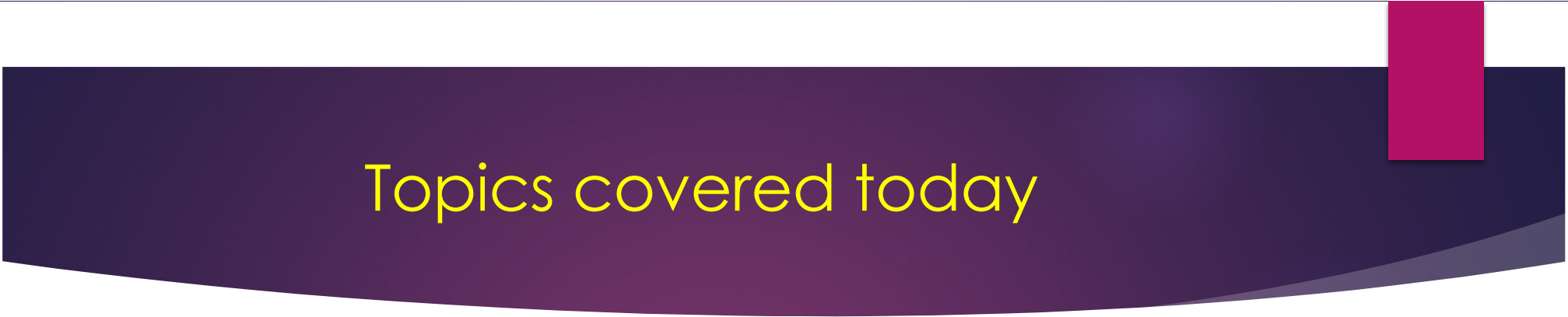




Making the most of food choices

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Topics covered today

- ▶ Why digestive function is the key to optimal health & sports performance
- ▶ How to feed and strengthen your your good gut bacteria
- ▶ The IWO essential nutrients required for transporting all nutrients to where they need to go!
- ▶ Mindful eating - how it helps you get more out of your food
- ▶ Eating before & after training – why this is so important and how to get started on it now
- ▶ Basic lockdown daily food guide & key nutrients/ foods required for a balanced meal
- ▶ Basic recipes to try 😊

Optimal digestion & gut bacteria – the key to optimal health & sports performance

Why athletes need well balanced gut bacteria

- ▶ To digest & absorb nutrients
- ▶ For optimal immune function
- ▶ To prevent the invasion of disease causing bacteria and viruses
- ▶ For serotonin production
- ▶ To help make B vitamins and promote energy
- ▶ For weight management

What kills off our good gut bacteria?

- ▶ Processed foods
- ▶ Artificial flavours, colours & sweeteners – lots of package sports foods!
- ▶ Excess processed sugar
- ▶ Antibiotics & medications
- ▶ Physical stress from exercise & mental stressors (cortisol)
- ▶ A diet LOW in FIBRE

How to feed and strengthen your good gut bacteria?

- Having a diet that is high in a variety of different coloured fibre foods – **Eat the rainbow of real foods!**
- Limiting processed sugars & artificial flavours, colours and preservatives



Coloured fibre rich foods that feed and strengthen your good gut bacteria



- ▶ **Orange foods** – sweet potato, carrots, apricots, orange lentils, pumpkin
- ▶ **Brown foods** – mushrooms, brown lentils, almonds, chickpeas, ground flaxseed, raw cacao
- ▶ **White foods** – garlic, onion, cooked and cooled white potatoes, rolled oats
- ▶ **Green foods** – Broccoli, asparagus, green beans, celery, spinach
- ▶ **Red foods** – raspberries, tomato, strawberries, cherries, red kidney beans, beetroot, apples
- ▶ **Black foods** – black rice, wild rice, black lentils, black beans, blackberries, black olives
- ▶ **Purple foods** – purple carrots, purple cauliflower, purple sweet potato, purple cabbage

Probiotic foods:

-Foods that add more good gut bacteria into your digestive tract 😊

- Plain Greek/natural yoghurt
- Plain coconut yoghurt
- Organic tempeh
- Miso
- Kerfir
- Sauerkraut
- Probiotic supplements



