NUTRITION Tom Seabourne, Ph.D.



Is it genetics?

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When you grow fat cells

3rd trimester in the womb

1st year of life

Puberty

"Explosive overeating"

Eating for Performance



The four R's

200

101

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Replenish

Restore

Reduce

Rebuild

Stabilizing blood sugar

6

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Small meals

Frequency

Balance

Nutrient Dense Carbohydrates

Fruits

Veggies

Whole Grains

Calorically Dense Carbohydrates

6

Pasta

Breads

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Boxed Cereals

CRAVINGS

Eat now or eat later Protein improves satiety

6

WW = IWIII W IIWII W IIWII W

Lean Proteins

Lean red meat

Chicken

Fish *

Non fat dairy

101

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How much protein does your student really need?

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



Good Fats

101

Omega three fats

Unsaturated

Saturated

Avoid Trans fat

Is Fat Free A Good Thing?

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What replaces the fat?

Insulin Insensitivity, what is it?

6

Energy can't get into your cells

Insulin is not the enemy

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

6

Slow release carbohydrates

6

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

101

Why low carbohydrate diets don't work

101

Lose water

Lose muscle

Ketosis

Gluconeogenesis

Does fat burn in a carbohydrate flame?



Schedule Meals In Advance



Balance Your Meals

101

WW = IWIII W IIWII W IIWII W IIW

Protein

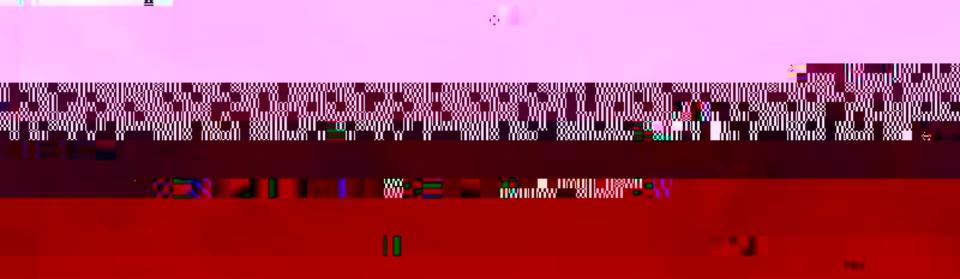
Carb

Essential fat

PRE-PREPARATION



WEIGHT TRAINING



Steady State vs. Interval Training



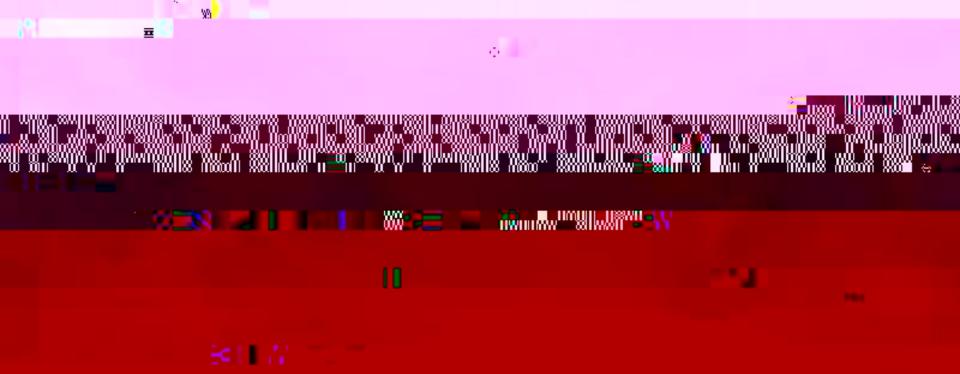
Aerobics or Weights?

6

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Both?

Schedule meals in advance



Eat your Calories Throughout the Day

Fuel your muscle, starve the fat cells.



Progress not Perfection

6

Supplementation

6

WW = IWIII W IIWII W IIWII W IIW

Creatine

g / / ... 1t

Fat burners

Arginine

Vitamins

Balance!

6

200

Moderation

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