# Nutrition for the Athlete Family

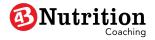
Four Barrel Nutrition Coaching, 2019







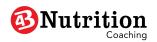
#### Who is Four Barrel



- Group Classes | Nutrition Coaching | Personal Training
- Locations in New Albany & Louisville (est 2012)
- 500 Clients: Ages 8 80
- "Max Health for Max Years"



#### Your Presenters

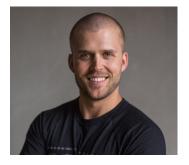




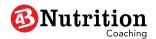
Erica Coulter
4B Nutrition Coach
BS Exercise Science
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BS Dietetics
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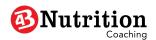
Carbs are bad.

You only need to eat 2% a day.

You need 300 grams of protein a day to gain muscle.

Eating *dietary fat,* will make you fat.

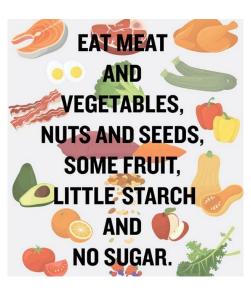
Low Carb
Paleo
Zone
Intermittent Fasting
Atkins
Keto
Whole30
Mediterranean
South Beach
Beach Body

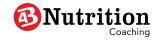


# 10/90

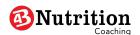
# Habits & Behaviors Balance & Consistency

# Our Nutrition Philosophy





- Performance, Recovery, & Health
- "Diet" = Lifelong Healthy Nutrition
- Practical & Sustainable
- No Fads, No "Camps," Minimal Supplements



### Nutrition 101 - Macro' & Micronutrients



Protein 4 cal / gram

- Building Blocks
- Lean Meat, Poultry, Fish
- Eggs, Dairy, Yogurt



Carbohydrate 4 cal / gram

- Fuel
- Apples, Berries, Citrus, \*Banana
- Potatoes (any kind), Rice, Oatmeal, Butternut Squash



Fat 9 cal / gram

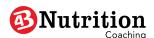
- Hormone Production / Nutrient Regulation
- Nuts & Seeds (butters
- Avocado / Olives (oils)
- Eggs / Fatty Meats



**Vegetables** *micronutrients* 

- Vitamins & Minerals
- Non-starchy
- Fiber (carb)
- Greens, Broccoli, Cauliflower, Asparagus

#### Nutrition 101 - Food Science



Primary factor in weight loss / weight gain

Calories IN vs Calories OUT

#### **Food Quality & Variety**

Whole Foods, Food Prep, & '3 Per' List

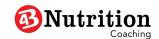
#### **Macro Balance**

Protein, Carbs, & Fat at **EVERY MEAL** 

#### **Timing**

Eat every 3 hours
\*HS athlete may need larger meals

# Practical Application - "Big Rocks"









#### Kitchen Makeover

- Trash or donate junk
- · Stock up on healthy food
- Buy new tools
- o Tupperware
- o Water bottle
- Cooking Essentials

#### 3 Per List + Food Prep

- Takes 5 min
- Ensures balanced eating throughout the week
- Chop veggies
- Prep Meat

#### **Plate Method**

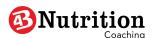
- ½ Plate = Non-starchy Veggies
- 1/4 Plate = Protein
- 1/4 Plate = Complex Carbs

#### Hydration

- 100 oz a day
- Designated Water Bottle
- Water, Coconut Water, La Croix, Zero Cal Mixes
- Sports Drinks (practice / games)
- Cut out fruit juice & soft drinks

# Listening to Your Body

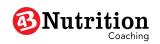
- You are the expert
- When am I hungry?
  - o 3-4 on scale is ideal
- How do I feel after a meal?
- Making adjustments
  - o (missed eating window, missed macros, etc)
- Nuances to this



#### The Hunger Scale

- 1 Physically faint
- 2 Ravenous
- 3 Fairly hungry
- 4 Slightly hungry
- 5 Neutral
- 6 Pleasantly satisfied
- 7 Full
- 8 Stuffed
- 9 Bloated
- 10 Nauseous

# **Daily Meal Outline**



(1) Practice Day

6:30am - Breakfast

11:00am - Lunch

2:00pm - Snack

3:00pm - Practice

5:00pm - Snack

6:30pm - Dinner

(2) Practice Day

6:30am - Breakfast

9:00am - Snack

11:00am - Lunch

3:00pm - Practice

5:00pm - Snack

6:30pm - Dinner

(3) Game Day

6:30am - Breakfast

9:00am - Snack

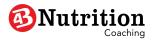
11:00am - Lunch

3:00pm - Snack

5:30pm - Game

8:00pm - Dinner

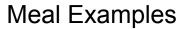
## Meal Examples

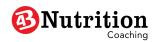


Breakfast	P	С	F	V
3 Egg Omelette w/ Peppers & Onions, Fruit, Water	x	x	х	х
Crockpot Breakfast Casserole **LINK**	x	x	х	X
Smoothie w/ whey, banana, blueberries, spinach, and almond butter	X	x	х	х