Eating the rainbow doesn't have to be boring



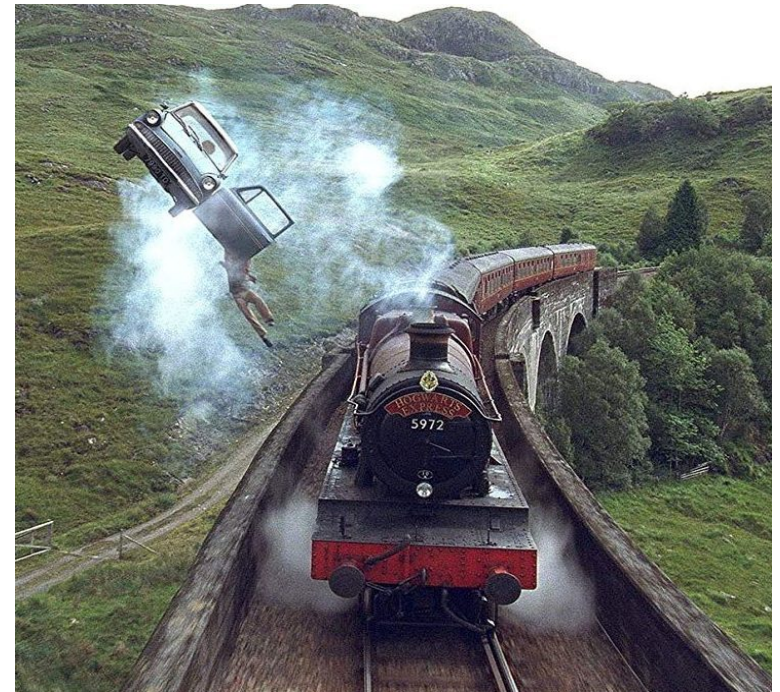
The two key nutrients required for transportation of all nutrients

Water & Omega 3's

Both water & omega 3's transport **ALL** nutrients, electrolytes, extra water and fuel sources into every cell in the body

Omega 3 foods

- Salmon
- Mackerel
- Sardines
- Trout
- Anchovies
- Raw walnuts/ walnut oil
- Hemp seeds/ hemp seed oil
- Chia seeds
- Ground flaxseeds



How to get in more water & omega 3's

WATER & hydration

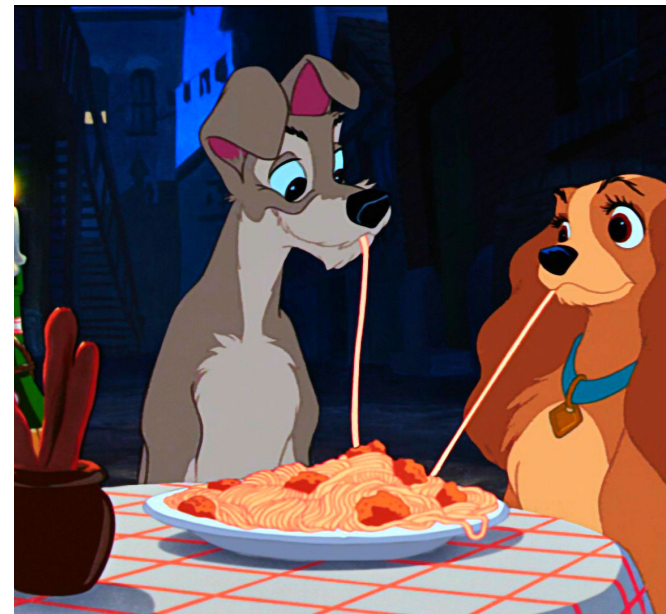
- ▶ Wake up & have a large glass of water
- ▶ Water bottle at desk – get through 1 water bottle by lunch & then a second whole water bottle by the end of school
- ▶ ALWAYS have a water bottle at all zoom training sessions - aim to sip throughout session – should get through half a bottle
- ▶ Finish off the rest of your water bottle after training sessions within 45 mins
- ▶ Get a smoothie in after training or at a snack or bfast to help increase fluid intake

Omega 3's

- ▶ Sneak chia, hemp or flaxseeds seeds into smoothies, yoghurt, smoothies bowls, healthy muffins or banana bread
- ▶ If you like oily fish aim to have this at least once per week!
- ▶ If your not sure about oily fish try salmon and sweet potato patties or swap a tuna pasta bake for salmon pasta bake
- ▶ Dress salads with a mix of olive oil and hemp or walnut or flaxseed oil
- ▶ Snack on dates stuffed with walnuts
- ▶ Chia pudding? –Chia pod brand is good)

Mindful eating – to help you get more energy and nutrients out of your food!

