



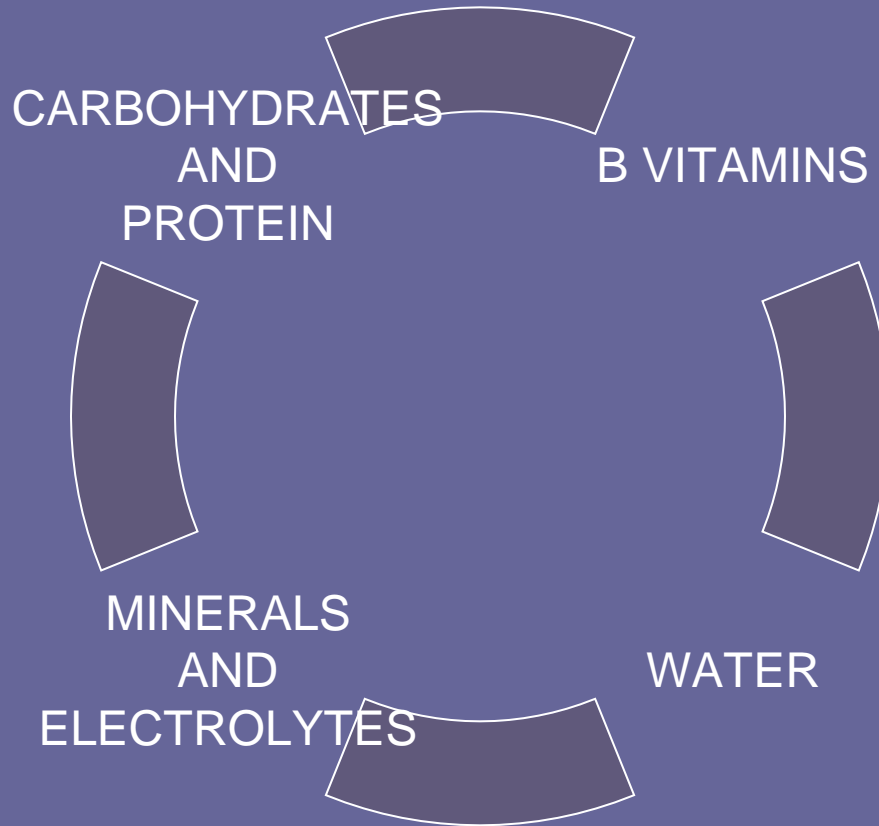
# Whole Foods Nutrition for Athletes

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# It's all the same...almost

- Sports nutrition is the same as human nutrition!
- All people, sedentary to competitive athletes, can achieve optimum health and performance from whole foods (as opposed to supplements).
- As athletes, we just a little bit more of a few things due to the excessive energy we produce.

# How do we make energy?



# Glycogen

- Your energy savings account from intake of carbohydrates
- Stored in the muscle and liver
- $\uparrow$  glycogen =  $\uparrow$  performance
- Carbohydrate intake and intense training =  $\uparrow$  glycogen



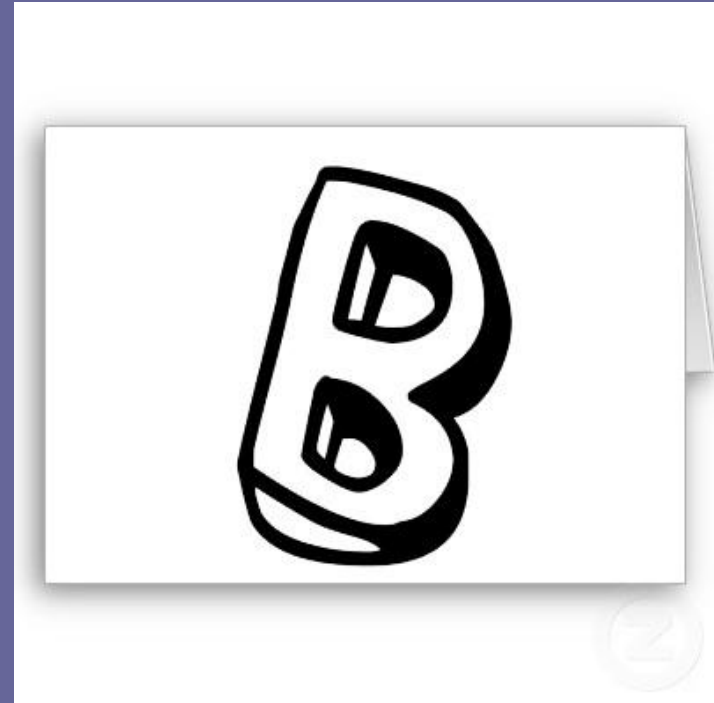
# How much Carbohydrate?

