NUTRITION
Tom Seabourne, Ph.D.

GREG BROWN/RECLINING SALAD

Is it genetics?

When you grow fat cells

3rd trimester in the womb

1st 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.

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

Eat your Calories Throughout the Day

Fuel your muscle, starve the fat cells.

Progress not Perfection

Supplementation

Creatine

Fat burners

Arginine

Vitamins

Balance!

Moderation