- ▶ Eat sitting down
- ▶ Chew food well – digestion starts in the mouth & the digestive tract doesn't have teeth!
- ▶ Eat slowly
- ▶ Learn to listen to your hunger signals
- ▶ Avoid excess amounts of fluids with meals
(1 glass is fine)
- ▶ Stick to regular meals and snacks in lock down – so you don't forget to eat or so you don't just end up snacking all day!



Eating before morning training sessions

Why & when you need to

- ▶ Females need to eat before all training sessions!
- ▶ Lock down is a great time to start practicing eating before morning training sessions if you don't already
- ▶ In fasted females - Cortisol levels increase way too much reducing estrogen levels = poor gut function, lowered immunity, hormone disruptions, reduce fat burning in body
- ▶ Both males and females need to eat before session that last longer than 75 – 90 mins to maintain optimal levels of CHO for sustained energy
- ▶ Males can start training sessions fasted but must refuel during training if the session goes over 90 mins

Food ideas

- ▶ ½ - 1 banana with/ without 1 tsp of nut/ seed butter
- ▶ 1 slice of sourdough toast spread raw nut or seed butter & a drizzle of Pure Maple or raw honey or sliced banana
- ▶ 1- 2 dates – plain or stuffed with raw nut/seed butter or nuts
- ▶ 1-2 bliss balls/ protein balls (*Home-made or Health Lab brand or Tom and Luke's snack balls*)
- ▶ A Super Hero muffin – see recipe attached in handout
- ▶ ½ - 1 slice of Home-made healthier banana bread
- ▶ Squeezy yoghurt pouch – (see good quality brands in handout)

Recovery Nutrition – this is the most vital time in an athlete's day to get their nutrition correct!

Why you need to eat ASAP after training

- ▶ Food will change the body from a catabolic state (breakdown) into an anabolic state (building)
- ▶ Need to replace used glycogen (energy) stores
- ▶ Need to eat food ASAP to reduce cortisol levels for optimal immune, good gut bacteria function and for iron absorption
- ▶ Focus on carbohydrates and some protein food sources
- ▶ Females need to eat within 30 minutes of finishing training & males within 45-60 minutes
- ▶ Females need more on protein after training than males, because of higher levels of progesterone
- ▶ Need to replace fluid and lost electrolyte

Post training food ideas

- ▶ Eggs, sourdough toast with some tomato/ avocado / goats cheese
- ▶ Leftovers from last night's dinner
- ▶ A smoothie (see example recipes in handout)
- ▶ Squeezy yoghurt pouch – (see good quality brands in handout)
- ▶ A slice of sourdough toast with raw nut/seed butter and sliced banana
- ▶ A slice of sourdough toast with vegemite & avocado with a smoothie
- ▶ Greek yoghurt, muesli/granola and fruit
- ▶ Large handful of trail mix -almonds, cashews, pumpkin seeds, dried cherries/dates/apricots and some dark chocolate drops
- ▶ A super hero muffin – see recipe in handout
- ▶ A breakfast, lunch or dinner meal
- ▶ 1-2 bliss balls (Home-made or see brands in handout)
- ▶ Home-made muesli bar or a Carmen's or Red tractor muesli bar

Basic lock down daily food intake guide

AM & PM HIIT zoom sessions (Mon & Thurs)

- Pre zoom snack – see suggestions (doesn't have to be big just something small is fine)
- Breakfast – within 30 mins after zoom session – focus on carbs, protein, good fats & colour
- Morning Tea – focus on protein, good fats & fibre foods
- Lunch - focus on a mix of carbs, protein, good fats & colour
- Arvo Tea – see before training food ideas
- Have dinner within 30 mins of finishing PM zoom – focus on protein, carbs, good fats & colour

AM zoom session & Run anytime (Tues & Sat)

- Pre zoom snack – see suggestions (doesn't have to be big just something small is fine)
- Breakfast – within 30 mins after zoom session – focus on carbs, protein, good fats & colour
- Morning tea – focus on protein & carbs
- Run – if run just before lunch have lunch afterwards as recovery food, if run after school have afternoon tea as recovery snack or run about 60 mins after AT and then have dinner as recovery fuel.
- Lunch – mix of carbs, protein and colour
- Arvo tea – focus protein & carbs
- Dinner – carbs, protein, colour and good fats

Basic lock down daily food intake guide cont...