- Aim for 200-300 calories worth of carbohydrate each meal to support glycogen stores
  - 2 slices of whole grain bread
  - 1 cup of grain (oatmeal, quinoa, rice)
  - 1 cup lentil/legume
  - 1 cup of whole grain cereal
  - 1 cup granola



# B Vitamins – supports glycogen conversion to energy

- Thiamin
- Riboflavin
- Niacin
- B6 (Pyridoxine)
- B12
- Folic Acid
- Biotin





# Vit B food sources

## Think “Brown”

- Whole grain cereals
- Quinoa
- Brown rice
- Wild Rice
- Whole grain breads
- Beans (Black, Kidney, Pinto, etc)
- Lentils
- Oatmeal
- Whole wheat pasta
- Kombucha
- Milk
- Yogurt
- Eggs
- Chard
- Kale
- Collard Greens

# Which bread do I knead?

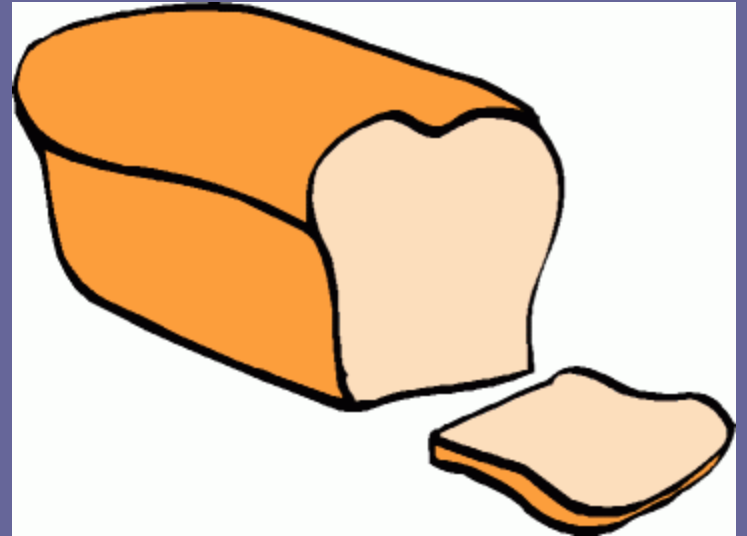
Look for the first ingredient to contain the word “whole”

“100% whole wheat”

“Whole wheat”

“Sprouted Whole Wheat”

“Sprouted Spelt”

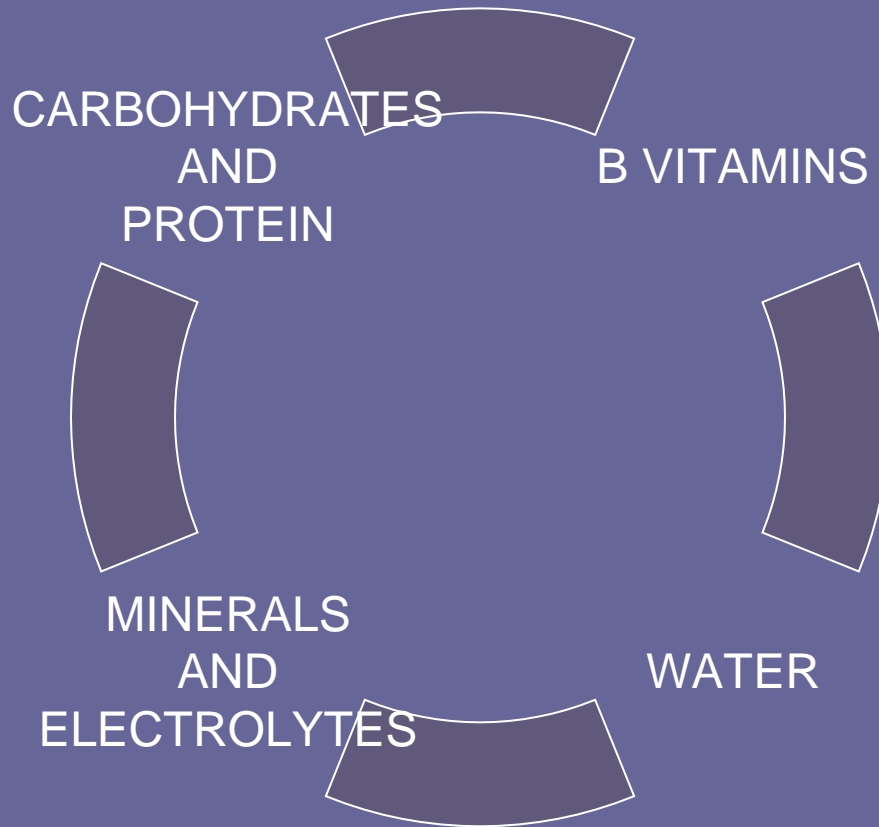


# How much Protein?

Divide your weight by 2. That is how many grams of PRO you need in one day (approx).