Crockpot Breakfast Casserole <a href="https://4bfit.com/healthy-meal-prep-recipes/">https://4bfit.com/healthy-meal-prep-recipes/</a>



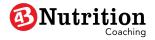


Mid-Morning Snack	Р	С	F	v
Greek Yogurt w/ blueberries & walnuts	x	х	х	
4 Ingredient Protein Pancakes w/ Peanut Butter*	х	х	х	
Perfect Bar	х	х	х	



4 Ingredient Protein Pancakes https://4bfit.com/healthy-meal-prep-recipes/

# Meal Examples

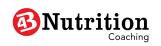


Lunch	P	С	F	v
Chicken Stir Fry	х	x	х	х
Turkey Sandwich, Sliced Bell Peppers, Trail Mix	х	x	x	х
Avocado Tuna Salad, Whole Wheat Wrap, Lettuce*	х	х	х	x



Avocado Tuna Salad https://4bfit.com/healthy-meal-prep-recipes/

# Meal Examples



Post Practice Snack	P	С	F	V
Grilled Chicken & Sweet Potatoes	х	x		
Protein Powder & Banana	х	х		
Chocolate Milk	х	x	х	
Rx Bar	х	х	х	



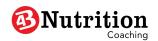
# Meal Examples



Dinner	P	С	F	V
Turkey & Quinoa Stuffed Peppers*	х	x	х	х
Spaghetti Squash, Red Sauce, Ground Beef, Whole Wheat Garlic Toast	х	x	х	х
Salmon, Potato, Asparagus	х	х	х	х



Turkey & Quinoa Stuffed Peppers <a href="https://4bfit.com/healthy-meal-prep-recipes/">https://4bfit.com/healthy-meal-prep-recipes/</a>



## Practices, Games, and Meets

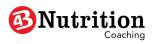
- **Before:** Snack or meal ~ 90 min prior (protein & carbs)
- During: 1 part water : 1 part sports drink
- After: Balanced meal within 45 min -or- Shake (25p, 50c)
- \*Half or Full Day Events:
  - Above still applies
  - o Turkey Sandwich / Chicken & Sweet Potatoes
  - o Protein Bar
  - o Protein Powder + Fruit
  - Not too much / Not too close to event



#### School Lunch

- Bring your lunch
- If Eating in Cafeteria:
  - Meat & Veggie Option
  - Sandwich / Burger + Veggie,
     Fruit, or Salad
  - o Grilled Chicken Salad





# **Eating Out**

**Nutrition**Coaching

- Core Life Anything
- Panera Pick 2
- QDoba Burrito bowl, Hold the gueso
- Starbucks Turkey bacon Sandwich
- \*Subway Wraps or Chicken / Turkey Options
- \*El Nopal Fajitas

#### **Tips**

- Meat & veggie option at almost any restaurant
- Look for "healthy section" of menu
- 1-3 meals a week Don't worry about it. Just be reasonable on gty



# **Nutrition**

#### Bars

- Rx Bar
- Perfect Foods Bar

# Protein Powder

- Whey, Egg
- Pea, Hemp

#### **Sports Drinks**

- Greater Than
- Powerade / Gatorade

#### Supplements (3%)

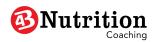
- Fish Oil
- Daily Multivitamin





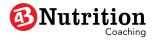


## **Tips**



- It's not any harder, it's just different Adjustment Period
- You're not going to nail it in the first week or month
- Cooks vs. Bakers
- Teach your child to shop and cook (Emily)
- Specific needs Get a Nutrition Coach
- Eating disorders / Medical Requirements (RDN)
- Ready Set Prep'd

#### Take Action!

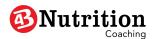


Fueling the body for performance, recovery, and lifelong health.

- 1. 100 oz of water a day
- 2. Schedule & complete your first meal prep
- 3. Eat a healthy breakfast

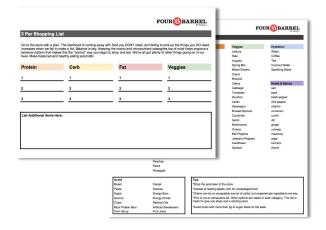
There are no shortcuts. Invest time in teaching your child how to shop and prep. Change 1 habit at a time, and focus on BALANCE & CONSISTENCY.

#### Resources



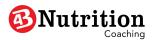
Get your name on the list that's being passed around and we'll follow-up with:

- This Presentation
- 3 Per Shopping List Template
- Food Ideas / Grocery List
- Recipes Page
- Emily's Handouts

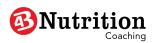


#### More Info / More Questions

- Free Nutrition Intro Session
   w/ InBody Scan
  - InBody = Full Biometric Screening
- Questions or Book an Intro
  - nutrition@4bfit.com
  - 0 502-509-3801







# Q & A