



Making the most of food choices

BEC STONE

B.H.SC. (NUTRITIONAL MEDICINE)
CERT. III & IV GYM INSTRUCTOR / PERSONAL TRAINER
BRONZE LEVEL SWIM COACH

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 TWO 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
- ▶ Lockdown and nutrition – what has changed and what you can work on
- ▶ 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 and performance

Why we need well balanced gut bacteria

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

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
- ▶ Alcohol and smoking

How to feed and strengthen your good gut bacteria

- Having a diet that is high in a variety of different coloured fibre and polyphenol rich foods
- Limiting processed sugars & artificial flavours, colours and preservatives



Prebiotic, polyphenol and fibre rich foods that feed your gut bacteria

- ▶ **Orange foods** – sweet potato, carrots, apricots, orange lentils, pumpkin, orange capsicum
- ▶ **Brown foods** – mushrooms, brown lentils, almonds, chickpeas, ground flaxseed, raw cacao
- ▶ **White foods** – garlic, onion, cooked and cooled white potatoes, traditional rolled oats
- ▶ **Green foods** – brussel sprouts, asparagus, artichoke, green tea, green banana, celery
- ▶ **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** – purple carrots, purple cauliflower, purple sweet potato, purple cabbage

Probiotic foods

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



The two key nutrients required for transportation of all nutrients

Water & omega 3's (EFAs)

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

Food sources of omega 3's

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

Mindful eating – to help you listen to your hunger signals & get more out of your food

- ▶ Eat sitting down
- ▶ Chew food well – digestion starts in the mouth
- ▶ Eat slowly in a relaxed environment
- ▶ Learn to listen to your hunger signals – it's the easiest way to eat the correct amount of food you need!
- ▶ Avoid excess amounts of fluids with meals (1 glass is fine)

Lock down nutrition & training what has changed & what can you work on?

What has changed

- ▶ Training intensity and duration are likely to be less
- ▶ Incidental exercise likely to be less
- ▶ Energy In VS Energy Out has likely changed
- ▶ You are at home the whole time – not having to travel for training or school
- ▶ Easier access to food all day long – less structured eating patterns & not listening to hunger signals

What you can work on

- ▶ Focus on eating real nourishing foods at the correct times and AVOID counting calories
- ▶ Now is the perfect time to perfect your training nutrition – eating before & after training!
- ▶ More time to focus on hydration
- ▶ Make sure you still have set meal and snack times – avoid hitting the fridge/ pantry all day long
- ▶ Practice eating mindfully – now is the perfect time to focus more on this!

Eating before morning training sessions

Why & when you need to

- ▶ Females need to eat before all training sessions!
- ▶ Fasted training is NOT for females!
- ▶ Cortisol levels increase way too much reducing estrogen levels = poor gut function, lowered immunity, hormone disruptions, increased fat storage & reduce fat burning
- ▶ 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
- ▶ 1-2 slices of sourdough toast spread raw nut or seed butter & a drizzle of Pure Maple or raw honey
- ▶ 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

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 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)
- ▶ A slice of sourdough toast with raw nut butter and sliced banana
- ▶ A slice of sourdough toast with vegemite & avocado with a side of 12 raw almonds
- ▶ 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/ protein balls
- ▶ A raw food bar

Basic lock down daily food intake guide

AM & PM HIIT zoom sessions (Mon & Wed)

- Pre zoom snack – small in size with both Carbs & a little protein
- Breakfast – straight after zoom session – focus on carbs, protein, good fats & colour
- Morning Tea – focus on protein & fibre
- Lunch - focus on fibre rich carbs, protein, good fats & colour
- Arvo Tea – focus on protein, carbs
- Have dinner within 30 mins of finishing PM zoom – focus on protein, fibre rich carbs, good fats & colour

RUN anytime & PM Strength (Tues & Sat)

- If running in AM before bfast have pre training snack & then breakfast straight afterwards **OR** run just before lunch and then have lunch straight afterwards
- Breakfast – focus on carbs, protein, good fats & colour
- Morning Tea – focus on protein & fibre
- Lunch - focus on fibre rich carbs, protein, good fats & colour
- Arvo Tea – focus on protein & carbs
- Have dinner within 30 mins of finishing PM zoom – focus on protein, fibre rich carbs, good fats & colour

Basic lock down daily food intake guide cont...

Thurs = AM strength, Run before lunch, PM Zoom

- Pre strength snack – small in size with both CHO & a little protein
- Breakfast – straight after strength session – focus on Carbs, protein, good fats & colour
- MT – focus on protein & carbs
- Run just before lunch – lunch straight after run - focus on carbs, protein, good fats & colour
- AT – focus protein & carbs
- Have dinner within 30 mins of finishing PM zoom – focus on protein, fibre rich carbs, good fats & colour

Fri AM HIIT zoom only

- Pre zoom snack – small in size with both CHO & a little protein
- Breakfast – straight after zoom session – focus on Carbs, protein, good fats & colour
- MT – focus on protein & fibre
- Lunch - focus on protein, fibre, colour & good fats
- AT – focus on protein & fibre
- Dinner focus on protein, fibre, colour and good fats

Sunday - day off

- Breakfast – focus on low GI fibre rich carbs, protein, good fats & colour
- MT – only eat if hungry for it - focus on protein & fibre
- Lunch - focus on protein, fibre, colour & good fats
- AT – only eat if hungry for it - focus on protein & fibre
- Dinner focus on protein, fibre, 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
- Good quality protein powder
- 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

- ▶ Apple and cinnamon over night oats – (breakfast/ snack after training – see recipe)
- ▶ 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 - listen to your hunger signals to help guide your daily food intake
- ▶ Practice eating before all training session
- ▶ 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)



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