- 1 egg = 6g
- 3oz of meat (turkey, chicken, beef, pork, sausage) = 20-22g
- 1 can tuna = 30g
- 4 oz Tempeh = 15g
- 4 oz tofu = 10g
- 1 cup milk = 8g
- ½ cup cottage cheese = 15g
- 1 cup yogurt = 7-10g
- 1 cup white rice = 3g
- 1 cup brown rice = 4g
- 1 cup wild rice = 6g
- 1 cup beans = 14g
- 1 cup lentils = 14g
- 1 cup quinoa = 12g
- 1 cup whole wheat pasta = 8g
- 1 cup quinoa pasta = 4g

# How do we make energy?



# Electrolytes

- Effects fluid balance and muscle contraction
- Only need to intentionally replace after 90 minutes of intense exercise
- We get all that we need from a well balanced diet sufficient in:
  - CALCIUM\*
  - POTASSIUM\*
  - SODIUM/CHLORIDE
  - PHOSPHORUS

\* Be more intentional about getting into diet



# Calcium Food Sources

- Milk
- Yogurt
- Cheese
- Kefir
- Cottage Cheese
- Figs
- Amaranth (Grain Porridge)
- Dark Leafy Green Vegetables
  - Kale
  - Chard
  - Collard Greens
- Figs
- Tofu



# Potassium Food sources

- Potato
- Banana
- Tomato (includes juice)
- Raisins
- Almonds
- Seeds (sunflower, pumpkin)
- Orange, Apple, banana
- Prunes
- Squash and Zucchini
- Artichoke
- Snap peas
- Stalked vegetables: celery, broccoli, cauliflower



# Iron and Zinc – common deficiencies in adolescence

- Iron- all dark meat and beans, clams, quinoa, lentils, amaranth, oat bran, tofu, oats, fortified cereals
- Zinc- oysters, pumpkin seeds, beef, pecans, cashews, lamb, almonds, sunflower seeds, dark turkey meat

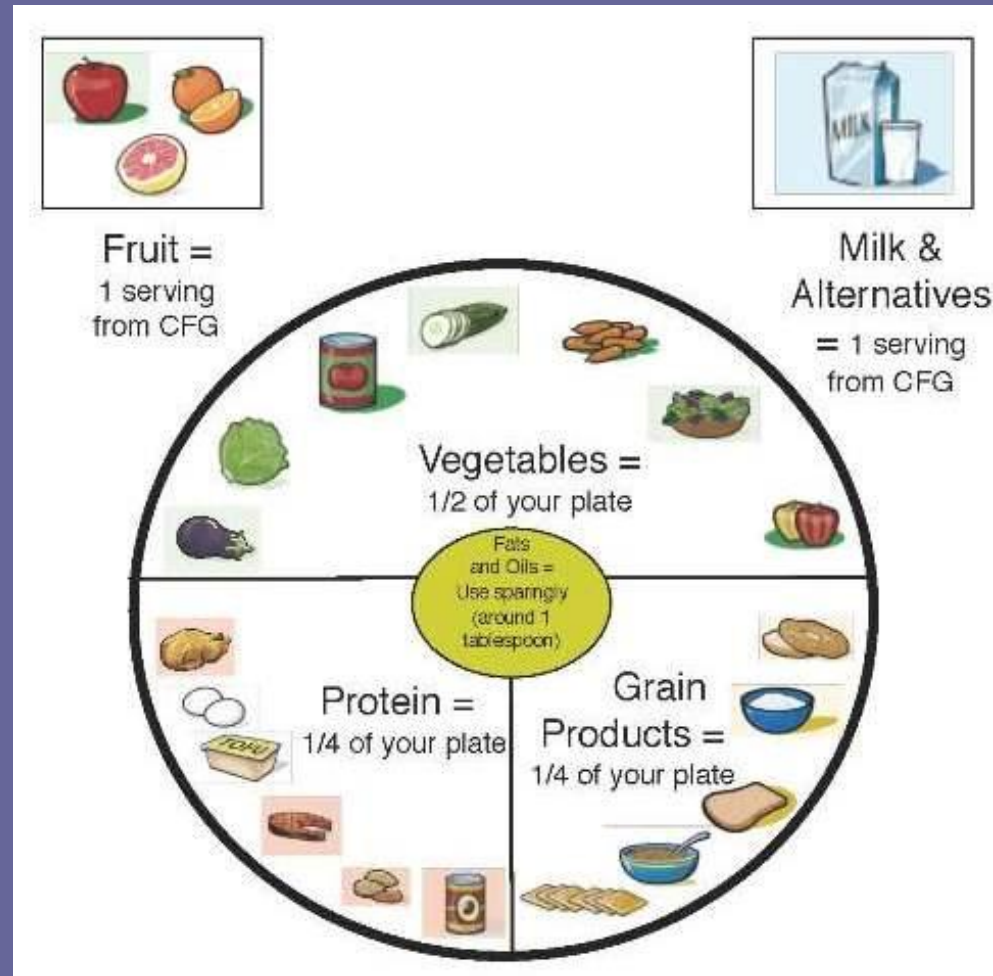
# AIM FOR...

