



Terrapin Strength & Conditioning

Sports Nutrition Simplified

“The foods and drinks that players choose to consume can affect how they perform in sport and help them to stay fit and healthy. All players should choose foods wisely to help achieve their goals in sport.”

[FIFA: F-MARC Nutrition for Football](#)

Sports Nutrition Simplified cont..

- **Food is composed of six basic substance:** carbohydrates, proteins, fats, vitamins, minerals and water.
- Each one of these has specific function in providing nourishment for the body.

For the sportsman, it is of critical importance to recognize what each does to his body under the physical, mental and emotional strains of competition.

Sports Nutrition Simplified cont.

- How do you pick your plan?
 - Vegan
 - Atkins
 - Mediterranean
 - Paleo
 - Zone
 - Low Carb
 - High Carb
 - Low/ High Fat

Sports Nutrition Simplified cont.

Most "experts" agree on 8 key items:

1. Food and proper hydration are critical to athletic performance.
2. Eating nutrient dense foods, preferably organic, provides you with the best sources of macro and micro nutrients. **That means as little processed food as possible!**

[Look at EWG's Dirty Dozen and Clean 15](#)

Sports Nutrition Simplified cont.

3. **Vegetables** (and we don't mean ketchup and french fries) are good! Wash them thoroughly and eat them!
4. **Fruits** are good! Eat them in moderation (high in sugars).
5. **Chemicals are bad.** That means anything you cannot pronounce that is on a label like additives, preservatives, dyes, MSG, and artificial sweeteners.

Sports Nutrition Simplified cont.

6. It is up to the athlete to experiment and have a full understanding of which foods and liquids work (i.e. help performance) and which do not.
7. Trying a new food or drink or supplement on game day is always a bad idea!
8. **Avoid GMO** (Genetically Modified Organisms) foods. [See this list!](#)

Carbohydrates

- Most athletes will not be able to get enough "carbs" from fruit and veggies alone.
- The best sources are:
 - sweet potatoes
 - squash
 - brown rice
 - quinoa and other non-wheat based grains and beans.
- Please learn how to [soak your grains](#) and beans if you choose to eat them. Eat only what you really need to continue to train. In other words, eat as much as you need to feel energized and no more. Like we said, you must experiment.

Proteins

- This is a loaded topic!
- You need enough to recover and rebuild the muscle you have torn down. Excess is not better. Kidney stress from excess and sarcopenia from deficiency.
- 1 gram of protein per pound of lean body mass (NOT total weight)

Proteins cont..

What type of protein?

- Grass fed (organic) meats (sustainably raised) over plant based. [Here's some recent evidence.](#)
- Fish is great, but should be low mercury (low toxin) such as sardines, herring and anchovies. Unfortunately, tuna, swordfish and Chilean sea bass can be high toxin fish.

Fats

- No trans fats!
- Saturated fat is not bad! It is good when it comes from an organic source!
- MCTs from Coconut Oil added fuel
- Omega 3's (DHA/ EPA)

Fats cont.

- Good fats:
 - Grassfed meats
 - Organic butter
 - Raw nuts
 - Pastured eggs (eat the yolk!)
 - Avocado
 - Olives
- Fat **DOES NOT** make you fat! Hormonal and brain development thrive on fats.

Dairy

- You must experiment!
- Remove dairy for at least two weeks and see how you feel. Then add back what you miss eating.
- Given the choice: raw, unpasteurized version over what you get in the grocery store!

Salt

- 1.5 to 3.5 teaspoons of salt per day (more if you are a salty sweater!!)
- Regular table salt is heavily processed, full of additives and devoid of minerals.
- Look for sea salt and check the label.

Micronutrients

- Even if you eat all organic, the soils in which these foods are grown are nutrient deficient or insufficient. You NEED to supplement!
- Most [vegans and vegetarians](#) are micronutrient deficient in B12, Iron, Omega 3s, Iodine, Vitamin D, Calcium, Zinc

Supplementation

- “I love the idea of using food and only food. I think it's a romantic notion and I think there probably was a large swath of human history where that was absolutely the only medicine needed a la Hippocrates. Unfortunately and particularly over the past 150 years let's say since the Industrial Revolution we have done quite a number on our environment and have essentially rendered ourselves subjects in an uncontrolled experiment. Because of this I think that it's imperative to support native physiology with supplementation. From glandular to micronutrients to fatty acids to probiotics. I think it's a requirement even for wellness let alone for healing.”

Kelly Brogan, MD (BS and MA, Brain and Cognitive Science/Systems Neuroscience from MIT; MD from Cornell Medical College) taken from [TheVitaminMovie](#)

Supplementation cont.

- It's ALL about nutrient absorption (know your sources!
- Labels are unregulated, so decide through due diligence, NOT price alone.
- I choose [Isagenix](#), which uses organic, gluten and soy free, non-GMO sources.

Supplementation cont.

- **Likely needs:**

- Probiotic or fermented foods
- Vitamin D
- Omega 3
- GOOD multivitamin

- **Things to avoid**

- NSAIDs
- Caffeine (maybe?)
- Energy drinks
- Gluten (maybe?)
- Products without a substantiated track record proving clean of banned substances ([NSF, Informed Choice](#))

Summary

- Recovery is performance!
- Overtraining = under-recovering
- Considerations: Mental health and self image (anorexia, bulimia, binge eating, etc)
- Bodyfat levels generally determine health and performance (12-18% male, 15-22% female)

Contact Us

- Terrapin Strength and Conditioning, LLC
 - Jason Schreiber/ Craig Bailey
 - team@terrapinstrength.com
 - 443-742-1224 (Jason)
 - 443-631-3360 (Craig)

www.Terrapinstrength.com