

Heart to Start Nutrition Tips 2020

- 1) Food has three main macronutrients which are all are needed to help the body function properly
 - a) carbohydrates
 - b) fats
 - c) proteins
- 2) Why are each of these nutrients important?
 - a) **Carbohydrates** are your primary source of fuel for exercise
 - b) **Proteins** maintain and repair muscles; component of enzymes, hormones, and the immune system; building block of bones, skin, hair, eyes, and blood
 - i) Can be converted into carbohydrate for energy
 - ii) Body will “steal” from muscles and organs if you don’t eat enough
 - c) **Fats** are your long term storage of energy, but can be converted to carbohydrate for energy
- 3) Daily eating
 - i) US News & World Report released their list of top diets for 2020, as determined by a panel of 25 leading nutrition professionals
 - (1) Mediterranean Diet topped the list for the 3rd straight year
 - (2) based on 7 criteria: short-term weight loss, long-term weight loss, effectiveness for cardiovascular disease prevention, effectiveness for preventing diabetes, ease of compliance, nutritional completeness and health risks.
 - ii) Mediterranean diet pattern includes: fruit, vegetables, whole-grain breads and cereals, lean protein (i.e. chicken, turkey, or fish like salmon or tuna, or nuts), healthy fats- olive oil, avocados (avoid trans fats); minimize saturated fats. Only occasional red meat, and moderate amount of red wine
 - (1) Limit coconut oil
 - (2) Whole30 and Keto diets were at the bottom of the list, due to their lack of scientific evidence and because they are difficult to follow. For Keto diet “enthusiasm outpaces evidence” when it comes to a keto diet for obesity and diabetes.
 - iii) Overall goal for diet: moderate portion sizes (listen to your body’s hunger and fullness cues)
 - iv) Make sure you drink plenty of fluids
 - (1) in ounces, drink half your weight (in pounds). I.e. 160 lb adult should drink a minimum of 80 ounces of water. You need even more fluid after exercising!
- 4) Pre-workout and pre-race nutrition
 - a) To prevent intestinal upset, stop eating 1-3 hours before exercising
 - b) Avoid sweets, high fat foods, and lots of veggies
 - c) But if you really need a snack before a workout, try simple, easy-to-digest carbs
 - i) I.e. crackers, small piece of fruit, ½ yogurt, small handful of nuts, string cheese, ½ bar
- 5) Fueling during exercise
 - a) If exercising under 45 minutes, water is sufficient
 - b) If exercising over 45-60 min
 - i) Use liquid fuel (i.e. UCAN, Tailwind, Skratch Labs, Infinit, usually don’t recommend Gatorade)
 - ii) or, drink water + consume fuel in the form of gels/beans/blocks. Some tolerate real food instead
 - c) Key-- try it out during training so you know what your stomach handles

- 6) Post-workout or post-race nutrition
 - a) Replace lost fluids (especially if you sweat heavily)
 - b) During exercise, muscles are broken down and glycogen (stored energy) is used up
 - c) Right after exercise your body is like a sponge and is able to restore glycogen and repair muscles at a faster rate
 - d) A little carbohydrate combined with 15-20 grams protein within 15-45 minutes of workout or race will help replenish glycogen and begin muscle rebuilding
 - i) Chocolate milk or recovery drink
 - ii) Smoothie
 - iii) Protein bars-- look at labels, not all bars are created alike
 - iv) Eat a full meal, like eating dinner right after a late afternoon workout
- 7) Gastrointestinal problems and running (Runner's Trots)
 - a) Factors: dehydration, recent food intake, heat, % of VO2 Max (effort), length of workout
 - b) Low FODMAP diet has been shown to decrease digestive distress in athletes
- 8) Your Nutrition Goals:
 - (1) Keep it simple
 - (2) MORE whole foods, eat more fruits and vegetables, olive oil, fish, and nuts
 - (3) LESS red meat, dairy, and sugar, alcohol
- 9) One thing I added this year:
 - a) Collagen peptides
 - i) In small trials, oral collagen has been shown to reduce exercise-related joint pain
 - ii) Must be taken with Vit C, which could be a little orange juice or small amount of fruit
 - b) I have oatmeal most mornings, with collagen protein + berries on top
- 10) Need personalized nutrition guidance?
 - a) Make an appointment with one of our registered dietitian nutritionists at PSVMC, PPMC
 - b) PSVMC Basecamp offers free nutrition classes and individual nutrition
 - c) Eventually we hope to have a dedicated Providence sports dietitian
 - d) Another opportunity: Providence Hood to Coast training series- a 12-week training program for community runners and walkers with bi-monthly guided warm up, run/walk, core/strength/power exercises, and cool down. There is onsite access to a professional for injury assessment and prevention tips.