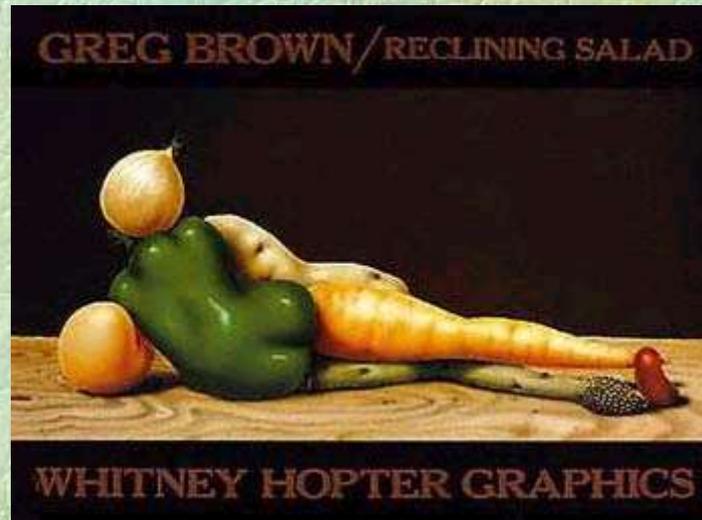
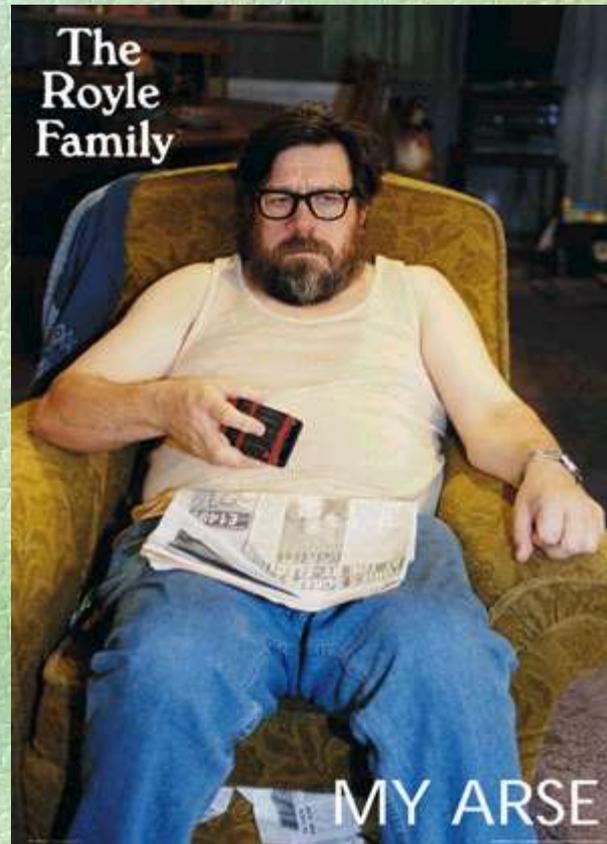


# NUTRITION

Tom Seabourne, Ph.D.



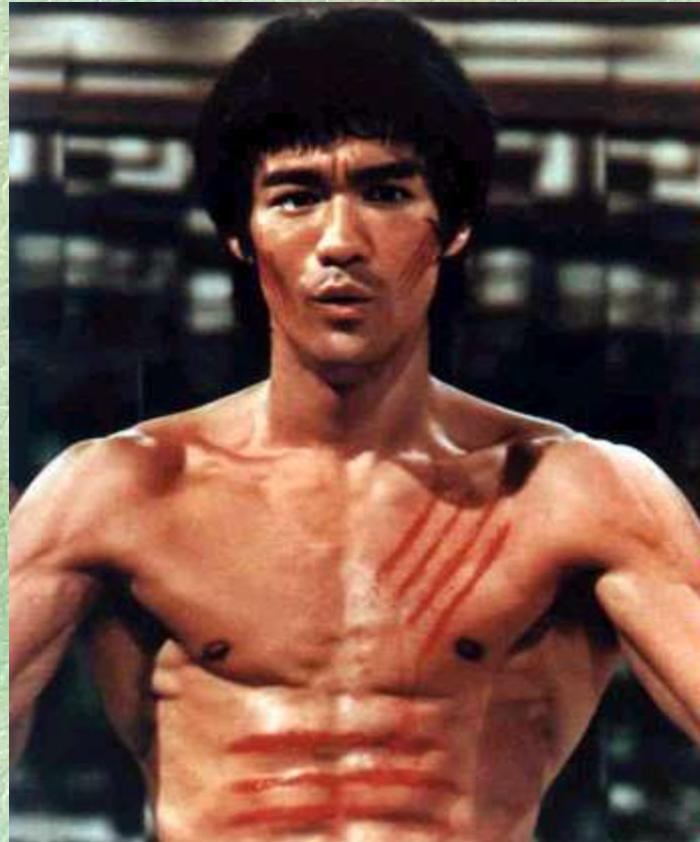
# Is it genetics?



# When you grow fat cells

- ☞ 3<sup>rd</sup> trimester in the womb
- ☞ 1<sup>st</sup> year of life
- ☞ Puberty
- ☞ “Explosive overeating”

# Eating for Performance



# The four R's

♻️ Replenish

♻️ Restore

♻️ Reduce

♻️ Rebuild

# Stabilizing blood sugar

☛ Small meals

☛ Frequency

☛ Balance

# Nutrient Dense Carbohydrates

🍌 Fruits

🥦 Veggies

🌾 Whole Grains

# Calorically Dense Carbohydrates

☛ Pasta

☛ Breads

☛ Boxed Cereals

# CRAVINGS

- ☛ Eat now or eat later
- ☛ Protein improves satiety

# Lean Proteins

☛ Lean red meat

☛ Chicken

☛ Fish

☛ Non fat dairy

# How much protein does your student really need?

- ☛ .77 gms. Per pound of body weight
- ☛ You need more protein during hard training.

# Meal replacement bars and powders

☛ Food first

☛ Shakes

☛ Bars

☛ Gu's

# Good Fats

- ☛ Omega three fats
- ☛ Unsaturated
- ☛ Saturated
- ☛ Avoid Trans fat

# Is Fat Free A Good Thing?

☛ What replaces the fat?

# Insulin Insensitivity, what is it?

☛ Energy can't get into your cells

# Insulin is not the enemy

☛ Insulin is the key to unlock the cell to give you energy.

# Slow release carbohydrates

- ☛ Foods with fiber

- ☛ Oatmeal

- ☛ Some fruits

- ☛ Veggies

# What you can learn from low carbohydrate diets

- ☛ There are different kinds of carbs
- ☛ Nutrient dense
- ☛ Calorically dense

# Why low carbohydrate diets don't work

- ☞ Lose water
- ☞ Lose muscle
- ☞ Ketosis
- ☞ Gluconeogenesis

Does fat burn in a carbohydrate  
flame?

# Schedule Meals In Advance

# Balance Your Meals

☛ Protein

☛ Carb

☛ Essential fat

# PRE-PREPARATION

# WEIGHT TRAINING

# Steady State vs. Interval Training

# Aerobics or Weights?

☛ Both?

**Schedule meals in advance**

# Don't Obsess

☛ Plan on making weight weeks in advance

# Eat your Calories Throughout the Day

☛ Fuel your muscle, starve the fat cells.

Progress not Perfection

# Supplementation

☛ Creatine

☛ Fat burners

☛ Arginine

☛ Vitamins

# Balance!

☞ Moderation