- Eat your protein and carbohydrate throughout the day
- Count 35 different types of foods eaten throughout the week
- Pick a variety of colors of fruits and vegetables
- Pee clear (not yellow) to stay hydrated. Replenish water stores all day and after training/races.



# Pre-evening meals

1. Whole wheat pasta, turkey and lots of veggies in tomato sauce
2. Wild Rice and Garbanzo bean pilaf, side of peppers, onions, salsas and whole grain tortillas
3. Stuffed squash with Quinoa vegetable salad
4. Steak and Potatoes with steamed Vegetables
5. Hearty Chili/Stew with potato and Vegetables
6. Chunky Chicken Noodle soup with Vegetables



# Pre-Regatta Snack

- Some eat 2 hrs before race, others 6hrs – depending on fragility of stomach and nerves
- There is no “magical” carbohydrate meal prior to races and training
- Try loading up on carbohydrates approximately 3-4 hours prior to race
  - Pancakes with glass of milk
  - French toast with yogurt
  - Peanut Butter and Jelly sandwich, fruit
  - Whole wheat pastas and grains

# Pre-Regatta quick snacks

- 2 hours prior to race:
  - Slices of French Toast
  - Muffins, Bagels
  - Blueberry pancakes
  - Lara Bars, Granola Bars
  - Fresh Fruits
  - Nut butters with dipping items:
    - Crackers/Bread
    - Celery
    - Apples
    - carrots
- 30 minutes prior to race:
  - Bananas, oranges, juice
  - Gummy Bears, quick candy



You know what works best for your nervous tummy!

# Post workout

- Replace, Replace!
- High Protein and Carbohydrate Snack
  - Apples with cheese or peanut butter
  - Sprouted wheat bagel with cream cheese
  - Granola Bar and Yogurt
  - Hummus and whole wheat crackers
  - Cheese stick and pear
  - Milk and cereal
  - Protein bar (avoid soy if possible)



# Adding Bulk

## 1. Genetics:

You can only go as far as your DNA

## 2. Training intensity:

How hard are you training?

## 3. Choosing dense Foods

- Granola vs. bran flakes
- Starch vs. rice
- Chili and Lentil soups vs. Vegetable soups

## 4. Eating Additional Calories

- Add 500 calories/day to increase 1 lb/week

## 5. Sleep

- We do our growing when we are asleep



# Chill-Ax!



- When we are stressed we secrete adrenaline (Cortisol), which inhibits all sorts of physiological processes.
- Many of these are related to growth and muscle gain.
- Belly Breathing decreases Cortisol levels

# Special Concerns

- Ferry Travel
- Hot Regattas
  - Hydration starts days before the race
  - Use more electrolyte replacement (sports drinks)
- Disordered eating
  - Skipping meals
  - Hard to keep food down
  - Feels out of control with food
  - Food and weight dominate thoughts and behaviors



# Information and Resources

McKenzie Zajonc, MS, CN

Nutrition Counseling on Bainbridge Island and Seattle

Passionate Nutrition

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206.579.0357

- [www.cookusinterruptus.com](http://www.cookusinterruptus.com)
- [www.fitness.gov](http://www.fitness.gov)
- [www.eatright.org](http://www.eatright.org)
- Books:
  - [Endurance Sports Nutrition](#) by Suzanne Girard Eberle, RD
  - [Sports Nutrition Guidebook](#) by Nancy Clark, RD
  - [Athlete Cookbook](#), by Nancy Clark, RD
  - [Feeding the Whole Family](#) by Cynthia Lair