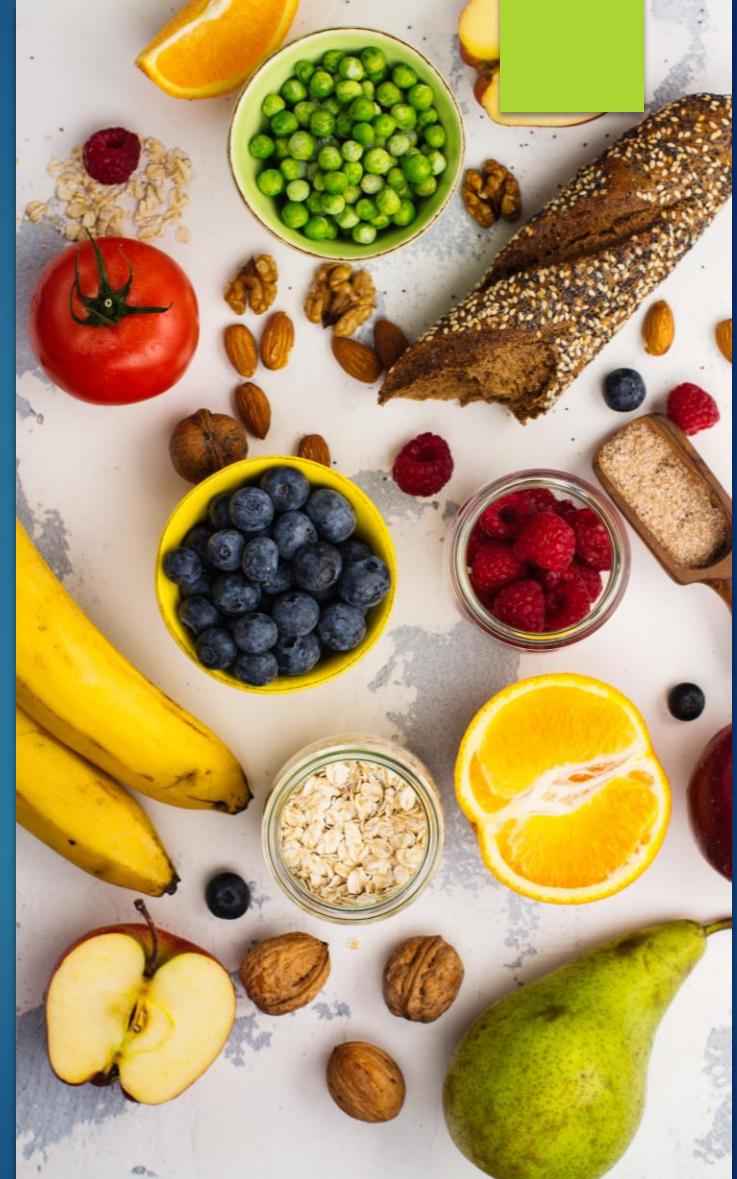
Protein Content of Some Common Foods

Item	Serving size	Protein (g)
Meat/poultry/seafood – any kind	3-4 oz/100 g	22-28 g
Meat – lean deli (chicken, turkey, etc.)	6 slices	15 g
Tuna	1 can	28 g
Eggs	1 egg	6-7 g
Milk, soy milk, pea beverage (Ripple)	1 cup	8 g
Whey/pea/veggie protein powder	1 scoop	22-26 g
Yogurt	175 g (3/4 cup)	8 g
Greek-style yogurt (plain)	175 g (3/4 cup)	18 g
Cottage cheese	½ cup	15 g
Cheese	1 oz/30 g	8 g
Cream cheese, sour cream, Hazelnut spread	2 Tbsp.	1 g
Peanut, almond, WOW, pumpkin seed butter	2 Tbsp.	6-8 g
Nuts (varies by type)	¼ cup/4 Tbsp.	3-9 g
Hemp seeds	1 oz/30 g/3 Tbsp.	10 g
Beans (e.g. kidney, brown), lentils, chick peas	½ cup	7-9 g
Tofu	1/3 brick	15 g
Bread, whole grain	1 slice	3 g



REGENERATE

- ▶ In addition to muscle damage, heavy training can lead to muscle **SORENESS**
- ▶ Part of this can be repaired via protein intake
- ▶ But some of the damage ("oxidative stress") is best healed by using dietary antioxidants
- ▶ Best bets?
 - ▶ **Brightly coloured** fruits and vegetables



Dinner only or dinner + snack?

- ▶ **Can have dinner only IF:**
 - ▶ You are well-fueled before training
 - ▶ Had a snack during training
 - ▶ Dinner contains at least some starchy carbohydrate
- ▶ **Should have snack before dinner IF:**
 - ▶ Longer than 4 hrs since last meal or snack
 - ▶ Poor/limited eating earlier in day
 - ▶ > 1 hr from end of training until start of dinner





Recovery snack ideas

- ▶ Greek yogurt or cottage cheese with berries/fruit
- ▶ **Handful of almonds (or other nuts or sunflower seeds) and an apple/pear/banana/grapes, etc.**
- ▶ Peanut butter/almond butter/WOW butter and banana or apple
- ▶ **Cheese and grapes, or veggie sticks**
- ▶ Bean salad or edamame
- ▶ **Hard boiled egg and carrot/celery sticks/cherry tomatoes**
- ▶ Mini can of flavoured tuna + whole grain crackers
- ▶ **Smoothie made w/ Greek yogurt, banana, berries**
- ▶ Green smoothie made w/ protein powder or pea protein milk, banana, apple, spinach, celery, romaine lettuce
- ▶ **Sunflower or pumpkin seeds and raisins, dates, apricots or other dried fruit**

Sample Recovery Meals



- ▶ Scrambled eggs, toast, avocado
- ▶ Oatmeal w/ berries, hemp or pumpkin seeds, milk or yogurt
- ▶ Smoothie w/ yogurt, berries, banana, oats, nut butter or seeds
- ▶ Chicken/salmon, sweet potato, spinach salad
- ▶ Chicken or turkey on whole wheat wrap w/ mixed vegetables



What Happens if I Don't Feel Like Eating?

- ▶ **This can happen!**
 - ▶ Nerves, stress, mood, illness
 - ▶ Exercise/training can suppress appetite
- ▶ **Realize that undereating early in the day can lead to overeating later on**
- ▶ **If in doubt:**
 - ▶ Have at least a bit of a meal or snack
 - ▶ Easy to digest food or drink
 - ▶ E.g. PB and banana or rice cakes, sip on a smoothie, cheese and crackers



Warning Signs

- ▶ **No period by age 16**
 - ▶ Will rule out other causes
- ▶ **Missed periods, lighter periods (exception: on The Pill or IUD)**
 - ▶ Loss of a period can be a sign of RED-S (relative energy deficiency in sport)
- ▶ **Unexpected weight changes**
- ▶ **Repeated bone injuries**
 - ▶ Especially stress fracture
- ▶ **Low iron (ferritin under 30)**
- ▶ **Digestive changes (not due to illness)**
- ▶ **Relationship with food or weight has become more negative**
 - ▶ Guilt, shame, binging, purging



Thank you!

Questions? Ask me!

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