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www.nutrition-in-motion.net

~healthy nutrition for everyday living ~

Real Food For Real Sports Results

Joanna Chodorowska, BA, NC - personal sports nutrition coach, and swim and USAT coach

Sports basics: - balance the blood sugar

- o Eat regular times meals – do not skip meals!! Eat every 3-4 hours, w/ breakfast within 1 hr of rising
- o Keep blood sugar levels constant – balance meals (see below)
- o drop blood sugar level – cranky, irritable, tired, craving sugar, sweets, cookies, and caffeine → store fat
- o Eat balanced meals – 15-30% protein/45-65% carbs/ 15-20% fat approximately
carbohydrates = grains, starches, legumes, vegetables, root vegetables and fruits
proteins = meat, chicken, fish, turkey, cheese, protein powders, legumes, and tofu
fat – avoid saturated and hydrogenated fats (processed foods)

Eat real foods, not processed foods. Your body knows what to do with real food.

- if you are tired after you eat, you are obviously eating the wrong thing!!
- avoid coffee – the more you drink, the more tired you are. really.
- **if it did not exist 50-100 years ago, you probably should not eat it.**
- processed foods are high in sugar, high fructose corn syrup, additives, preservatives, artificial sweeteners, artificial colors and hydrogenated fats. If you can't pronounce it, don't eat it.

Real food options:

- o Instead of crackers → try sliced baked sweet potato or yucca root
- o Instead of peanut butter (use only natural) → try almond, cashew or sunflower. Make own?
- o Instead of wheat → try amaranth, quinoa, wild rice blends, root vegetables (celery root, batata, sweet potato, rutabaga, turnips, etc)
- o Instead of fruit juice, juice your vegetables with some fruits! Green Monster drink → ☺
 - o Celery – salt; Kale and romaine – electrolytes, minerals Beet greens - iron
- o Instead of gels → try soaked dates? Use the 'date water' as energy drink?

Learn to **COOK!** Do you know what you will eat and when? Do you know what you will eat and when?

Plan your meals! Make a grocery list, plan which night/day to make, when to grocery shop...make leftovers!

Need carbohydrates to fuel brain + body,

Need Carbohydrates to recover from workouts along with some protein

Limit starches, cookies and always add vegetables, legumes and fruit.

Recovery Meal – most important meal for athletes!

- Eat within **30-60 minutes** of finishing exercise = optimal recovery window
- Need high quality proteins (usually animal) and complex carbs (whole grains, root vegetables, legumes)
- **NEED your green vegetables!!** Minerals (cal, mag, Fe), phytonutrients, etc to help with recovery!
 - o If you don't eat your greens, drink your greens! Greens+ powder or bars = option
 - o Add leaf of kale or handful or more spinach to fruit smoothie
- Approx. 20-25 gr of protein, 45-60 gr of carbs – eat more frequently, not 1 huge meal.



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Basic Nutrient requirements for endurance athlete:

Proteins: 1-1.5 g per kg body weight (e.g. 150 lb ÷ 2.2 = 68.2 kg → 68.2 – 102.3 g)

Carbohydrates: 5-7 g per kg wt (over 2 hours, increase to 8-10 g/kg) = 341-477 g

Fats: 15-20% max. No specific g/kg figure

Do not eat 3 hours prior to race or exercise – consume 3-400 calories with complex carbs, protein – limit sugar intake!

Start consuming energy source 10-20 minutes into workout. Then maintain energy source every 20-30 minutes (80-100 calories every 20-30 minutes depending on exertion for 2-300 calories total per hour)

Note: for running, intake is usually 100-150 calories/hr max

If only 1 hour, then water is okay.

If longer than 90-120 minutes, electrolyte solution and long chain carbohydrates.

Over 90 minutes, start adding 1 part protein (soy) to 7 parts carbohydrate to keep energy constant and spare muscle break down for energy. Add electrolytes (2 per hour to start with)!

Limit calories to 200-300 calories per hour **max**; limit fluid intake to 20-28 oz liquid per hour **max**

You want to find out how little you need, not how much can you get away with.

Nutrition in Motion Sports Nutrition Services:

- **personalized nutrition coaching** – 1-on-1 sports nutrition to help increase energy and optimize recovery
- **race day nutrition analysis** – make sure you are taking in what your body needs the week before, the night before and on race day. Don't bonk! And don't cramp!
- **meal planning:** menu selection, preparation help, planning assistance
- **recipe makeovers** - submit a recipe and we will re-work it using better ingredients!
- **BIA testing** – measure body composition, body fat, lean body mass, Basal Metabolic Rate, cell health, etc
- **grocery shopping asst** – we help you shop for healthier products in YOUR grocery store

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25% off your initial sports nutrition
coaching session

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