PM zoom session only (Wed)

- Breakfast – carbs, protein good fats and colour
- MT – focus on protein, carbs
- Lunch – carbs, protein, good fats & colour
- AT – focus on pre training snack ideas
- Have dinner within 30 mins of finishing PM zoom – focus on protein, fibre rich carbs, good fats & colour

Fri AM zoom only Junior squad

- Pre zoom snack – see suggestions (doesn't have to be big just something small is fine)
- Breakfast – with in 30 mins after zoom session – focus on carbs, protein, good fats & colour
- MT – focus on protein & carbs
- Lunch - focus on , carbs, protein, colour & good fats
- AT – focus on protein & fibre
- Dinner focus on protein, fibre rich carbs, colour and good fats

Sunday & Fri (Club squad) DAY OFF

- Breakfast – Healthy pancakes ☺ or focus on low fibre rich carbs, protein, good fats & colour
- MT – only eat if hungry for it - focus on protein, fibre & good fats
- Lunch - focus on protein, fibre rich carbs, colour & good fats
- AT – only eat if hungry for it - focus on protein, fibre rich carbs and good fats
- Dinner - focus on protein, fibre rich carbs, colour and good fats

Key nutrients & foods to build a balanced meal

FIBRE rich carbs

- A mix of colourful veggies
- Fresh fruit
- Brown, red, black or wild rice
- Quinoa
- Legumes – lentils, chickpeas, beans
- Rye sourdough/spelt bread
- Traditional rolled oats
- Barley, Freekeh, amaranth buckwheat
- Raw nuts & seeds

PROTEIN

- Grass fed beef or lamb
- Free range chicken, turkey
- White fish or oily fish
- Free range eggs
- Organic tempeh
- Legumes – lentils, chickpeas, beans
- Raw nuts & seeds & nut/seed butters
- Plain natural/Greek yoghurt
- Plain cottage cheese

GOOD FATS

- Oily fish – salmon, mackerel, trout, sardines
- Avocado
- Extra virgin olive oil
- Olives
- Hemp seeds/hemp seed oil
- Cold pressed coconut oil or plain coconut milk/yoghurt
- Plain Greek/natural yoghurt
- Feta or goats cheese
- Grass fed butter/ghee
- Raw nut/seed butters

Basic meal and snack ideas that support good gut bacteria & optimal energy!

- ▶ Overnight oat recipes – (breakfast/ snack after training – see recipe)
- ▶ Healthy pancakes with Greek yoghurt, berries & pure maple syrup (see recipes)
- ▶ Full fat plain Greek yoghurt with some pure maple/ raw honey, home-made or Carmen's muesli, berries and raw pumpkin seeds (breakfast/ snack/ after training)
- ▶ Super hero muffins (snack or before AM or PM training – see recipe)
- ▶ Rainbow veggie & meat stir-fry serve with black or brown rice (dinner/ lunch)
- ▶ Beef and kidney bean patties with veggies/ salad (lunch or dinner – see recipe)
- ▶ Spag Bolognese with legume based pasta – see recipe (Lunch or dinner – see recipe)



Summary – what to start working on now!

- ▶ 1st step (digest & absorb) = Eat the rainbow to start feeding & supporting your good gut bacteria & digestion
- ▶ 2nd step (nutrient transportation train) = Increase daily water and omega 3's
- ▶ Practice eating mindfully – to get more nutrients out of your food!
- ▶ Practice eating before all training session – now is the time to start!
- ▶ Get your recovery nutrition and timing correct
- ▶ Next club zoom dinner theme = Eat the rainbow 😊
- ▶ See some rainbow gut feeding dinner ideas to make for your next zoom dinner (Dinner ideas & recipes in handout)



becstone.com.au/haileybury

- ▶ Please visit the link above to download this power point presentation and handout
- ▶ Thanks for tuning in 😊

